

ASH WEDNESDAY

(Children)

Today is Ash Wednesday, the first day of Lent. Lent is the time of the year when we recall how Jesus suffered and died to take away our sins. All he asks of us is that we be sorry for the things we did wrong and make up our minds to do better. We accept the ashes on our forehead as a special sign that we are going to be better people. We're going to be nicer towards our family and school friends.

Ashes are what's left over after something has been burned or destroyed. *(Can any of you tell me what was burnt to make these ashes)*. The ashes reminds us that our own bodies will one day return to the earth, the same earth out of which God made the first man, Adam. But that is not the end of the story. *(by the way what was the first woman's name)*

The ashes aren't just smudged on our foreheads in any old way. The ashes is put on our foreheads in the form of a cross. This reminds us that Jesus, through his death on a cross, has promised life beyond the grave to those who love him. During these Lenten days we become more aware of those we do not love as we should and we're prepared to do better.

People often give up things during the forty days of Lent. Giving up things during Lent is a form of penance. We do penance to make up for the times we haven't been as good to others as we should have been. Giving up things for Lent also helps us to be less greedy and more generous. Also you'll be a lot healthier if you eat less food. The fitter you are the more energy you'll have to help others who need a helping hand.

Lent goes on for 40 days. Jesus spent 40 days in the wilderness fasting a praying. So say a prayer to God every day during Lent asking Him for whatever you need help with. Lenten days are days

which lengthen. *(anyone tell me why do the days get longer)*. As the days get longer, I pray that my love of God may grow during this sacred Season so that I can become the person God wants me to be.