

Ash Wednesday Prayer in the home

Lord, on this first day of Lent, we begin a time of preparation for and reflection on the meaning of the Lord's Passion, Death and Resurrection.

I give myself wholeheartedly to you these Lenten days.

Help me to renew my love for you and to reach out to others who are in need.

I make the sign of the cross on my forehead, as a reminder of the signing with ashes on this day – *in the name of the Father, and of the Son and of the Holy Spirit.*



I take to heart the words of the Gospel: 'Repent and believe the Gospel' and I acknowledge that *"I am dust, and into dust I shall return"*.

I make my own a prayer from today's Mass: 'Come back to the Lord with all your heart; leave the past in ashes, and turn to God with tears and fasting, for he is slow to anger and ready to forgive as I walk in this world with my eyes on eternal life'.

Have mercy on me, O God.