

**SOLOMON'S EVANGELICAL LUTHERAN CHURCH**  
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# ASH WEDNESDAY

W O R S H I P

Remember that  
you are dust



And to dust you  
shall return

*"Solomon's Evangelical Lutheran Church, following the example of Jesus Christ, seeks to live in the confidence and fullness of God's grace; to preach the Good News boldly and truthfully; to support and serve others in faith; to work in harmony with all creation."*

**ASH WEDNESDAY**  
**FEBRUARY 22, 2023**

**February 22, 2023**

**Ash Wednesday**

*On Ash Wednesday we begin our forty-day journey toward Easter with a day of fasting and repentance. Marking our foreheads with dust, we acknowledge that we die and return to the earth. At the same time, the dust traces the life-giving cross indelibly marked on our foreheads at baptism. While we journey through Lent to return to God, we have already been reconciled to God through Christ. We humbly pray for God to make our hearts clean while we rejoice that “now is the day of salvation.” Returning to our baptismal call, we more intentionally bear the fruits of mercy and justice in the world.*

## **GATHER IN SILENCE**

*For now, the offering plate will continue to be placed in the back of the church in front of the Baptismal Font. Thank you for your continuing support of the ministries of Solomon’s as we join God in the work of sharing Christ’s love.*

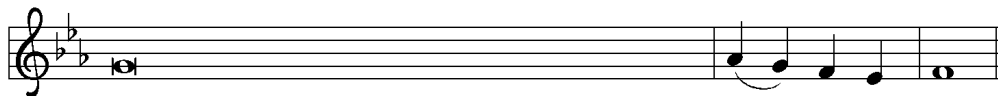
## **KYRIE**



In peace, let us pray to the Lord.



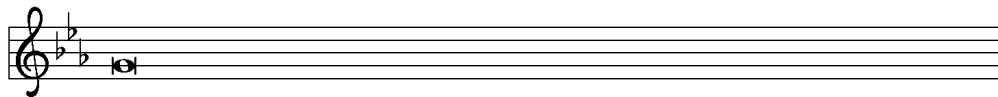
Lord, have mer - cy.



For the peace from above, and for our salvation, let us pray to the Lord.



Lord, have mer - cy.



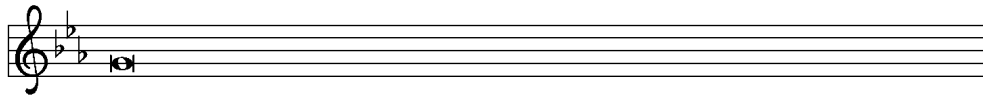
For the peace of the whole world, for the well-being of the church of God,



and for the unity of all, let us pray to the Lord.



Lord, have mer - cy.



For this holy house, and for all who offer here their worship and praise,



let us pray to the Lord.



Lord, have mer - cy.



Help, save, comfort, and de - fend us, gra - cious Lord.



A - men, a - men.

## GREETING

The grace of our Lord Jesus Christ, the love of God,  
and the communion of the Holy Spirit be with you all.  
**And also with you.**

## PRAYER OF THE DAY

Let us pray.

**Almighty and ever-living God, you hate nothing you have made, and you forgive the sins of all who are penitent. Create in us new and honest hearts, so that, truly repenting of our sins, we may receive from you, the God of all mercy, full pardon and forgiveness through your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.  
Amen.**

## FIRST READING: Joel 2:1-2, 12-17

A reading from Joel.

*Because of the coming Day of the LORD, the prophet Joel calls the people to a community lament. The repentant community reminds God of his gracious character and asks God to spare the people, lest the nations doubt God's power to save.*

<sup>1</sup>Blow the trumpet in Zion;  
sound the alarm on my holy mountain!

Let all the inhabitants of the land tremble,  
for the day of the LORD is coming, it is near—  
<sup>2</sup>a day of darkness and gloom,  
a day of clouds and thick darkness!  
Like blackness spread upon the mountains  
a great and powerful army comes;  
their like has never been from of old,  
nor will be again after them  
in ages to come.

<sup>12</sup>Yet even now, says the LORD,  
return to me with all your heart,  
with fasting, with weeping, and with mourning;  
<sup>13</sup>rend your hearts and not your clothing.

Return to the LORD, your God,  
for he is gracious and merciful,  
slow to anger, and abounding in steadfast love,  
and relents from punishing.

<sup>14</sup>Who knows whether he will not turn and relent,  
and leave a blessing behind him,  
a grain offering and a drink offering  
for the LORD, your God?

<sup>15</sup>Blow the trumpet in Zion;  
sanctify a fast;  
call a solemn assembly;  
<sup>16</sup>gather the people.

Sanctify the congregation;  
assemble the aged;  
gather the children,  
even infants at the breast.

Let the bridegroom leave his room,  
and the bride her canopy.

<sup>17</sup>Between the vestibule and the altar  
let the priests, the ministers of the LORD, weep.  
Let them say, "Spare your people, O LORD,  
and do not make your heritage a mockery,  
a byword among the nations.  
Why should it be said among the peoples,  
'Where is their God?'"

The word of the Lord.  
**Thanks be to God.**

## PSALM: Psalm 51:1-17

(Sung responsively between women and men, beginning with the women.)



Psalm tone reproduced from *Psalter for Worship Year C* © 2006 Augsburg Fortress.  
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- <sup>1</sup>Have mercy on me, O God, according to your | steadfast love;  
in your great compassion blot out | my offenses.
- <sup>2</sup>**Wash me through and through | from my wickedness,  
and cleanse me | from my sin.**
- <sup>3</sup>For I know | my offenses,  
and my sin is ev- | er before me.
- <sup>4</sup>**Against you only have I sinned and done what is evil | in your sight;  
so you are justified when you speak and right | in your judgment.**
- <sup>5</sup>Indeed, I was born | steeped in wickedness,  
a sinner from my | mother's womb.
- <sup>6</sup>**Indeed, you delight in truth | deep within me,  
and would have me know wisdom | deep within.**
- <sup>7</sup>Remove my sins with hyssop, and I | shall be clean;  
wash me, and I shall be pur- | er than snow.
- <sup>8</sup>**Let me hear | joy and gladness;  
that the body you have broken | may rejoice.**
- <sup>9</sup>Hide your face | from my sins,  
and blot out | all my wickedness.
- <sup>10</sup>**Create in me a clean | heart, O God,  
and renew a right spir- | it within me.**
- <sup>11</sup>Cast me not away | from your presence,  
and take not your Holy Spir- | it from me.
- <sup>12</sup>**Restore to me the joy of | your salvation  
and sustain me with your boun- | tiful Spirit.**
- <sup>13</sup>Let me teach your ways | to offenders,  
and sinners shall be re- | stored to you.
- <sup>14</sup>**Rescue me from bloodshed, O God of | my salvation,  
and my tongue shall sing | of your righteousness.**
- <sup>15</sup>O Lord, o- | pen my lips,  
and my mouth shall pro- | claim your praise.
- <sup>16</sup>**For you take no delight in sacrifice, or | I would give it.  
You are not pleased | with burnt offering.**
- <sup>17</sup>The sacrifice of God is a | troubled spirit;  
a troubled and broken heart, O God, you will | not despise.

## SECOND READING: 2 Corinthians 5:20b--6:10

A reading from 2 Corinthians.

*The ministry of the gospel endures many challenges and hardships. Through this ministry, God's reconciling activity in the death of Christ reaches into the depths of our lives to bring us into a right relationship with God. In this way, God accepts us into the reality of divine salvation.*

<sup>20b</sup>We entreat you on behalf of Christ, be reconciled to God. <sup>21</sup>For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

<sup>6:1</sup>As we work together with him, we urge you also not to accept the grace of God in vain. <sup>2</sup>For he says,

“At an acceptable time I have listened to you,  
and on a day of salvation I have helped you.”

See, now is the acceptable time; see, now is the day of salvation! <sup>3</sup>We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, <sup>4</sup>but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, <sup>5</sup>beatings, imprisonments, riots, labors, sleepless nights, hunger; <sup>6</sup>by purity, knowledge, patience, kindness, holiness of spirit, genuine love, <sup>7</sup>truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; <sup>8</sup>in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; <sup>9</sup>as unknown, and yet are well known; as dying, and see—we are alive; as punished, and yet not killed; <sup>10</sup>as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

The word of the Lord.

**Thanks be to God.**

# GOSPEL ACCLAMATION (W&P 27) *Cares Chorus*

C G/B Am CM<sup>7</sup>/G

I cast all my cares up-on you; I

F C/E Dm Gsus G

lay all of my bur - dens down at your feet. And

C G/B C/B<sup>b</sup> F/A Fm/A<sup>b</sup>

an-y - time that I don't know what to do, I will

C<sup>2</sup>/G C/G G<sup>7</sup>sus G<sup>7</sup> F/C C

cast all my cares up-on you.

Text: Rusty Edwards, stanzas; Frederick Whitfield, refrain  
 Music: North American traditional, arr. Rusty Edwards  
 Text 1997 Selah Publishing Co.; arr. 1999 Augsburg Fortress

## **GOSPEL: Matthew 6:1-6, 16-21**

The holy gospel according to Matthew.

**Glory to you, O Lord.**

*In the Sermon on the Mount, Jesus commends almsgiving, prayer, and fasting, but emphasizes that spiritual devotion must not be done for show.*

[Jesus said to the disciples:] <sup>1</sup>“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.

<sup>2</sup>“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. <sup>3</sup>But when you give alms, do not let your left hand know what your right hand is doing, <sup>4</sup>so that your alms may be done in secret; and your Father who sees in secret will reward you.

<sup>5</sup>“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. <sup>6</sup>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.

<sup>16</sup>“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. <sup>17</sup>But when you fast, put oil on your head and wash your face, <sup>18</sup>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.

<sup>19</sup>“Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; <sup>20</sup>but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. <sup>21</sup>For where your treasure is, there your heart will be also.”

The gospel of the Lord.

**Praise to you, O Christ.**

**SERMON**

**PASTOR BARB**



## HYMN OF THE DAY *Savior, When in Dust to You* (ELW 601)



1 Sav-ior, when in dust to you low we bow in hom-age due;  
2 By your help-less in-fant years, by your life of want and tears,  
3 By your hour of dire de-spair, by your ag-o-ny of prayer,  
4 By your deep ex-pir-ing groan, by the sad se-pul-chral stone,



when, re-pen-tant, to the skies scarce we lift our weep-ing eyes;  
by your days of deep dis-tress in the sav-age wil-der-ness,  
by the cross, the nail, the thorn, pierc-ing spear, and tor-turing scorn,  
by the vault whose dark a-bode held in vain the ris-ing God,



oh, by all your pains and woe suf-fered once for us be-low,  
by the dread, mys-te-rious hour of the in-sult-ing tempt-er's pow'r,  
by the gloom that veiled the skies o'er the dread-ful sac-ri-fice,  
oh, from earth to heav'n re-stored, might-y, re-as-cend-ed Lord,



bend-ing from your throne on high, hear our pen-i-ten-tial cry!  
turn, oh, turn a fa-v'ring eye; hear our pen-i-ten-tial cry!  
lis-ten to our hum-ble sigh; hear our pen-i-ten-tial cry!  
bend-ing from your throne on high, hear our pen-i-ten-tial cry!

Text: Robert Grant, 1779–1838, alt.  
Music: ABERYSTWYTH, Joseph Parry, 1841–1903

## INVITATION TO LENT

Friends in Christ, today with the whole church we enter the time of remembering Jesus' passover from death to life, and our life in Christ is renewed.

We begin this holy season by acknowledging our need for repentance and for God's mercy. We are created to experience joy in communion with God, to love one another, and to live in harmony with creation. But our sinful rebellion separates us from God, our neighbors, and creation, so that we do not enjoy the life our creator intended.

As disciples of Jesus, we are called to a discipline that contends against evil and resists whatever leads us away from love of God and neighbor. I invite you, therefore, to the discipline of Lent—self-examination and repentance, prayer and fasting, sacrificial giving and works of love—strengthened by the gifts of word and sacrament. Let us continue our journey through these forty days to the great Three Days of Jesus' death and resurrection.

## CONFESSION OF SIN

Let us confess our sin in the presence of God and of one another.

Most holy and merciful God,  
**we confess to you and to one another,  
and before the whole company of heaven,  
that we have sinned by our fault,  
by our own fault,  
by our own most grievous fault,  
in thought, word, and deed,  
by what we have done and by what we have left undone.**

We have not loved you with our whole heart, and mind, and strength. We have not loved our neighbors as ourselves. We have not forgiven others as we have been forgiven.  
**Have mercy on us, O God.**

We have shut our ears to your call to serve as Christ served us. We have not been true to the mind of Christ. We have grieved your Holy Spirit.  
**Have mercy on us, O God.**

Our past unfaithfulness, the pride, envy, hypocrisy, and apathy that have infected our lives, we confess to you.  
**Have mercy on us, O God.**

Our self-indulgent appetites and ways, and our exploitation of other people, we confess to you.  
**Have mercy on us, O God.**

Our negligence in prayer and worship, and our failure to share the faith that is in us, we confess to you.  
**Have mercy on us, O God.**

Our neglect of human need and suffering, and our indifference to injustice and cruelty, we confess to you.  
**Have mercy on us, O God.**

Our false judgments, our uncharitable thoughts toward our neighbors, and our prejudice and contempt toward those who differ from us, we confess to you.  
**Have mercy on us, O God.**

Our waste and pollution of your creation, and our lack of concern for those who come after us, we confess to you.  
**Have mercy on us, O God.**

Restore us, O God, and let your anger depart from us.  
**Hear us, O God, for your mercy is great.**

**DUET      *SPEAK TO ME IN ASHES***

**IMPOSITION OF ASHES**

*Those who desire to receive ashes come forward and stand or kneel at the altar railing. The ashes come from the burning of the palms from Palm Sunday. As you apply ashes to your forehead with a Q-tip in the sign of the cross the pastor will say the words...*

Remember that you are dust, and to dust you shall return.

Almighty God, you have created us out of the dust of the earth. May these ashes be a sign of our mortality and penitence, reminding us that only by the cross of our Lord Jesus Christ are we given eternal life; through the same Jesus Christ, our Savior and Lord.

**Amen.**

Accomplish in us, O God, the work of your salvation,  
**that we may show forth your glory in the world.**  
By the cross and passion of your Son, our Savior,  
**bring us with all your saints to the joy of his resurrection.**

Almighty God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life.  
**Amen.**

**PRAYERS OF THE CHURCH** *(Please respond.)*

*P: Merciful God, C: receive our prayer.*

**PEACE**

The peace of Christ be with you always.  
**And also with you.**

## OFFERTORY *Come to the Table* (W&P 33)



Come to the ta - ble of mer - cy, pre - pared with the wine and the bread.



All who are hun - gry and thirst - y, come, and your souls will be fed.



Come at the Lord's in - vi - ta - tion; re - ceive from his nail - scarred hand.



Eat of the bread of sal - va - tion; drink of the blood of the Lamb.

Text: Claire Cloninger, b. 1942

Music: COME TO THE TABLE, Martin J. Nystrom, b. 1956

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## OFFERING PRAYER

God of good gifts,  
receive these and all our offerings  
as we present them in faithful service  
for the sake of your gospel.  
Prepare our hearts to receive you in this meal  
as you pour out your very presence  
through Christ Jesus, the wellspring of eternal life.  
**Amen.**

## GREAT THANKSGIVING

The Lord be with you.  
**And also with you.**

Lift up your hearts.  
**We lift them to the Lord.**

Let us give thanks to the Lord our God.  
**It is right to give our thanks and praise.**

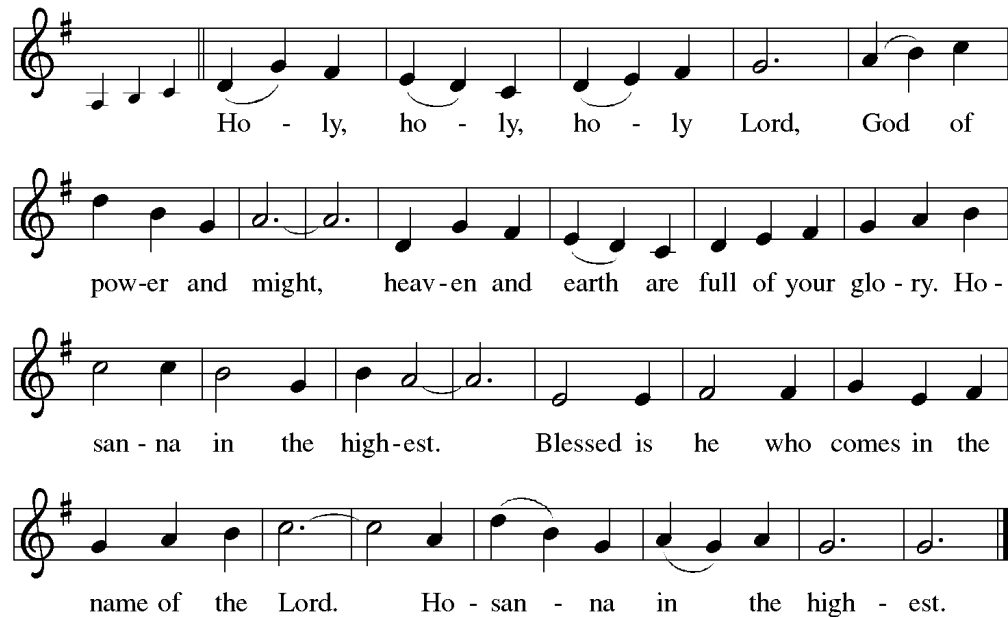
## PREFACE

It is indeed right, our duty and our joy,  
that we should at all times and in all places  
give thanks and praise to you, almighty and merciful God,  
through our Savior Jesus Christ.

You call your people to cleanse their hearts  
and prepare with joy for the paschal feast,  
that, renewed in the gift of baptism,  
we may come to the fullness of your grace.

And so, with all the choirs of angels,  
with the church on earth and the hosts of heaven,  
we praise your name and join their unending hymn:

## HOLY, HOLY, HOLY (ELW p. 108)



Ho - ly, ho - ly, ho - ly Lord, God of  
pow-er and might, heav-en and earth are full of your glo - ry. Ho -  
san - na in the high-est. Blessed is he who comes in the  
name of the Lord. Ho - san - na in the high - est.

## THANKSGIVING AT THE TABLE

In the night in which he was betrayed,  
our Lord Jesus took bread, and gave thanks;  
broke it, and gave it to his disciples, saying:  
Take and eat; this is my body, given for you.  
Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks,  
and gave it for all to drink, saying:  
This cup is the new covenant in my blood,  
shed for you and for all people for the forgiveness of sin.  
Do this for the remembrance of me.

## **LORD'S PRAYER**

Lord, remember us in your kingdom and teach us to pray.

**Our Father, who art in heaven,  
hallowed be thy name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.**

**Give us this day our daily bread;  
and forgive us our trespasses,  
as we forgive those  
who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.**

**For thine is the kingdom,  
and the power, and the glory,  
forever and ever. Amen.**

## **INVITATION TO COMMUNION**

Come and receive Jesus, our strength in the wilderness.

## **COMMUNION**

*Continuous - Please continue down center aisle at the direction of the usher. After you receive the bread, you may take a cup of red wine or white grape juice from the tray. Please place your empty communion cup in the basket. Gluten free wafers are available, ask the Pastor when you come forward. Notify the Head Usher if you would appreciate receiving Communion at your seat rather than walking up to the altar, the Pastor and Communion Assistant will be happy to bring Communion to you.*

**COMMUNION SONG (ELW p. 112)**

Lamb of God, you take a - way the sin of the world; have  
 mer - cy on us. Lamb of God, you take a - way the sin of the  
 world; have mer - cy on us. Lamb of God, you take a -  
 way the sin of the world; grant us peace, grant us peace.

**HYMN DURING COMMUNION *Softly and Tenderly Jesus Is Calling* (ELW 608)**

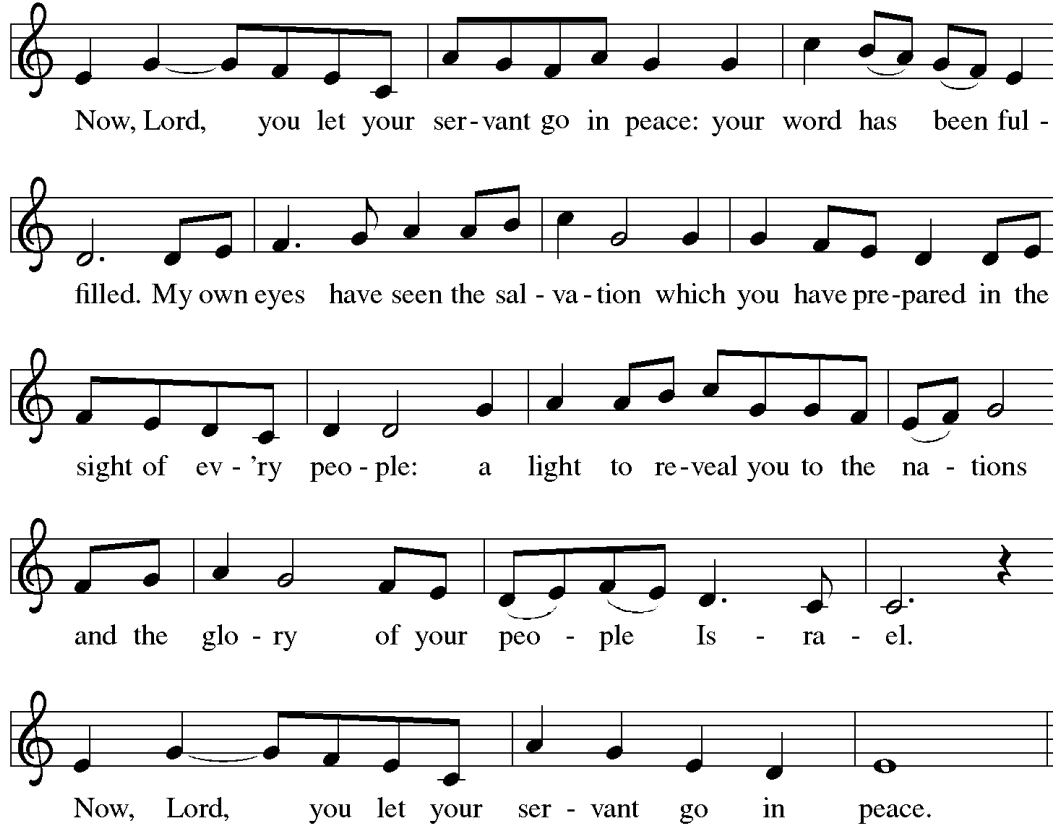
1 Soft - ly and ten - der - ly Je - sus is call - ing, call - ing for  
 2 Why should we tar - ry when Je - sus is plead - ing, plead - ing for  
 3 Oh, for the won - der - ful love he has prom - ised, prom - ised for  
 you and for me. See, on the por - tals he's wait - ing and watch - ing,  
 you and for me? Why should we lin - ger and heed not his mer - cies,  
 you and for me! Though we have sinned, he has mer - cy and par - don,  
*Refrain*  
 watch - ing for you and for me.  
 mer - cies for you and for me? "Come home, come home!"  
 par - don for you and for me.  
 You who are wea - ry, come home." Ear - nest - ly, ten - der - ly,  
 Je - sus is call - ing, call - ing, "O sin - ner, come home!"

Text: Will L. Thompson, 1847-1909  
 Music: THOMPSON, Will L. Thompson

## COMMUNION BLESSING

The body and blood of our Lord Jesus Christ strengthen you and keep you in his grace. Amen.

### SONG AFTER COMMUNION (ELW p. 113)



Now, Lord, you let your ser-vant go in peace: your word has been ful -

filled. My own eyes have seen the sal - va - tion which you have pre-pared in the

sight of ev - 'ry peo - ple: a light to re-veal you to the na - tions

and the glo - ry of your peo - ple Is - ra - el.

Now, Lord, you let your ser - vant go in peace.

## PRAYER AFTER COMMUNION

Embodied God,  
at your table, we have tasted the goodness of Jesus.  
With the eyes of our hearts open to your promise,  
empower us to hear the needs of our neighbors  
and touch the world with your love.  
**Amen.**

## BLESSING

The Lord bless you and keep you.  
The Lord's face shine on you with grace and mercy.  
The Lord look upon you with favor and ✚ give you peace.  
**Amen.**



## SENDING SONG *Restore in Us, O God* (ELW 328)



1 Re - store in us, O God, the splen - dor of your love; re -  
2 O Spir - it, wake in us the won - der of your pow'r; from  
3 Bring us, O Christ, to share the full - ness of your joy; bap -  
4 Three - per - soned God, ful - fill the prom - ise of your grace, that



new your im - age in our hearts, and all our sins re - move.  
fruit - less fear un - furl our lives like spring - time bud and flow'r.  
tize us in the ris - en life that death can - not de - stroy.  
we, when all our search - ing ends, may see you face to face.

Text: Carl P. Daw Jr., b. 1944  
Music: BAYLOR, Hal H. Hopson, b. 1933  
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## SENDING IN SERVICE

Go in peace. Serve in love.

**Thanks be to God.**

## EXTINGUISHING THE CANDLE/SILENT PRAYER

## POSTLUDE

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## SERVING TODAY

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Head Usher ..... Janice McEntire  
Acolyte ..... Sarah Aldrich PM  
Lector ..... Patricia Yetter AM / Wayne Norman PM  
Greeter ..... Zoe Mummert PM  
Communion Set-Up ..... Peggi Norman AM & PM  
Communion Bread ..... Peggi Norman AM & PM  
Communion Assist ..... Peggi Norman AM & PM

**FEBRUARY 22, 2023**

**ASH WEDNESDAY**

*Return to the God of steadfast love.*



### **ASH WEDNESDAY BIBLE READINGS**

Take time to read and reflect on these Bible passages as part of your Ash Wednesday observances.

<b>Wednesday</b>	<b>Joel 2:1-2, 12-17</b>	<b>A call to repentance</b>
	<b>Psalm 51:1-17</b>	<b>Have mercy on me, O God</b>
	<b>2 Corinthians 5:20b–6:10</b>	<b>Messengers of Christ</b>
	<b>Matthew 6:1-6, 16-21</b>	<b>Giving, praying, and fasting</b>

### **SCRIPTURE VERSE FOR ASH WEDNESDAY**

*Return to the LORD, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing. Joel 2:13b (NRSV)*

### **PRAYERS AND BLESSING**

#### **A Prayer for Ash Wednesday:**

Holy God, you have compassion on all you have created. Give us repentant hearts that lead us back to your grace and mercy through Jesus Christ our Lord. Amen.

#### **Mealtime Prayer:**

Dear God, for this food that sustains us and your love that frees us to receive forgiveness for our sins, we give you thanks through Jesus Christ our Lord. Amen.

#### **A Blessing to Give:**

May the God of steadfast love have mercy on you through Christ our Lord.

### **CARING CONVERSATIONS**

Discuss in your home, small group, or use for personal reflections:

- What makes it hard to admit you made a mistake?
- How does faith in Christ free you to acknowledge that you need God's forgiveness?

## HYMN FOR ASH WEDNESDAY

*Change My Heart, O God*



## DEVOTIONS

*Read:* Joel 2:1-2, 12-17.

Ash Wednesday is a time of repentance, a particular time to return to God and God's goodness. Joel observes how God's people have turned away. Their relationship with God is in disrepair. The consequences of this broken relationship are catastrophic, like a mighty army swooping down upon them. Joel tells the people to run to God instead of hiding. Why? Because God *"is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishment"* (v. 13). Ash Wednesday leads us back to the awe of God and God's goodness. The description of God's steadfast love is a persistent theme in the Old Testament, one that should bring us hope, not despair. Joel knows the challenge that lies in the hearts of the people, preferring to live in denial than to acknowledge their brokenness and need for God. Ash Wednesday calls us to move beyond denial and to acknowledge our sin that only God's steadfast love can cure.

*Discuss:* How is Ash Wednesday a gift of God's steadfast love for you?

*Pray:* **Forgiving God, help us to acknowledge our brokenness and our need for your steadfast love and faithfulness that our lives may be restored through Jesus Christ our Lord. Amen.**

## SERVICE

Jesus calls us to serve our neighbor in love. Based on the Daily Bible Readings for this day, how might you help someone find hope, not despair through God's steadfast love?

## RITUALS AND TRADITIONS

Lent begins on Ash Wednesday and lasts for 40 days. It is a time to focus on repentance and our relationship with God. It is a time for Christians to add a Lenten spiritual discipline to their daily rituals. Fasting, daily devotions, daily prayer, and a Lenten calendar are examples of these disciplines. Plan what your discipline might be for Lent and consider adding the ritual of this prayer each day from Psalm 51:10 when you wake or when you lie down: **Create in me a clean heart, O God, and put a new and right spirit within me. In the name of my Savior and Lord, Jesus Christ. Amen.**