



Ash Wednesday is the first day of Lent. On this day we remember that life is a precious gift from God. In gratitude, we offer our lives back to God and commit to making changes during Lent that will help us become more like Jesus.

Many churches offer an Ash Wednesday service to remind us that we are human and in need of forgiveness. Often, a pastor will mark each person's forehead with ashes in the sign of the cross, saying, "You are dust, and to dust you shall return" (Genesis 3:19, NRSV), and will encourage people to let go of the things that keep them from loving God.

Attend an Ash Wednesday service with your family or friends. Learn more about why we use ashes in "[Lent 101](#)."