

# Ash Wednesday

## Mission

In Lent we **pray, fast** and **give**.

Can you make three  
Lenten promises?

1. Decide a time to **pray** each day.
2. Choose to **fast** from something you enjoy throughout Lent.
3. Think of a way you can **give** your time to someone else each week of Lent.



*"But when you pray, go to your private room and, when you have shut your door, pray to your Father who is in that secret place..."*