

ASH FACE

“Even now, says the LORD,
return to me with your whole heart,
with fasting, and weeping,
and mourning;
Rend your hearts,
not your garments,
and return to the LORD,
your God.”

- Joel 2: 12-13



USE YOUR OWN:

Cup of water

Optional: crayons or markers

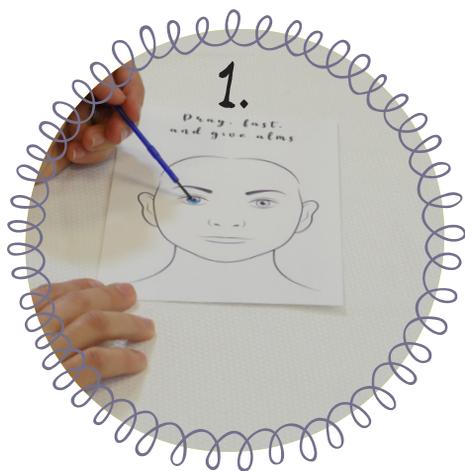
INCLUDED:

Watercolor paper template

Self-adhesive googly eyes

Black pastel

Watercolors (from earlier craft)



1. Paint or color your watercolor paper template. You can make the person look like you. You can use the watercolors from the Salt of the Earth craft or other crayons, markers, or paints from home.

Wednesday marks the start of Lent, when we make a focused journey, or pilgrimage, with Jesus through the desert. We pray, fast, and give alms in a special way through Lent. We do this without showing off, but quietly and in a way focused on God.



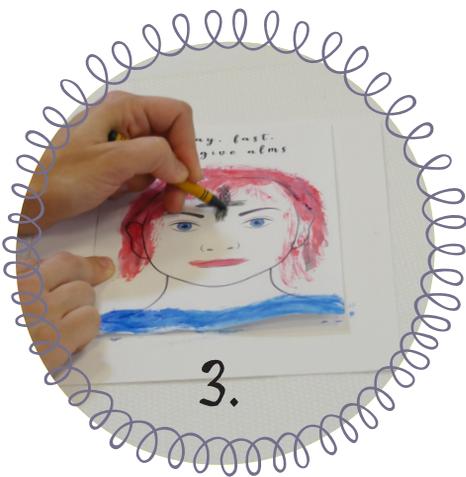
More resources at

THE MASS BOX MDS



2. Optional: Use the self-adhesive googly eyes to give googly eyes to your artwork. Remember, what we do in Lent is not for others to see, but for God to see and know what is on our hearts.

3. Use the black pastel to draw an “ash” cross on the forehead of the face. You receive ashes at Ash Wednesday Mass with the words, “turn away from sin and believe in the gospel,” or remember that you are dust, and unto dust you shall return.” This is a reminder of our humanity and that we should follow God at all times, even if we have struggled or made mistakes.



Q

1. What are some ways we pray during Lent?
2. Who are some ways we fast during Lent?
3. Who are some ways we give alms during Lent?

A

1. We can add some special devotions to our prayer life, like paying a family rosary, praying stations of the cross, or reading the Bible and journaling.
2. We do not eat meat on Ash Wednesday and Fridays in Lent. We can also offer up a personal fast, like from candy or television.
3. We can collect money or items for the homeless, our church, or other charities.

NOTE: Make sure to discuss all Lent plans with your parents.