

ASH WEDNESDAY

February 14, 2024

WELCOME

Take time to pray and reflect using the scriptures, blessing, and reflection questions below.

Ash Wednesday begins Lent, a season of forty days leading up to Easter. Lent comes from the Anglo Saxon word “lencten”, which means “spring.” The forty days represent the time Jesus spent in the wilderness, enduring temptation and preparing to begin his ministry. Lent is a time in church life for repentance, fasting and preparation for the death and resurrection of Christ. It is a time of self-examination, reflection, and preparation to “begin again”.

Learn more and find resources to practice Lent at southelkhorncc.org/lent

SCRIPTURE

Joel 2:12-13

Yet even now, says the Lord,
return to me with all your heart,

with fasting, with weeping, and with
mourning;

rend your hearts and not your clothing.

Genesis 3:19

By the sweat of your face you shall eat
bread until you return to the ground, for
out of it you were taken; you are dust, and
to dust you shall return.”

Isaiah 61:1-3

The spirit of the Lord God is upon me,
because the Lord has anointed me;
he has sent me to bring good news to the
oppressed,
to bind up the broken-hearted,
to proclaim liberty to the captives,
and release to the prisoners;
to proclaim the year of the Lord's favor,
and the day of vengeance of our God;
to comfort all who mourn;
to provide for those who mourn in Zion—
to give them a garland instead of ashes,
the oil of gladness instead of mourning,
the mantle of praise instead of a faint
spirit.
They will be called oaks of righteousness,
the planting of the Lord, to display his
glory.

South Elkhorn Christian Church (Disciples of Christ)

4343 Harrodsburg Road • Lexington KY 40513

859.223.1433 • southelkhorncc.org



For a New Beginning

By John O'Donohue

In out-of-the-way places of the heart,
Where your thoughts never think to wander,
This beginning has been quietly forming,
Waiting until you were ready to emerge.

For a long time it has watched your desire,
Feeling the emptiness growing inside you,
Noticing how you willed yourself on,
Still unable to leave what you had outgrown.

It watched you play with the seduction of safety
And the gray promises that sameness whispered,
Heard the waves of turmoil rise and relent,
Wondered would you always live like this.

Then the delight, when your courage kindled,
And out you stepped onto new ground,
Your eyes young again with energy and dream,
A path of plenitude opening before you.

Though your destination is not yet clear
You can trust the promise of this opening;
Unfurl yourself into the grace of beginning
That is at one with your life's desire.

Awaken your spirit to adventure;
Hold nothing back, learn to find ease in risk;
Soon you will home in a new rhythm,
For your soul senses the world that awaits you.

Reflect

1. Read the scripture passages and prayer slowly. What stands out to you or touches your heart?
2. Ash Wednesday is about entering the wilderness of our brokenness, grief, resentment or loneliness. Transformation begins in brave, honest self-examination. What is heavy in your heart?
3. What might repentance mean for you at this moment in your life? What needs forgiving, mending, or healing?
4. The ashes we wear are not so much about endings as an opportunity to *begin again* in light of the end. What needs to begin again in you? How will you practice that new beginning this Lent?

*Find ideas for practicing lent
using the QR code or link
below*



southelkhorncc.org/lent