



### **Genesis 3:17-19 (NRSV)**

*"And to the man he said, "Because you have listened to the voice of your wife, and have eaten of the tree about which I commanded you, 'You shall not eat of it,' cursed is the ground because of you; in toil you shall eat of it all the days of your life; thorns and thistles it shall bring forth for you; and you shall eat the plants of the field. By the sweat of your face you shall eat bread until you return to the ground, for out of it you were taken; you are dust, and to dust you shall return.""*

#### **What is Ash Wednesday?**

Ash Wednesday marks the beginning of the Lenten Season. Its official name "Day of Ashes", involves placing burnt ashes (palms from the previous year) on the forehead of Christians to signify purification and sorrow of sins.

#### **Why take part in Ash Wednesday Worship?**

- The ashes placed on our foreheads reminds of how short life is.
- The ashes serve as a reminder of our humanity.
- The ashes serve as a sacred symbol for us to mourn, repent and ask for forgiveness from God corporately. (*Joel 2:12*)
- A challenges Christians responsibility to carry our own cross.

#### **What is Lent?**

Lent is a 40-day fasting period which comes before Easter in the Christian calendar. The Lent season is a time for reflection and a preparation before the celebration of Easter begins.

#### **As Christians, what should we do during the Lenten Season?**

- Fast from those things that keep us from walking outside of the will of God
- Pray in order that you may grow closer to God
- Reflect / Remember the death, burial and resurrection of Jesus Christ for our sins
- Repent wholeheartedly for the sins we commit. (*Romans 3:23*)