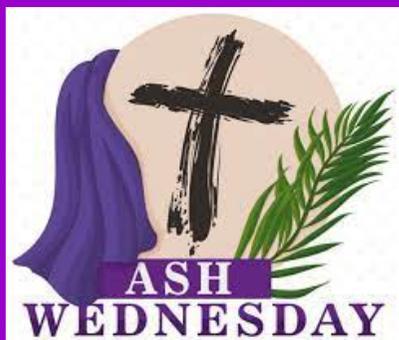


Family Prayer for Ash Wednesday and Lent

Dear Parent / Carer,
Here is our family prayer for Ash Wednesday and Lent

Celebrating Ash Wednesday and Lent

Please take some time over the next few days
to come together, as a family, in prayer.
This year Ash Wednesday is celebrated on 2nd March



A Message from Bishop David



Dear friends in Christ,

I wonder if any of you like to go on journeys? It is always encouraging to know that there is a holiday around the corner. One thing I am not very good at, is packing my bag for journeys such as holidays. I always forget something!

Lent is a journey. We call to mind the journey of God's people through the wilderness from Egypt to the Promised Land. When you read about this journey in the Bible, it is clear that Israel did not take the straight route. They wandered around the desert, something which was symbolic of their struggle to hear God's word and to follow it. It took them 40 years to reach Jericho, and the gateway into the land that was to become theirs. We also remember the 40 days Jesus spent in the desert. It was an intense time for him of prayer and fasting. We know from the Gospels, he was very weak at the end of this time, and was tempted by our spiritual enemy, the devil.

And in all of this, we have the ingredients for our modern day Season of Lent. We try to do some fasting as a way of showing that we are dependent upon God. We try to listen to what the Lord is saying to us. We recognise the different ways in which we experience temptation. In truth, it will probably take us, just like the children of Israel, many years to work our way through all of this. But we do not have to do all this by our own effort. The Holy Spirit is there to accompany us, to sustain us, and to encourage us.

And so we pray, that Lent 2022 will be a fruitful time of life giving blessing and grace.

With every blessing,

✠ David

Rt Revd Dr David J Oakley
Bishop of Northampton

**Set aside some time in your day
to gather together for prayer
Make sure you are all sitting comfortably
Light a candle**



In the name of the Father and of the Son and of the Holy Spirit. Amen

Lent

The Season
of Lent,
begins on
Ash Wednesday.
This year
Ash Wednesday
falls on
2nd March



**The day before Lent begins is called
Shrove Tuesday or Pancake Day.**

**'Shrove' comes from 'shriven'
- to be forgiven**



What is your favourite pancake topping?

**The season of Lent
begins on Ash Wednesday
with the marking of ashes
on our foreheads.**



**The season of Lent ends on Holy Thursday
when Jesus shared the last supper with his friends**



The marking of the cross on our forehead
on Ash Wednesday
is a sign that we are sorry
for all our sins
and that we want to try to be
more like Jesus and come closer
to him every day





**When the priest makes the cross
on our forehead he says:
'Turn away from sin
and believe the good news'**

**Lent lasts for 40 days so we have 40 days
to think about the way we live our lives:
How we speak to others,
and what we do.**

**How could our words and actions be more
loving and caring?**



**Lent is a special time
of preparation for the celebration of Easter,
when God invites us to:**



Pray more - especially for others.

Do without something we enjoy.



Give something to those in need.



Pray more - especially for others



- As a family say the Our Father together.
 - Think of everything you can hear, thank God for your hearing and say a prayer for people who are deaf.
 - Thank God for your food and pray for people who are starving.

Who will you pray for?



Give something to those in need



- Say thank you to the people who made your lunch today.
- Take some food to the foodbank
- Give some of your pocket money to charity

What will you give?

Do without something we enjoy

- Don't play on your electronic device today
- Instead of watching your favourite TV programme read a book
- Fast from complaining



What will you do without?



**Sunday is the day of Jesus' resurrection
a day of celebration - even in Lent!
So whatever you give up for Lent
you can have on a Sunday!**



A Reading from the Gospel of Matthew



Jesus said to his disciples: 'Be careful not to parade your good deeds before other people to attract their notice; by doing this you will lose all reward from your Father in heaven. So when you give alms, do not tell everyone about it; this is what the hypocrites do in the synagogues and in the streets to win the admiration of others. I tell you solemnly, they have had their reward. But when you give alms, your left hand must not know what your right is doing; your almsgiving must be secret, and your Father who sees all that is done in secret will reward you.'

And when you pray, do not imitate the hypocrites: they love to say their prayers where everyone can see them; I tell you solemnly, they have had their reward. But when you pray, go to your private room and, when you have shut your door, pray to your Father who is in that secret place, and your Father who sees all that is done in secret will reward you.

When you fast do not put on a gloomy look as the hypocrites do: they pull long faces to let people know they are fasting. I tell you solemnly, they have had their reward. But when you fast, put oil on your head and wash your face, so that no one will know you are fasting except your Father who sees all that is done in secret; and your Father who sees all that is done in secret will reward you.'

The Gospel of the Lord



Praise to you Lord Jesus Christ

Let us think about all the people
we would like to pray for.....
our families,
our friends,
people who are lonely,
people who are homeless,
people who are sick,
and those who look after them.
People who have died
and anyone who you would like to add.....



We pray together:

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done
on earth as it is in heaven.**

**Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.**

Amen.

Loving Father in heaven,
the light of your truth gives sight
to the darkness of sinful eyes.
May this season of Lent
bring us the blessing of your forgiveness
and the gift of your light.
We make our prayer through Christ our Lord



Amen

**Sing this Lent song together
to the tune of Frere Jacques:**

**Prayer, fasting and alms giving
we are meant to repent.
Forty days of sacrifice
being super extra nice.
This is Lent.
This is Lent.**

and end with the Sign of the Cross

Click here to listen to the song again

Our Song for Lent
and join in the actions!



The Lent Song

Tune of "Frere Jacques"



Prayer, Fasting, and Alms Giving,

Hands folded in prayer, hand on tummy, outstretched hands

We are meant, to repent.

Knock on heart 3 times

40 days of sacrifice,

One hand with 4 fingers up, one hand in shape of zero

Being super, extra nice,

Bend arms at elbows and swing back and forth

This is Lent. This is Lent.

Right hand out like holding a tray, then same with left.