

Thursday 11th February 2021

T: Ash Wednesday.

The beginning of Lent



What happens on this day in the celebration of Mass?



What do you see in the picture?

What is it saying to you?

Can you see the struggle in the picture?

Imagine that you are in the picture. What is happening?

In Jesus' stories he created pictures for the listeners to enter in.

It isn't easy to reach our destination. We need to stay focused.

Opening Prayer - Ash Wednesday Mass

Father in Heaven,
Protect us in our struggle against evil.
As we begin the discipline of Lent,
make this season holy by our self-denial.
Grant this through our Lord Jesus Christ
who lives and reigns with you and the Holy Spirit
one God, for ever and ever.

What does self-denial mean?

Someone who is **self-denying** refuses to do or have things that they would like because they believe it is morally good for them not to do them or have them.

The Gospel reading on Ash Wednesday

Matthew 6:1-6, 16-18

Jesus said to his disciples:

¹ "Take care not to perform righteous deeds in order that people may see them; otherwise, you will have no recompense from your heavenly Father.

² When you give alms, do not blow a trumpet before you, as the hypocrites do in the synagogues and in the streets to win the praise of others. Amen, I say to you, they have received their reward.

³ But when you give alms, do not let your left hand know what your right is doing,

⁴ so that your almsgiving may be secret. And your Father who sees in secret will repay you.

⁵ "When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them. Amen, I say to you, they have received their reward.

⁶ But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you.

¹⁶ "When you fast, do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting. Amen, I say to you, they have received their reward.

¹⁷ But when you fast, anoint your head and wash your face,

¹⁸ so that you may not appear to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you."

Question time...

What does this teach us about fasting, almsgiving and prayer?
Why do you think Jesus wanted his disciples to pray, fast and give alms?

Think of least five reasons why these religious practices are good.

Make a table listing the teachings of Jesus in one column, why they are important in another and in a third column add some thoughts and ideas about what you can do to live out this teaching of Jesus during the Season of Lent.

TASK

Complete the table looking at Jesus' teaching of prayer, fasting and almsgiving. Looking at why they are important and how YOU can live out this teaching. You can write it as a table or in a paragraph.

Teaching of Jesus	Why are they important?	What I can do to live out this teaching during Lent.
Prayer		
Fasting		
Almsgiving		

Reflection

Christians follow the teaching of Jesus of prayer, fasting and almsgiving during Lent because....