WHAT IS ASH WEDNESDAY?

Ash Wednesday is the first day in the season of Lent. Lent can be observed by all Christians, and it is a beautiful way to remember Jesus' sacrifice for us and prepare us for the Easter season. During Lent, we remember the 40 days that Jesus spent in the desert being tempted by the devil.

This year, Ash Wednesday is on
WEDNESDAY 18TH FEBRUARY.

ASH WEDNESDAY

Dear God,

The ashes used in Church today serve as a reminder that we are human and we make mistakes.
The cross reminds us that, since we are Your children, we can ask You for forgiveness when we do things wrong.
Sorry for the times when I have done wrong.
Please guide me to make good choices.

Amen.

WHAT IS LENT?

Lent is the period of six weeks (40 days not including Sundays) leading up to Easter, the most important festival in the Christian calendar. Lent starts on Ash Wednesday. The last week of Lent is called Holy Week. During Lent, we remember the time when Jesus went into the desert to fast and pray before beginning his work for God. Jesus was tempted several times by Satan, but was able to resist. Lent allows Christians to remember Jesus's fasting in the desert. It is a time of giving things up and a test of self-discipline.

WHAT CAN I DO DURING LENT?

- Write your own sorry prayer.
- Fast at home on Ash Wednesday just like Jesus did in the desert. Avoid treats such as crisps, biscuits and chocolates.
- Consider having a meat free day every Friday.
- If you haven't already, spend time thinking about whether you are going to try hard to give something up for Lent (like your favourite food or time on your games console) or do something extra (like make more time to say prayers or try to do something helpful every day for a grown up at home or school).
- During Lent, try to do more of these three things: praying, fasting and giving to those in need. Remember you don't always have to give money or items; giving your time and kindness is amazing too!
- Find out more about our journey towards achieving the CAFOD Live Simply award by scanning this QR code.