

ASH WEDNESDAY ACTIVITIES



TAKE THE OPPORTUNITY TO ATTEND AN ASH WEDNESDAY SERVICE AS A FAMILY. CELEBRATING LENT IS AN OPPORTUNITY TO FORM THE FAITH OF YOUR CHILDREN BY TEACHING THEM ABOUT HOW JESUS LOVES THEM BY BRINGING THE GOOD NEWS OF SALVATION TO LIFE.



PRAY



FAST



GIVE

Prayer, Fasting and **Giving** are three actions that can help prepare our hearts and minds for Easter. Try these ideas below with your children.

Pray: Set a timer and spend some time in silent prayer each day. Work your way up to 2 minutes. This is harder than you think!

Fast: Give up something or a habit that may get in the way of your relationship with God. Examples: TV, Social media, candy.

Give: Almsgiving is the act of donating money or goods to the poor or performing other acts of charity. Children can practice this by filling a box with toys or clothes to donate.