



## Year A – Ash Wednesday: Preparing for Lent

*Do this study on your own at home.*

Ask God what He wishes to share with you from His Word and read: **Mt 6:1-6, 16-18**

After the Reading Conclude with this prayer:

*Heavenly Father, help me to make this Lent different than in past years. Give me the grace, desire, and determination to turn away from sin and open my heart fully to You. {include personal intentions here.} Amen.*

**Reflection:** {please journal your answers so you have them to reflect on later}

1. What stood out to you from this reading?
2. As you enter Lent, what is your initial feeling of being asked to do more prayer, almsgiving, and penance?

**YouTube Video:** What Do You Want This Lent| Ash Wednesday with Fr. Toups (16:45 min) -

<https://www.youtube.com/watch?v=ukoKNoSb3Ow&list=PLeXS0cAkuTPqHL-7z8Vo8OQbGHyTj6ch3&index=2>

**Reflection:** {please journal your answers so you have them to reflect on later}

3. What do you want from God?
4. What do you want from Lent?
5. Do you want more?

**Closing Prayer:** *Dear Lord, help me to hear Your voice this Lent. I give you permission to speak to me about my heart, so that I am open to receive the "more" You wish for me. Help me to clearly understand the desires You have placed on my heart. I invite You to gently guide me through this Lenten process in a way that draws me into a deeper relationship with You. In this new relationship, give me the courage to face those things in my life that need to change. {take time to reflect on the questions above and ask the Lord to point out what He desires from You the most this lent}. Amen.*

**Additional Information:** Link to Lenten companion referred to in video:

<https://ascensionpress.com/collections/the-ascension-lenten-companion>