# Lent 2025 – Ash Wednesday Reflection

Lent is upon us, and with it a time of spiritual and physical preparation for the events of Holy Week and Easter. Many people choose to take up spiritual practices for Lent, either instead of or in addition to giving something up. Whether you’ve chosen to learn more about the faith or to deepen your prayer life or to help minister to others this Lent, we hope you’ll find something to help you keep your intention.

Ash Wednesday gets its name from the ashen cross, which is painted on the foreheads of many Christian believers today. It’s a symbol of repentance, a reminder of mortality, and the dusty desert in which Jesus fasted for 40 days. In the season of Lent we remember that:

The Spirit sent (Jesus) out into the wilderness, and he was in the wilderness for 40 days, being tempted by Satan. He was with the wild animals, and the angels attended him. Mark1:12-13 (NIVUK)

**Ash Wednesday Poem**

Dust and ashes touch our faith,

Mark our failure and are falling.

Holy Spirit, come,

Walk with us tomorrow,

Take us as disciples,

Washed and weakened by your calling.

Take us by the hand and lead us,

Lead us through the desert sands,

Bring us living water,

Holy Spirit, come

Brian A Wren as cited in The Book of A Thousand Prayers, compiled by Angela Ashwin (Zondervan) p.46

Eastern Orthodox Christians describe Lent as a season of ‘Bright sadness’, to acknowledge both the brightness and the sadness. The Faith desk at MU blesses you as you explore the brightness and the sadness of this season for yourself.