

# OUR LADY OF LOURDES HARPENDEN

## PRAYER AT HOME FOR ASH WEDNESDAY



**Make the Sign of the Cross.**

**Read the Gospel for today.**

*Matthew 6.1-6 and 16-18:*

Jesus said to his disciples, "Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven. So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.

And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

The Gospel of the Lord

**Pray together:**

'Lord God, with all our hearts we beseech you: have mercy on your people; spare your people; strengthen all people in the struggle against the havoc of this pandemic. Lord our God, without you we are so weak and our courage so limited. Give us your strength; give us your love; give us wisdom and skill to continue this fight. Spare your people, O Lord we pray. Comfort those who mourn and gather into your kingdom all who have died. We make this prayer through Christ our Lord, who died and rose to life, who lives and reigns with you, for ever and ever. Amen.'

**Make the Sign of the Cross on each other's forehead, using the words you choose.**



**Pray together:** The Our Father; the Hail Mary; and, if you wish, any prayer of your choosing. Give each other a sign of peace.

Conclude with the 'Glory be to the Father...'