

Ash Wednesday

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Ash Wednesday marks the first day of Lent. Discover more about this religious holiday and why it's an important part of faith.

For
Teen Family

Season
Winter

Needed

Bible, YouTube video on [Ash Wednesday](#), candle and matches (optional)

Activity Plan

1. Say this prayer aloud to begin.

God, help us to talk to each other honestly. Amen.

2. Take turns reading aloud each of these Bible passage. Take a moment of silence between each one.
 - **Isaiah 30:15-18** (about repentance) "For thus said the Lord God, the Holy One of Israel, 'In returning and rest you shall be saved; in quietness and in trust shall be your strength.' But you were unwilling, and you said, 'No! We will flee upon horses'; therefore you shall flee away; and, 'We will ride upon swift steeds'; therefore your pursuers shall be swift. A thousand shall flee at the threat of one; at the threat of five you shall flee, till you are left like a flagstaff on the top of a mountain, like a signal on a hill. Therefore the Lord waits to be gracious to you, and therefore he exalts himself to show mercy to you. For the Lord is a God of justice; blessed are all those who wait for him."
 - **Luke 3:8** (about repentance) "Bear fruits in keeping with repentance. And do not begin to say to yourselves, 'We have Abraham as our father.' For I tell you, God is able from these stones to raise up children for Abraham."
 - **Isaiah 40:31** (about renewal) "but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."
 - **Romans 12:2** (about renewal) "Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."
 - **Hebrews 10:24-25** (about community) "And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."
 - **Romans 12:3-5** (about community) "For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned. For as in one body we have many

members, and the members do not all have the same function, so we, though many, are one body in Christ, and individually members one of another.”

3. As a family, view the YouTube video on [Ash Wednesday](#), and discuss these questions:
 - What is Ash Wednesday?
 - Why do people have ashes placed on their forehead?
 - Where do ashes used on Ash Wednesday come from?
4. As a family, talk about these questions:
 - Has our family ever been to an Ash Wednesday religious service? Why or why not?
 - What has been your past experience with Ash Wednesday?
 - How do you feel about Ash Wednesday? Why?
5. On Ash Wednesday, either attend an Ash Wednesday worship service as a family or light a candle when you eat dinner together. Talk about how Ash Wednesday is the first day of Lent, which is about prayer and reflection.

