

Name _____



Ashes And Awareness

Directions: Read the prompt below. Then, write a one-page essay explaining how the themes of reflection, humility, and renewal found in Ash Wednesday can apply to challenges in today's world-especially those connected to technology, self-image, and materialism.

Ash Wednesday marks the beginning of Lent, a season for reflection and self-discipline. When people receive ashes on their foreheads, they hear the words, "Remember that you are dust, and to dust you shall return." This message reminds us of our human limits and the importance of humility. In modern life, many people struggle with distractions like social media, consumer culture, and the pressure to appear perfect. Consider how the meaning of Ash Wednesday might inspire people to live more authentically, balance their priorities, or find peace in simplicity.

Your Reflection Essay:
