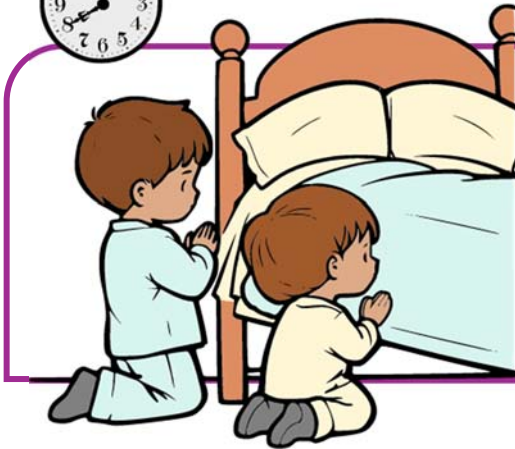




Name \_\_\_\_\_



## Renewed Reflections

**Directions:** Read each question below and write a short, thoughtful response in your own words. Think about what Ash Wednesday and Lent mean to people around the world.

1. What does it mean to "start fresh," and why might that idea be important on Ash Wednesday?

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2. Why do people fast or give something up during Lent? What might this practice teach them?

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3. When people receive ashes on their foreheads, what do you think the symbol reminds them of?

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4. How can praying or helping others make a person feel closer to God or goodness?

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5. Imagine you are beginning a new Lenten season. What is one habit or attitude you'd like to work on, and why?

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