



Ash Wednesday

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40 Days of Lent

**T**he church season of Lent begins on Ash Wednesday and concludes 40 days later (not counting Sundays) on Easter. Each year, this journey from the sobering remembrance of our human mortality to the joyous celebration of resurrection life offers us the opportunity to review and renew the Great Exchange that God has graciously made available to us in Jesus' life, death and resurrection. But within the Great Exchange of the Gospel are a thousand smaller, daily exchanges with God: sin for pardon, shame for honor, fear for courage, discouragement for hope, death for life. And perhaps more than any other part of the Bible, the Psalms record a long and varied history of real exchanges between God and his people. For that reason, our recommendation for this Lent season is for you to read through the Psalms each day, paying special attention to the moments when these poems "turn" at the intervention of God.

## ASH WEDNESDAY ONLINE GATHERING INSTRUCTIONS

On Ash Wednesday, we encourage you to go to [www.gfc.tv/ash](http://www.gfc.tv/ash) to watch our video gathering, which is just under 30 minutes, that will lead you and whoever you invite (family, friends, neighbors) through a very simple “at home” Ash Wednesday service with worship, reflection, and teaching.

## PREPARATION OF ASHES

Empty the provided ashes into a small, shallow bowl and add a very small amount of oil (olive oil works well) until the consistency is a thick paste. You will be prompted on when to apply them during the service.

## APPLICATION OF ASHES

Once you have mixed the ash and oil into a paste, put a small amount of it on one of your fingers and apply it in the shape of a cross. Don't worry if the result is unrecognizable—in our experience, the cross shape usually comes out looking like a bit of a blob, but it's the symbolism that counts. Some people like to wear the ashes for the rest of the day as a reminder of mortality, while others prefer to wash it off after application. From our point of view, either option is fine—after all, it's the focus of our heart that matters.

### **SCRIPTURE: Genesis 3:14-19, Psalm 90, Galatians 2:20**

**LEADER:** Most holy and merciful Creator; We confess to you and to one another, and to the whole communion of saints in heaven and on earth, that we have made mistakes and acted selfishly in thought, word, and deed; by what we have done, and by what we have left undone.

**LEADER:** We have not loved you with our whole heart, with our whole mind, or with our whole strength.

**ALL:** God, have mercy on us. We turn to You.

**LEADER:** We have not loved our neighbors as ourselves.

**ALL:** Christ, have mercy on us. We turn to You.

**LEADER:** We have not forgiven others, as you have forgiven us.

**ALL:** God, have mercy on us.

**LEADER:** We confess all our past unfaithfulness, and the pride, hypocrisy, and impatience in our hearts;

**ALL:** We confess all these things to you.

**LEADER:** Our self-centeredness and our self-worship;

**ALL:** We confess all these things to you.

**LEADER:** Our envy of those seemingly more fortunate than ourselves and our lack of trust that causes all anxiety;

**ALL:** We confess all these things to you.

**LEADER:** Our materialism, our intemperate spending, and our dishonesty in daily life and work;

**ALL:** We confess all these things to you.

**LEADER:** Our unholy lusts and our unholy anger;

**ALL:** We confess all these things to you.

**LEADER:** Our negligence of prayer and worship, and our failure to honor the gift of your Son;

**ALL:** We confess all these things, and we turn to you.

**LEADER:** Accept our repentance, God, for the wrongs we have done; for our blindness to human need and suffering and our indifference to injustice and cruelty;

**ALL:** Accept our repentance, God.

**LEADER:** For all false judgment, for unkind thoughts toward our neighbors, and for our prejudice and contempt toward those who differ from us;

**ALL:** Accept our repentance, God.

**LEADER:** For our waste and pollution of your creation, and our lack of concern for those who come after us;

**ALL:** Accept our repentance, God.

**LEADER:** Restore us to full communion with you, and withhold your judgment from us;

**ALL:** Hear our prayer, God.

**LEADER:** Continue in us the work of your salvation,

**ALL:** That we may show your love and truth to the world.

**LEADER:** By the suffering of your Son our God and brother;

**ALL:** Bring us through these weeks to the joy of resurrection.

Day of Lent	Date	Psalm	What did I exchange today?
1	Wednesday, Feb 26	1-2	_____
2	Thursday, Feb 27	3-4	_____
3	Friday, Feb 28	5-6	_____
4	Saturday, Feb 29	7-9	_____
	Sunday, March 1	Rest from Reading	
5	Monday, March 2	10-12	_____
6	Tuesday, March 3	13-15	_____
7	Wednesday, March 4	16-18	_____
8	Thursday, March 5	9-21	_____
9	Friday, March 6	22-24	_____
10	Saturday, March 7	25-27	_____
	Sunday, March 8	Rest from Reading	
11	Monday, March 9	28-30	_____
12	Tuesday, March 10	31-33	_____
13	Wednesday, March 11	34-36	_____
14	Thursday, March 12	37-39	_____
15	Friday, March 13	40-42	_____
16	Saturday, March 14	43-45	_____
	Sunday, March 15	Rest from Reading	
17	Monday, March 16	46-48	_____
18	Tuesday, March 17	49-51	_____
19	Wednesday, March 18	52-54	_____
20	Thursday, March 19	55-57	_____
21	Friday, March 20	58-60	_____

<b>Day of Lent</b>	<b>Date</b>	<b>Psalm</b>	<b>What did I exchange today?</b>
22	Saturday, March 21	61-63	_____
	Sunday, March 22	Rest from Reading	
23	Monday, March 23	64-66	_____
24	Tuesday, March 24	67-70	_____
25	Wednesday, March 25	71-75	_____
26	Thursday, March 26	76-80	_____
27	Friday, March 27	81-85	_____
28	Saturday, March 28	86-90	_____
	Sunday, March 29	Rest from Reading	
29	Monday, March 30	91-95	_____
30	Tuesday, March 31	96-100	_____
31	Wednesday, April 1	101-104	_____
32	Thursday, April 2	105-107	_____
33	Friday, April 3	108-111	_____
34	Saturday, April 4	112-118	_____
	Sunday, April 5	Palm Sunday - Rest from Reading	
35	Monday, April 6	119	_____
36	Tuesday, April 7	120-124	_____
37	Wednesday, April 8	125-135	_____
38	Thursday, April 9	136-139	_____
39	Friday, April 10	140-145 Good Friday	_____
40	Saturday, April 11	146-150 Holy Saturday	_____
	Sunday, April 12	Easter	_____