

# Ash Wednesday

---

Ash Wednesday or the Day of Ashes was originated by the Roman Catholics dated roughly in the 6<sup>th</sup> century. It is said that the marking of ashes on this day was originated by the papacy of Gregory the Great (590-604). Ash Wednesday is a day of repentance where Christians confess their sins and profess their devotion to God. In a communion service a priest takes the ashes which are made of burnt palm leaves from the previous year and places it on the forehead of each person forming a cross. The ashes symbolize death and repentance of sins. This day is very important because it is usually when the day of Lent begins. Ashes are also placed upon their foreheads to commemorate the first day of Lent.

## Quiz time!

- What are the ashes made of?
- Who originated the marking of Ashes?
- What do the ashes symbolize?
- In what century was Ash Wednesday created?

## ACTIVITIES!

- **Go to an Ash Wednesday service:**

If it is not too much for you it would be nice if you could attend a service on Ash Wednesday and experience what it is like.

- **An apology letter to God:**

On a sheet of paper write down all the things you know you have not done so well in and things you want to change. Tell God you are sorry

and repent. Ask for forgiveness and say that you are willing to be made willing to make a change.

- **Prepare yourself for Lent:**

In your prayer time sit down and ask God to open up your heart to prepare your heart for Lent and the graces that come with it.

