Video: The Meaning of Ash Wednesday

**Directions:** Watch the video and fill in the blanks. www.thereligionteacher.com/ashwednesdayvideo

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.
From Ash Wednesday to Easter

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. Post this paper somewhere important as a reminder of this 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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