



Keston Parish Church

Ash Wednesday Communion at Home

Please light your match now: as it burns we think of the light Christ brings into our lives. Extinguish the match and be reminded of how our Lord Jesus allowed his life to be extinguished for us.

During this service we will use our match to place a cross of ash on our foreheads as a sign of repentance – a turning back to God, as we begin our journey through Lent.

Greeting

The sacrifice of God is a broken spirit,
a broken and contrite heart God will not despise (*Ps 51:17*)

The Lord be with you

And also with you.

We keep a moment's Silence

Brothers and sisters in Christ, since early days Christians have observed with great devotion the time of our Lord's passion and resurrection, and prepared for this by a season of penitence and fasting.

By carefully keeping these days, Christians take to heart the call to repentance and the assurance of forgiveness proclaimed in the Gospel, and so grow in faith and in the devotion of our Lord. I invite you, therefore, in the name of the Church, to the observance of a Holy Lent, by self-examination and repentance; by prayer, fasting and self-denial; and by reading and meditating on God's Holy Word.

**Holy God, merciful redeemer, holy and immortal,
have mercy on us, strengthen and heal us.**

Collect

**God the only Saviour, our lives are laid open before you:
Help us to turn to you this Lent,
and through your Son, the skillful Healer,
strengthen us and make us whole;
in the power of the Holy Spirit.
Amen.**

The Gospel Reading

Self Examination and Confession

We confess to you Lord.....

**All our past unfaithfulness:
and impatience of our lives. *Pause*
Our self-indulgent appetites.
Our anger and our envy of others. *Pause*
Our intemperate love of worldly goods and comforts. *Pause*
Our negligence in prayer and worship
and our failure to commend the faith that is in us. *Pause***

**Lord, we have not loved you with our whole heart,
we have not loved our neighbours as ourselves.
In your mercy, forgive us
and make us your true Easter people.
Amen.**

The Imposition of Ashes

Dear friends in Christ,

I invite you to receive ashes as a sign of the Spirit
of penitence with which we shall keep this season of Lent.

God our Father,

You create us from the dust of the earth;
grant that the cross of ash on our body may be for us
a sign of our penitence and a symbol of our mortality;
for it is by your grace alone that we receive eternal life
in Jesus Christ our Saviour.

Amen.

*Now make a cross on your forehead with the spent match or other
suitable ash, saying these words....*

"Loving God, I remember that I am but dust, and to dust I shall return; help me to turn away from sin, and to be faithful to Christ all my days."

In a moment's silence..... we pray for the grace to keep Lent faithfully, and become holy, as God is holy.

The Eucharist At Home

Please now have the food and drink you offer in front of you.

The Lord is with us as we lift up our hearts and give thanks and praise.

It is right to give thanks and praise.

In these forty days Lord, lead us into the desert of repentance and through a pilgrimage of prayer and discipline may we grow in grace and learn to be your people once again.

Through fasting, prayer and acts of service bring us back into your generous heart. Through study of your holy word open our eyes to your presence in the world and free our hands to welcome others into the radiant splendour of your love.

The Eucharistic Prayer

The Lord's Prayer

**Our Father in heaven, hallowed be your name,
your kingdom come, your will be done,
on earth as in heaven.**

**Give us today our daily bread. Forgive us our sins
as we forgive those who sin against us.**

**Lead us not into temptation but deliver us from evil.
For the kingdom, the power, and the glory are yours
now and forever.**

Amen.

A Holy Meal Together

Every time we eat food and take a drink:

Let us proclaim the Lord's death until he comes.

Please now consume your food and drink saying the words....

Food – **May this food be to me your body dear Lord.**

Drink – **May this drink be for me your blood dear Lord.**

Prayer after the Holy Meal

God of our pilgrimage,

You have fed us with the food of heaven.

**Refresh and sustain us as we go forward on our journey,
in the name of Jesus Christ our Lord.**

Amen.

Blessing

May God the Father,
who does not despise the broken spirit,
give you a contrite heart.

May Christ, who bore our sins in his body on the tree,
heal you by his wounds.

May the Holy Spirit, who leads us into all truth,
speak to you words of pardon and peace.

And the blessing of God almighty,
the Father, the Son and the Holy Spirit,
be among you and remain with you always.

Amen.