

Today is Ash Wednesday

Ash Wednesday is the first day of Lent.

Lent lasts for 40 days.

The colour of Lent is purple.



During Lent, we try super hard to
be especially good friends of
Jesus.



This helps us to be ready
for Easter Sunday.

Easter Sunday is when Jesus rose from the dead.

Easter Sunday is very important to us - so important that we get to eat loads of chocolate eggs to celebrate it once we have been to Church!



Here is what
Jesus asks us
to do.





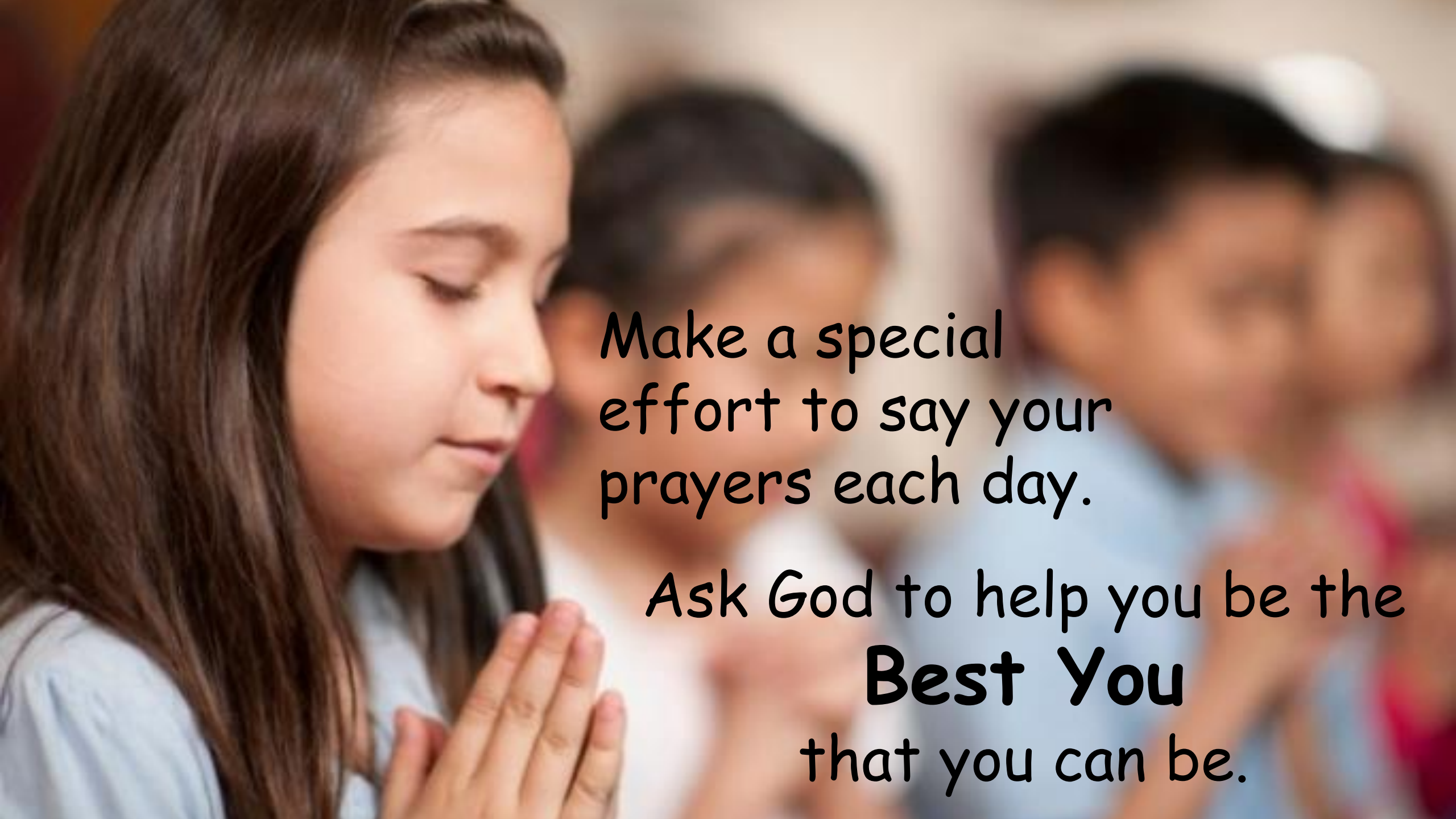
Don't just think
about people
thinking you are
wonderful.

Be
wonderful
by being kind
from to bottom
of your heart!

A photograph of a hand dropping a gold coin into a brown cup held by a poor man. The man is in the background, looking up at the coin. The scene is set outdoors with a blurred background.

Try to help
poor people
out - but
don't brag
about it so
that
everyone will
think you are
wonderful.

Just be wonderful!
God notices the
good things that
you do.



Make a special
effort to say your
prayers each day.

Ask God to help you be the
Best You
that you can be.

Do nice things at home with a happy heart - don't huff and puff and moan about helping out.



Keep
your
heart
full of
love.



We usually
receive
ashes on our
forehead on
Ash
Wednesday.

The ashes are made
from palm leaves
like these that have
been dried and
burned.



They go from being green and lovely to being horrible and grey.



**We get them on
our forehead to
remind us that,
too often, we
choose to be
grey and
horrible to
others...**

**...instead of being
green and lovely.**






We receive our
ashes happily...



...because we know that God
always gives us a chance to
be nicer.

A close-up photograph of a young boy with curly brown hair, sitting in a church pew. His eyes are closed, and his hands are clasped together in front of his face in a prayerful gesture. He is wearing a dark grey sweater. The background is softly blurred, showing other people in the pews, creating a warm and contemplative atmosphere.

We ask for God's
help to be nicer.

We think
about ways
that we **can**
be nicer!



We are proud to
receive ashes...





...even though we might
feel a bit daft with them on
our heads!



We think about how our
ashes can help us...



...and we receive
them willingly...



...because we want
to be **Our Very Best
Selves...**

...alongside our
friends and families.



The we hit the world
with our loveliness!



Because Jesus gave up his life
for us, we try to give
something up for Lent too.

It reminds us how Jesus loves
us, and how lucky we are in
our lives.

What will you give up for
Lent?



Closing prayer:

Lord,
please show me what I should give up for Lent
and when I've given it up
remind me to pray to you instead
to thank you
to love you
to hear from you
each and every day in Lent
Amen

