

Ash Wednesday

Preface for *Ash Wednesday*, use Lent III, see below

Lent I

The spiritual meaning of Lent

The Lord be with you.

And with your spirit.

Lift up your hearts.

We lift them up to the Lord.

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

It is truly right and just {fair},
our duty {must} and our salvation,
always and everywhere to give you thanks,
Lord, holy Father, almighty and eternal God.
through Christ our Lord.

Every year, with your grace,
we await the sacred paschal {Easter} feasts,
our minds made pure, with eager prayer,
and works of charity,
and born again by participating in the mysteries;
you give us, your sons and daughters,
the fullness of grace.

With all the Angels

[and Archangels, with Thrones and Dominions, and with all the hosts and Powers]

{many different angels}

in heaven,

we sign your glory,

and never cease (stop) to acclaim:

Holy, Holy, Holy Lord God of hosts {angels many}...

Lent II

Spiritual penance

The Lord be with you.

And with your spirit.

Lift up your hearts.

We lift them up to the Lord.

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

It is truly right and just {fair},
our duty {must} and our salvation,
always and everywhere to give you thanks,
Lord, holy Father, almighty and eternal God.

You gave us, your children,
this sacred time to renew and purify {cleanse} our hearts,
so that free from unhealthy desires,
we will manage {cope with} the things of this world,
and focus on things everlasting.

And so, with all the Angels and Saints,
we praise you,
and never cease (stop) to acclaim:

Holy, Holy, Holy Lord God of hosts {angels many}...

Lent III

The fruits of abstinence

The Lord be with you.

Lift up your hearts.

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

And with your spirit.

We lift them up to the Lord.

It is truly right and just {fair},
our duty {must} and our salvation,
always and everywhere to give you thanks,
Lord, holy Father, almighty and eternal God.

You want us
through our self-denial {control}
to humble our sinful pride,
help feed the poor,
imitate {copy} your kindness,
and give you thanks.

And so, with all the Angels,
we glorify you,
we praise you,
and never cease (stop) to acclaim:

Holy, Holy, Holy Lord God of hosts {angels many}...

Lent IV

The fruits of fasting

The Lord be with you.

And with your spirit.

Lift up your hearts.

We lift them up to the Lord.

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

It is truly right and just {fair},
our duty {must} and our salvation,
always and everywhere to give you thanks,
Lord, holy Father, almighty and eternal God.

Through fasting
you restrain {stop} our faults,
raise our minds to you,
and you give us good rewards,
through Christ our Lord.

Through him {Jesus} the Angels praise you,

[Dominions adore and Powers tremble before you. Heaven and the Virtues of heaven and the blessed Seraphim worship together with exultation]

all angels worship you.

We join them at prayer,

and humbly praise you as we acclaim:

Holy, Holy, Holy Lord God of hosts {angels many}...