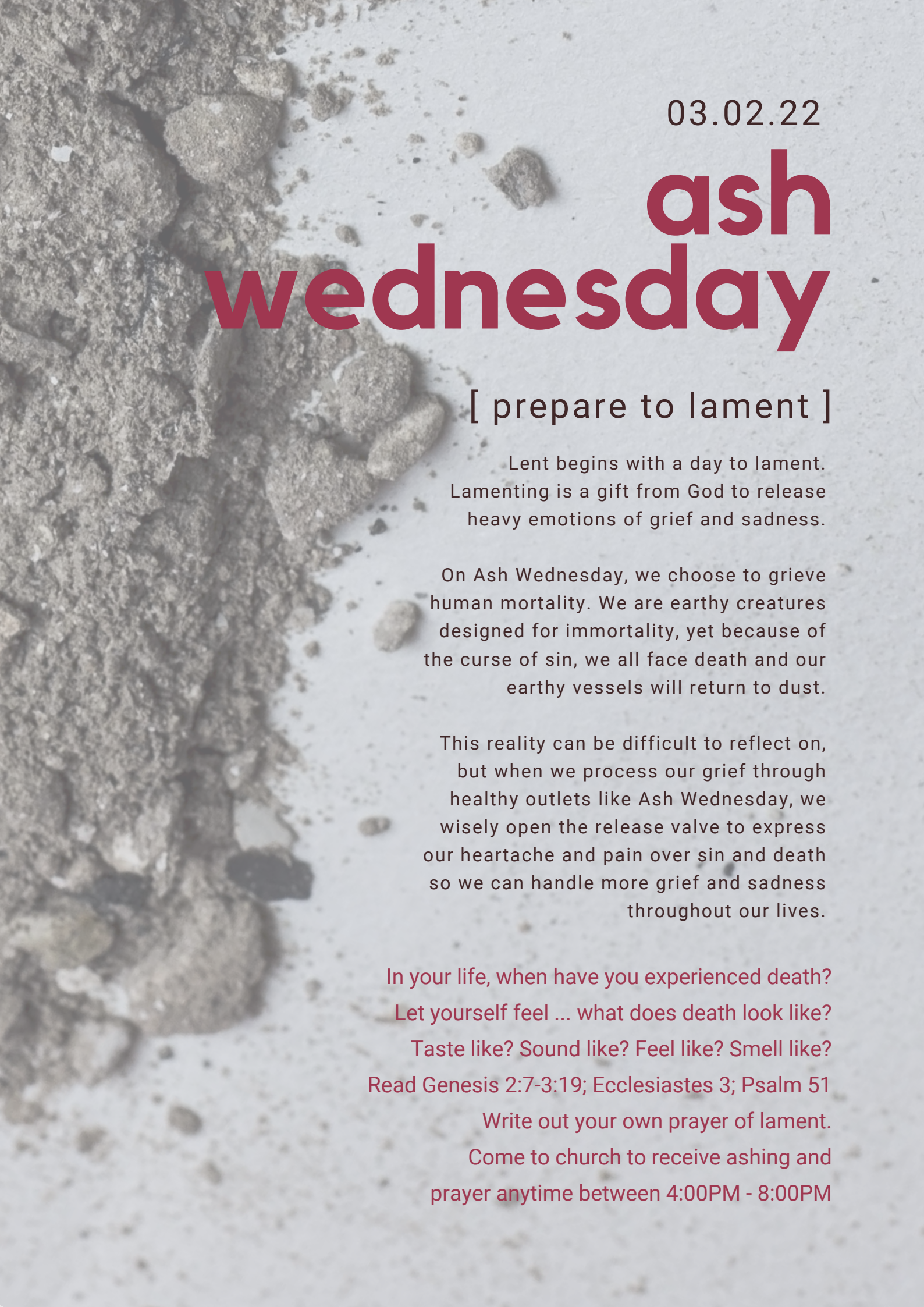


03.02.22

ash wed nes day

[first day of Lent
marked by services of
repentance and lament]



03.02.22

ash wednesday

[prepare to lament]

Lent begins with a day to lament.
Lamenting is a gift from God to release
heavy emotions of grief and sadness.

On Ash Wednesday, we choose to grieve
human mortality. We are earthy creatures
designed for immortality, yet because of
the curse of sin, we all face death and our
earthy vessels will return to dust.

This reality can be difficult to reflect on,
but when we process our grief through
healthy outlets like Ash Wednesday, we
wisely open the release valve to express
our heartache and pain over sin and death
so we can handle more grief and sadness
throughout our lives.

In your life, when have you experienced death?

Let yourself feel ... what does death look like?

Taste like? Sound like? Feel like? Smell like?

Read Genesis 2:7-3:19; Ecclesiastes 3; Psalm 51

Write out your own prayer of lament.

Come to church to receive ashing and
prayer anytime between 4:00PM - 8:00PM