

Family worship at home

Shrove Tuesday and Ash Wednesday



Shrove Tuesday

Shrove Tuesday may involve eating pancakes! There's a prayer here that you may wish to use at home on Shrove Tuesday:

[Lent.pdf \(urc.org.uk\)](#)

You may also want to colour in an "alleluia" sheet. Just write "alleluia" on a sheet of paper and make it as colourful as you can. When you have finished your pancakes, you may want to hide the Alleluia somewhere (or bury it in the garden). This reminds us that we don't say or sing alleluia during Lent. Then on Easter Day bring your alleluia back to life from where it was hidden!

Ash Wednesday

Before you begin you may wish to find a small amount of earth from the garden or from a plant pot. Lent reminds us that we come from 'the dust of the earth' and using a tiny amount of earth may be safer than trying to burn something at home to make ashes.

You may wish to find this (or another song) to play a bit later on

<https://www.youtube.com/watch?v=HDSLWL7kmDA>

Gathering

We meet together in the name of the Father, and of the Son, and of the Holy Spirit. **Amen**

From dust we came,
To dust we will return
We belong to God.

We gather in penitence,
We gather in confidence
We belong to God.

At the beginning of Lent,
At every moment of our lives
We belong to God.

The special prayer for today

Holy God,
our lives are laid open before you:
rescue us from the chaos of sin
and through the death of your Son
bring us healing and make us whole
in Jesus Christ our Lord. Amen.

The Word of the Lord

Matthew 6. 1-6

6 "Be especially careful when you are trying to be good so that you don't make a performance out of it. It might be good theater, but the God who made you won't be applauding.

2-4 "When you do something for someone else, don't call attention to yourself. You've seen them in action, I'm sure—'playactors' I call them—treating prayer meeting and street corner alike as a stage, acting

compassionate as long as someone is watching, playing to the crowds. They get applause, true, but that's all they get. When you help someone out, don't think about how it looks. Just do it—quietly and unobtrusively. That is the way your God, who conceived you in love, working behind the scenes, helps you out.

⁵ “And when you come before God, don't turn that into a theatrical production either. All these people making a regular show out of their prayers, hoping for fifteen minutes of fame! Do you think God sits in a box seat?

⁶ “Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.

Reflecting together on the Word

- *How can we find time to be quiet with God this Lent?*
- *Are there things we need to say sorry for?*
- *What can we do to help others during Lent?*
- *Are there things we might give up or take on during Lent?*

Saying sorry

As we start this special journey with Jesus during Lent, let's remember the things we need to say sorry for. We might say these out loud to each other.

For not following Jesus:
Lord, have mercy.
Lord, have mercy.

For not being kind to each other:
Christ, have mercy.
Christ, have mercy.

Words of Forgiveness

May the God of love and forgive us and free us from our sins, heal and strengthen us by his Spirit, and raise us to new life in Christ our Lord. **Amen**

Marked with the sign of the cross

As we prepare to make the sign of the cross on our foreheads, we might want to listen to our song:

<https://www.youtube.com/watch?v=HDSLWL7kmDA>

Then you may wish to make the sign of the cross on your forehead. This reminds us that our life is fragile and that we are held all the time in God's love.

As you make the sign of the cross on your forehead (with or without some earth) you may wish to say:

We come back to God with our whole heart.

The Lord's Prayer

Rejoicing in the presence of Jesus, let us pray to the Father in faith and trust:

Our Father....

or

Our Father in heaven....

The Sending Out

Marked by a cross,
Cherished and forgiven
We are travelling home.

Called to be holy,
Called to be happy
We are travelling home.

Across deserts,
Over mountains
We are travelling home.