

FAMILY PRAYER

At Home

All Saints
Catholic Academy Trust



Thursday 15th February 2024

Ash Wednesday

Our Journey in Lent today begins with the whole church coming together and reminding ourselves that we stand in need of God's forgiveness. Traditionally as Catholics we come to Mass on this day and we come to Mass and we reflect on where we need to grow in our walk with Jesus and we enter a period of repentance and we mark this by getting a cross put on our head.

We also spend the day fasting (having a simple meal) and we refrain from eating meat. It's a day we think about sacrificing something that we enjoy eating and remind ourselves of the great sacrifice that Christ paid on the cross for each and every one of us.

gather Together

Gather together in a quiet space and make the sign of the Cross together.

There are many beautiful pieces of music that help us to reflect on our need of God. This piece of Music was written by a composer called Allegri. It is Psalm 51 which cries out – Have Mercy on me, O God, and cleanse me from my sin.

<https://www.youtube.com/watch?v=IX1zicNRLmY>

Scripture

Joel 2:12-13

Come back to me with all your heart, fasting, weeping, mourning. But do not let your hearts be broken, turn to the Lord again for he is tender and compassionate, slow to anger and ready to forgive.

Joel calls us to take start this journey in Lent by reflecting on what has made us turn away from the Lord, to repent and to turn back to him. Our God is tender and compassionate, he is always ready to forgive us...but we need to turn back to him.

Reflect and Pray

Take a moment to reflect on what we can do to turn to the Lord. What distraction do we need to let go of? In Lent we are encouraged to give something up...and to make a sacrifice. Perhaps there is something good in our lives such as a hobby, a treat, a show that we enjoy that we can give up in Lent. Perhaps there is something the family can agree to give up, and perhaps save some money to give to those less fortunate than ourselves. Perhaps we can think of a way we can pray more as a family over Lent.

Closing Prayer

God our Father we thank you for your mercy and compassion. Help our family to use this time of preparation to find ways to turn back to you, and to grow closer. Help us to think of others less fortunate than ourselves and to find ways to help them. We thank you for your Son, who died on the Cross and pray that we may be drawn closer to Him in as we journey through Lent. We make our prayer through the same Christ our Lord.

Amen

Amen

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Lady Queen of All Creation & The Church of
the Resurrection.