

Imposition of Ashes

Lent is a time of waiting, anticipation &, preparing before we celebrate the festival of Easter and the Resurrection of Jesus.

The imposition of ashes is a traditional ritual that takes place on Ash Wednesday...

If you have some ash make the sign of the cross on your forehead or on the back of your hand...

...be still for a moment and ask God for his forgiveness...

Remember that you are dust and to dust you shall return.
Turn away from sin and be faithful to Christ.



Breathing

One way to pray is to relax your body, & concentrate on your breathing.

Take a deep breath in and hold it for a few seconds.

Then breathe out.

As you breathe out, imagine breathing out everything that you want to let go of. Then as you breathe in, ask God to fill you with his love and presence.

Breathe in love

Breathe out hate

Breathe in peace

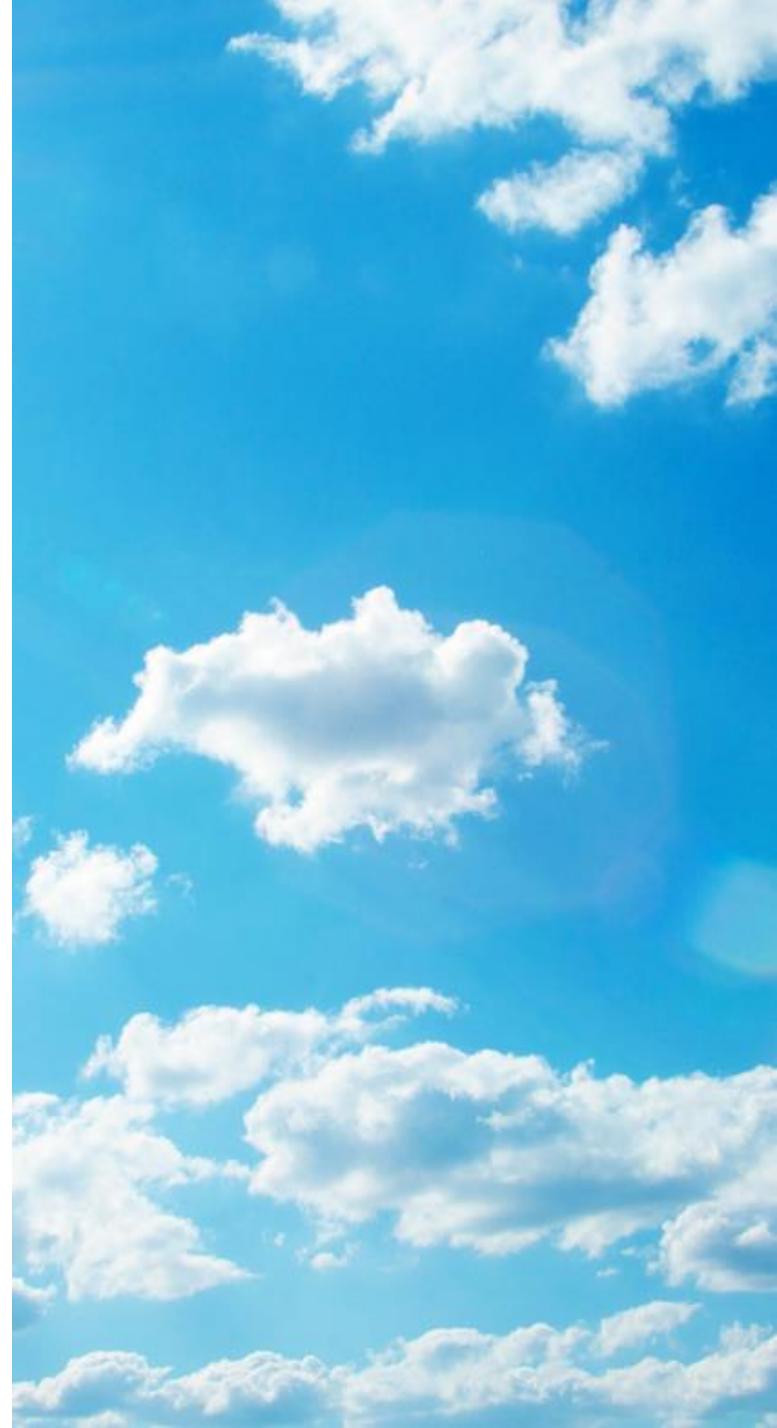
Breathe out anxiety

Breathe in gentleness

Breathe out tension

Breathe in God's presence

Breathe out all that turns us from God



Your word is...

Your word is a lantern to my feet
and a light upon my path

The Bible is God's word...it speaks of how
God has been involved with His creation
from the beginning...but it also tells us
how He is involved with us today...

Look at the Bible...open it...and read a
few passages...Now light a candle or look
at the image...

A reminder that God's word is a light upon
our path



Sorry...

God forgives...

Take a sheet of paper and write something you are sorry for...

No one else has to see this paper...

Think back over the day, the week, your life...write a word or draw a picture of what you are sorry about...

Look at the words or pictures and say 'sorry'God forgives...

Screw the paper up and throw it in the rubbish bin...



Sorry

Give thanks...

Give thanks...

Jesus came so that we might have life and live it to its fullness...

What in your life makes you shout for JOY?

Write it down or draw a picture and stick it up somewhere where you will see it...

Father giver of life...we thank you
Jesus...who gave his life...we thank you
Spirit of Joy...we thank you



Me...

Look in a mirror –
Who's that?
ME!!

Nobody else in the whole wide world
has a face exactly like mine.

My eyes
my hair
my nose
my teeth
my smile.

My face is special because I'm special.
God made me just right
because he loves ME!!
Thank you God,
Amen.

