



ASH WEDNESDAY LITANY

- LEADER:** "Return!" says the Lord. Rend your hearts and not your clothing, and return to the Lord, who is gracious and merciful, slow to anger and abounding in steadfast love.
- RESPONSE:** **We are returning to the Lord with all our heart, mind, and soul. Help us to yield not to temptation.**
- LEADER:** Have mercy on us, O God, according to Your steadfast love. According to your abundant grace, blot out our transgressions.
- RESPONSE:** **We are returning to the Lord with all our heart, mind, and soul. Help us to yield not to temptation.**
- LEADER:** We beseech you, O Lord, to help us choose the fast which is pleasing unto you. Help us to humble ourselves, and to resist the powers of this world.
- RESPONSE:** **We are returning to the Lord with all our heart, mind, and soul. Help us to yield not to temptation.**
- LEADER:** Let us fast not to be seen fasting, but instead to loose the bonds of injustice, to let the oppressed go free, and to break every yoke.
- ALL:** **We lay down the material in order to lay hold of the spiritual. We resist the temporal in order to lean into the eternal. Grant to us, O Mighty Keeper, courage and strength for the journey. Amen.**