

Ash Wednesday Prayer at Home

Lord, on this first day of Lent, we begin a time of reflection.

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’.

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’.

Have mercy on me, O God.