

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_



## Ash Wednesday

Even though so many Catholics go to Mass on Ash Wednesday, it is not a Holy Day of \_\_\_\_\_. Ash Wednesday marks the first day of the forty day period leading up to \_\_\_\_\_, but if you were to actually count them you would find that there are actually \_\_\_\_\_ days during the season of Lent. This is because we don't count \_\_\_\_\_ as a part of the forty days of Lent. This day, the Lord's Day, is a celebration of the Resurrection and new life and therefore not a day for fasting.

Why do we wear ashes on Ash Wednesday? When we receive the ashes we hear "Remember that you are \_\_\_\_\_, and to \_\_\_\_\_ you shall return." This is to help us recognize that all we have is a \_\_\_\_\_ from God.

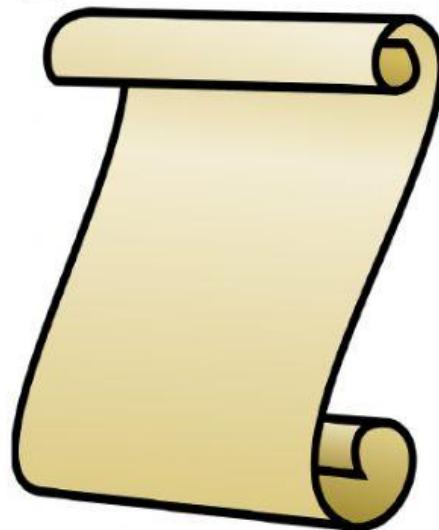
Ashes were a sign of \_\_\_\_\_ in the Old Testament.

In the early Church, the Order of \_\_\_\_\_ wore ashes as a sign of their penance. In a similar way, John the \_\_\_\_\_

called for repentance and baptism in preparation for the Kingdom of God. This is why we may also hear the words “Turn away from \_\_\_\_\_ and be faithful to the Gospel” when we receive the ashes on our foreheads.

Directions: In the space below, write the name of the thing(s) you intend to give up (or add) as your Lenten commitment this year.

*My Lenten Commitment*



**Why are you giving this up (or adding this) for Lent this year?**

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**What will be the biggest challenges to living out this commitment?**

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**How will you overcome these challenges?**

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