

# ASH WEDNESDAY Intention & Action

Lent Begins: MARCH 5, 2025

This Lenten season, what are your intentions? Do you have any hopes for these six weeks?

#### **PRAYER**

God of all beginnings, as I enter into this new season, give me the wisdom and the courage to begin again. If there are things you need me to learn in these next six weeks, make them clear. If there are things you need me to do in these next six weeks, give me the courage. If there is truth I need to uncover, show me how. Let your intentions guide my actions. ~ Amen.



# ASH WEDNESDAY Intention & Action

Week of Ash Wednesday: March 6, 2025

What keeps you from taking action?

#### **PRAYER**

Holy God, you are a God who acts. You create. You see. You listen. You heal. You move. You meet us where we are. I want to do the same. I do not want to sit on the sidelines of my life. I do not want to wait when there is good work to do. Please give me some of your courage. Clear my mind. Show me the next right step. ~ Amen.



**Prayer courtesy of Sanctified Art** 

## ASH WEDNESDAY Intention & Action

Week of Ash Wednesday, March 7, 2025

Create a mantra for yourself this Lenten season. Between now and Easter, what words would you like to repeat?

#### Prayer

God be with me here.

God be with me there.

Show me love along the way.

~ Amen.



# ASH WEDNESDAY Intention & Action

Week of Ash Wednesday, March 8, 2025

Who in your life lives with intention? How does it impact their days? What do you admire about them?

#### **Prayer**

Teaching God, you have surrounded me with wise, compassionate, intentional people. Help me learn from them. I know that being a Christian cannot happen in a vacuum. We need each other. So do not let me miss the teachers in my midst. ~ Amen.



#### MARCH 9, 2025

Who are your neighbors? Do you know their names?

#### Prayer

Creating God, you know every hair on my head and every word on my tongue, so surely you know all my neighbors' names. Surely you know their fears and their dreams, their prayers and their hopes. In a lonely, fast-paced world, help me see the people around me. Help me to learn about and love them as you do. ~ Amen.



#### March 10, 2025

How do you feel when a stranger approaches you? How might you learn from and transform those feelings?

#### **Prayer**

Gracious God, we have been trained to make quick assumptions, to reach for fear in the face of the unknown, to assume that minimal conversation is best when talking to strangers. Was it meant to be that way, or did you have another plan in mind? Remind us that every stranger to us is loved by you. ~ Amen.



#### March 11, 2025

What are the attributes of a good neighbor?

Are you a good neighbor?

#### Prayer

With-Us-God, I long to be a good neighbor—hospitable, compassionate, and free of assumptions. However, I know that my own humanity gets in the way. Forgive me for the moments when I miss an opportunity to be compassionate. Forgive me, and spark compassion deep in my bones.

~Amen.



#### March 12, 2025

Have you ever received profound hospitality?

How did it impact you?

#### **Prayer**

Wildly loving God, every once in a while someone does something so kind, so unreasonably gracious, that it uncoils something in me. It unravels a bit of fear or grief, and leaves me with a glimmer of hope. Show me how to love like that. Show me how to cross the road, care for my neighbor, and love beyond dividing lines. Show me how to be unreasonably hospitable and wildly loving. ~ Amen.



#### **MARCH 13, 2025**

When you think of the word "compassion," what comes to mind?

Prayer

Gentle God, I have known compassion. It has burned in my bones, walked beside me on long roads, and looked like my friends and family. It has felt like healing. It has surprised me at times, and taught me what love looks like. So when the world feels harsh and cruel, bring me back to that compassion. Bring me back to you.

~Amen.



#### MARCH 14, 2025

Who do you find hardest to love? How might you compassionately hold space for them?

#### **Prayer**

Loving God, let me see people like you do. Let me see myself like you do. Give me a heart that swells with grace, eyes that see your image in each person, and arms that open wide. Let me love people like you do.

Let me love myself like you do.

~Amen.



**Prayer courtesy of Sanctified Art** 

#### MARCH 15, 2025

What barriers keep you from seeing all people as neighbors? What can bring those barriers down?

#### Prayer

Expansive God, the walls that separate me from my neighbors are so tall, so old, so strong. Help me find the cracks. Help me take these walls down, brick by brick, until I can see my neighbors for who they are—not who I've made them out to be. Give me a heart full of curiosity, hospitality, and compassion. I want to build bridges instead of walls. ~ Amen.



#### March 16th

Have you ever received the message that you did not belong? How did that impact you?

#### Prayer

Including God, Mary sat at your feet to learn your stories.

Some believed she wasn't supposed to be there, but you knew she was welcomed. When the world tries to limit us, when the world tries to tell us who and where we can be, remind us that you bless our presence in the circle. You welcome us exactly as we are. ~ Amen.



**Prayer courtesy of Sanctified Art** 

#### March 17, 2025

Do you see yourself in Mary or Martha, both or neither?

Prayer

Loving God, I have my own insecurities. I have my own fears and doubts. I have a tendency to throw myself into my work, and an ability to ask enormous questions. I can be defensive and eager, hopeful and anxious. I am a little like Mary, a little like Martha, and a little like you. May those pieces of me, all those tender human pieces, breathe in your love deeply. ~ Amen.



#### March 18, 2025

Have you ever received the message that you must work to earn your self-worth? What does your faith say to that?

#### Prayer

Sabbath-taking God, there are days when I rush around like the world depends on me, days where I work until my mind or hands turn to jello. I know that's not what you want for me, but I hustle and bustle all the same. Teach me again that I do not have to earn my worth. Teach me again that it is good to rest. Teach me again that love is not conditional. Teach me again. ~Amen.



#### March 19, 2025

What would it look like for you to lean more into faith, or more into works?

#### Prayer

God of all, you bless my questions. You bless my gifts. You bless my productive days, my awe-filled days, my just-barely-hanging-on days. You bless it all and call it all good. Cradle my face in your hands and remind me that wherever I am, you are there. Wherever I go, you'll be there, too. You are in the faith, the doubt, the works, and the rest. You are in it all with me. Thanks be to God for a love like that. ~Amen.



#### **MARCH 20 2025**

What is in your comfort zone and what are your growing edges: thinking about faith, feeling your faith, or acting on faith?

#### Prayer

Triune God, some days I confine my faith to my brain, intellectualizing and debating your presence. Some days I wear my faith on my sleeve, a reed in the wind, looking for your Spirit. Some days, I allow my faith to guide my hands and feet, my eyes and my voice. Tip me in the direction I need to move. Balance me, push me, invite me to experience my faith anew—with head, heart, mind, and soul. With hope I pray. ~ Amen.



#### MARCH 21, 2025

When or where have you had a close, intimate connection with God?

#### Prayer

Present God, I live for the moments when you feel close—
when my eyes prick, my throat catches, and my Spirit knows.
I want to take my shoes off and revisit those memories again
and again, standing barefoot on your holy ground. So find
me once more. Carve out more of those sacred touchpoints,
and with every last breath, I will say thank you. ~ Amen.



#### MARCH 22, 2025

What are you hungry to learn about lately? Where would you like to grow and go deeper?

#### Prayer

Magnificent God, you spent your days teaching. You taught crowds, the disciples, strangers, and friends. I, too, want to learn. I want to learn how the earth heals herself. I want to learn what brings you delight. I want to learn which parts of me are the most authentic. I want to learn how to build people up and bring them together, so teach me. Teach me again, and again, and again. ~ Amen.

