



Ash Wednesday: The Journey Home

THE GRACE I SEEK: to believe that Jesus will guide me to heaven, my true home

IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.

Jesus, the Lord of Life, has given himself to you in the Eucharist. He is gazing upon you, his beloved child, with great love at this very moment. Pause for a few moments and wonder at his gift for you. Allow yourself to rest in his loving gaze.

Thank Jesus for the gift of himself in the Eucharist.

ASK FOR THE GRACE: Jesus, help me to believe you will show me the way home to heaven.

SCRIPTURE MEDITATION — *Read slowly, 3-4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.*

“Even now, says the LORD, return to me with your whole heart, with fasting, and weeping, and mourning; rend your hearts, not your garments, and return to the LORD, your God. For gracious and merciful is he, slow to anger, rich in kindness, and relenting in punishment.” (Joel 2:12-13)

REFLECTION QUESTION — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

What are the burdens you are carrying that Jesus is inviting you to lay down today? How can you allow Jesus to help you lighten your load so that you can journey more freely with him through this Lenten season?

SCRIPTURE MEDITATION — *Read slowly, 3-4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you through this passage.*

“When you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you.” (Matthew 6:6)

REFLECTION QUESTION — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

The inner room of our hearts is the place where Our Lord desires to cultivate deep intimacy and friendship with us. Gazing upon the Eucharist, ask Jesus to help you open your heart to this closeness with him. Ask him to help you believe that you belong, that you are called to have a home with him!

Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.

CLOSING PRAYER — Grant, O Lord, that we may begin with holy fasting this campaign of Christian service, so that, as we take up battle against spiritual evils, we may be armed with weapons of self-restraint. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. (Collect, Ash Wednesday)

SUNDAY MASS CONNECTION — At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. Next time you are at Mass, offer your desire to journey through this Lenten Season with Jesus, who shows us the way to our Heavenly Home.