

# Prayer Spaces – Ash Wednesday

## Station Together – Ash Wednesday

*Thoughts, hopes, wishes or prayer*

### Listen:-

**Ash Wednesday** marks the start of the 40 days leading up to Easter (not including Sundays). This 40-day period is known as **Lent** and focuses on **fasting** and prayer.

**Fasting** is an act of giving up something or making a promise during the time of Lent.

### What exactly do the ashes represent, and where do they come from?

The ashes symbolise several important things: the 40 days Jesus spent praying and fasting in the desert; the sins and mistakes people have made; and a visible sign of **Forgiveness**.

The source of the ashes is also symbolic. Burning the palms used at the previous year's Palm Sunday service (held the Sunday before Easter) makes the ashes used on Ash Wednesday.

They are given by a priest in the shape of a cross and the words used are; "Remember that you are dust, and to dust you shall return" or "Repent and believe in the Gospel".

Wearing ashes on our foreheads is a tradition of repentance that comes from the Old Testament. We are marked with ashes to show that we are willing to change. God knows what is in our hearts; the ashes remind us to turn our hearts toward God.

The Church gives us Lent as a time to change, to become a better version of ourselves, and to become more like Jesus. The ashes we receive on Ash Wednesday remind us of our call to forgiveness and believe in God.

### Pray:-

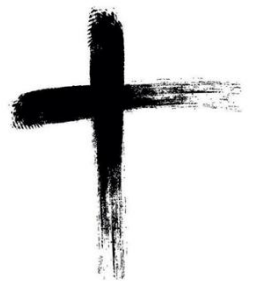
Focusing on the symbols of ash and the cross and the importance of forgiveness and a time to grow closer to God during this time of Lent.

In front of you is some black ink pads and a white cloth.

Take some of the ink from the ink pad and make the sign of the cross on the cloth thinking about growing closer to God.

Next to your cross write on a label a Prayer for your School during Lent.

It might be a Prayer for your School to grow in God's Love or to grow Closer to God?



# Prayer Spaces – Journey in the Desert

## Station 1 – Journey in the Desert

*Thoughts, hopes, wishes or prayer*

### Listen:-

This activity encourages you to think about the journey Jesus went on for 40 days and 40 nights in the wilderness and the desert.

It gives you the time to think, and pray if you want to, about your own journey and what you would like to pray for?

Jesus travelled far and wide for forty days in the wilderness on this journey with no food or water and was tempted three times by the devil.

How might he have felt on this journey?

Throughout his journey it was the Holy Spirit who led Jesus into the wilderness, God was present with Jesus the entire time.... He was never alone.

### Pray:-

Think about the journey you are on right now?

Your journey through School, at Home a Journey you have been on or going on or just the idea of a journey?

God is on this journey with you, he never leaves you and you are never alone.

Who or what would you like to pray for on your own journey?

It might be your journey in School or at Home or just a Journey somewhere?

What would you like to pray to God about on this journey?

Help, Please, Thank you....



Write this on the outline of a person and place it on the path of sand just like a journey we are all on together and individually with God!

# Prayer Spaces – Forgiveness Stones

## Station 2 – Forgiveness Stones

*Thoughts, hopes, wishes or prayer*

### Listen:-

This activity encourages you to think about the journey Jesus went on for 40 days and 40 nights in the wilderness and desert and how he fasted and prayed to God for Forgiveness.

It gives you the time to think, and pray if you want to, about your own journey and what you would like to pray for Forgiveness for?

“While in the wilderness, Jesus was invited to transform stone into bread. Though he resisted the temptation there and then, he became known for feeding people who were hungry for food, for love, encouragement or for acceptance”.

He became known as a man who performed miracles such as turning water into wine, feeding the 5000 and making the blind see again.

### Pray:-

Jesus travelled far and wide on this journey praying to God for Forgiveness.

What would you like to pray to God and ask for Forgiveness for?

Jesus used this time during 40 days and 40 nights to Pray to God with everything on his heart but especially asking for Forgiveness.

Is there something on your heart you would like to pray to God about?

Take a stone and a chalk pen and write on your stone a word or prayer for Forgiveness.

It might just be the word Forgive or Family, Friends, Home or a prayer saying Sorry for the things we have done wrong in our lives!

Then place this on the path of sand just like a journey we are all on together and also individually with God!



# Prayer Spaces – Promise

## Give up and Take Away

### Station 4 – Promise

#### Give up and Take Away

*Thoughts, hopes, wishes or prayer*

#### Listen:-

This activity encourages you to think about LENT and the journey Jesus went on for 40 days and 40 nights in the wilderness and desert and how he fasted and prayed to God. Lent is a time to focus on God and prepare and to remember that Jesus died for us on the Cross.

Many people decide to give up things for Lent to help them remember that Jesus gave his life for us, but you can also take on doing good things or promises just like Jesus did.

It gives you the time to think, and pray if you want to, about what you might want to give up, take on or promises just like Jesus did?

#### Pray:-

Think about the Prayers, Promises and things you might like to do or give up during the time from Lent to Easter?

What do you want to Promise God you will do?

What do you want to Pray to God about?

What would you like to do during this time of Lent to Easter?

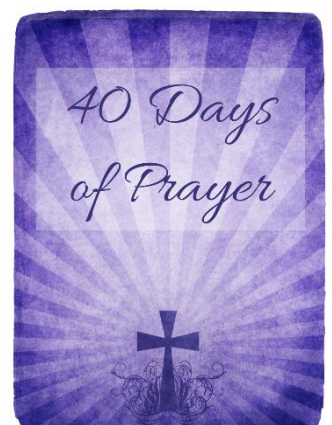
What would you like to give up during this time of Lent to Easter?

On a piece of paper write down a Prayer on one piece and a Promise on another to God for the time from now to Easter Sunday during Lent.

What do want to ask God for during Lent?

What promise do you want to make to do during Lent?

Place these in the Promise and Prayer Jars at the end of the path of sand just like a journey we are all on together and also individually with God.



# Prayer Spaces – Light of the World

## Station 3 – Light of the World

*Thoughts, hopes, wishes or prayer*

### Listen:-

This activity encourages you to think about the journey Jesus went on for 40 days and 40 nights in the wilderness and desert and how he fasted and prayed to God during this time.

It gives you the time to think, and pray if you want to, about how Jesus went on this journey and was tempted by the devil, how he may have felt on this journey and how in all of this he died for us on the cross to be the light in our lives and the light in our world because he loves us.

“Lent begins in the dimness of late winter and ends with the burst of bright spring. Jesus is, according to John's Gospel, ‘The Light of the World, don't be hiding under some bushel basket’”.

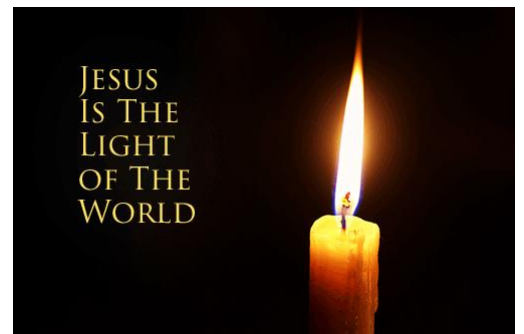
### Pray:-

*Thinking about Jesus being the light of the world and how he wants you not to hide but to shine your light into the world...*

*What do you want to Thank God for?*

*Where do you want God to help you Shine in your life?*

*What do you want God to help you Shine in?*



On a heart shape write what you would like to thank god for? Or where you want God to help you shine in your life?

Then place this on the path of sand and take a candle and place this on top of your Prayer knowing that Jesus is the Light of the World and he died for us because he loves each and everyone of us!