



ASH  
WEDNESDAY

New Baptist Church  
February 18, 2026

# The Old Testament Seven High Holy Festivals

1. Passover

2. Feast of Unleavened Bread (7 days after passover).

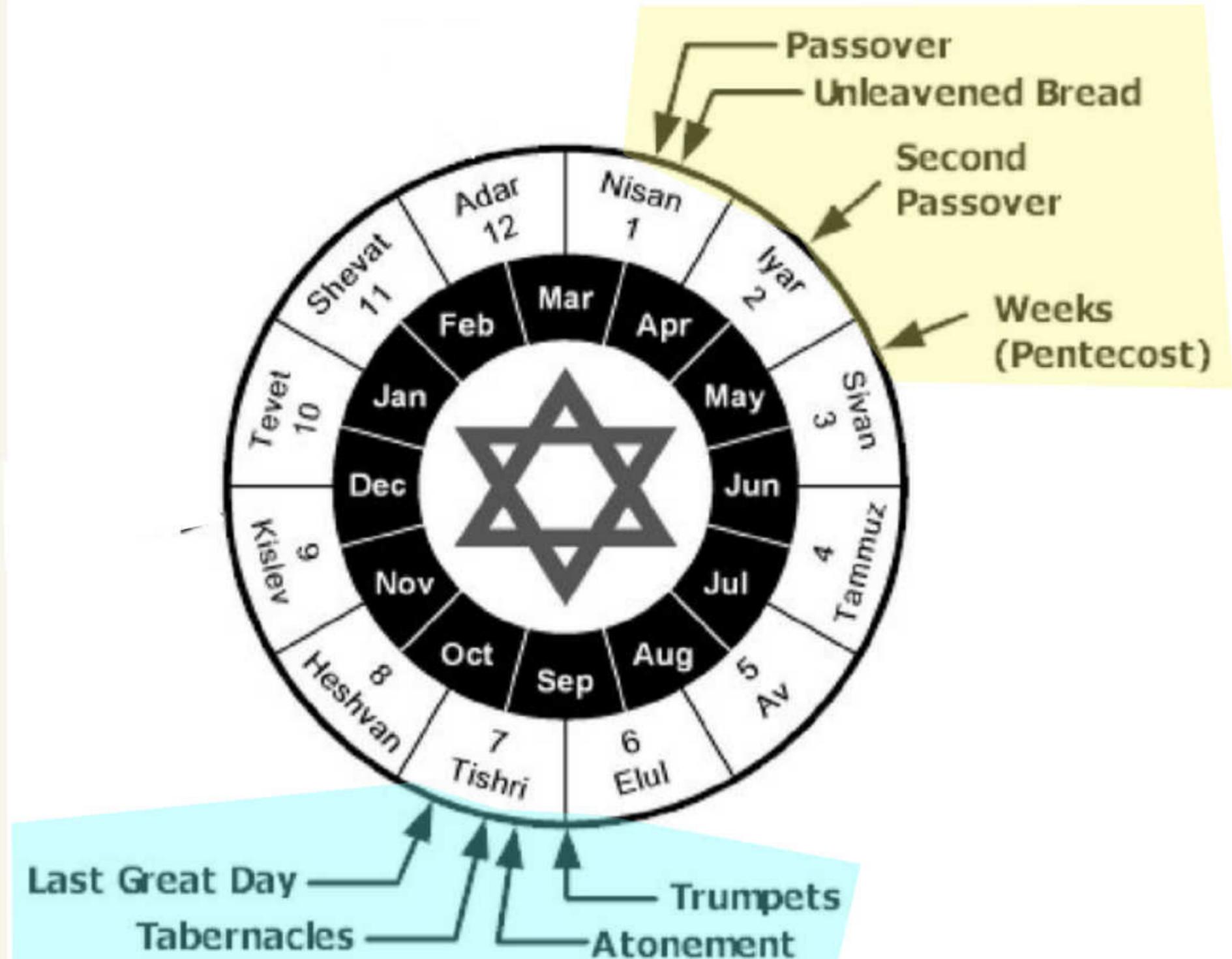
3. Feast of Weeks (Pentecost) - (50 days after Passover).

4. The Feast of Trumpets (Calling People to Prepare for Day of Atonement).

5. Day of Atonement (Lev 16).

6. Feast of Tabernacles (Lasts 7 days, begins 5 Days after Day of Atonement).

7. Feast of the Last Great Day (1 day and starts after Tabernacles).



# High Holy Festivals of the Church

Thanksgiving - Christmas

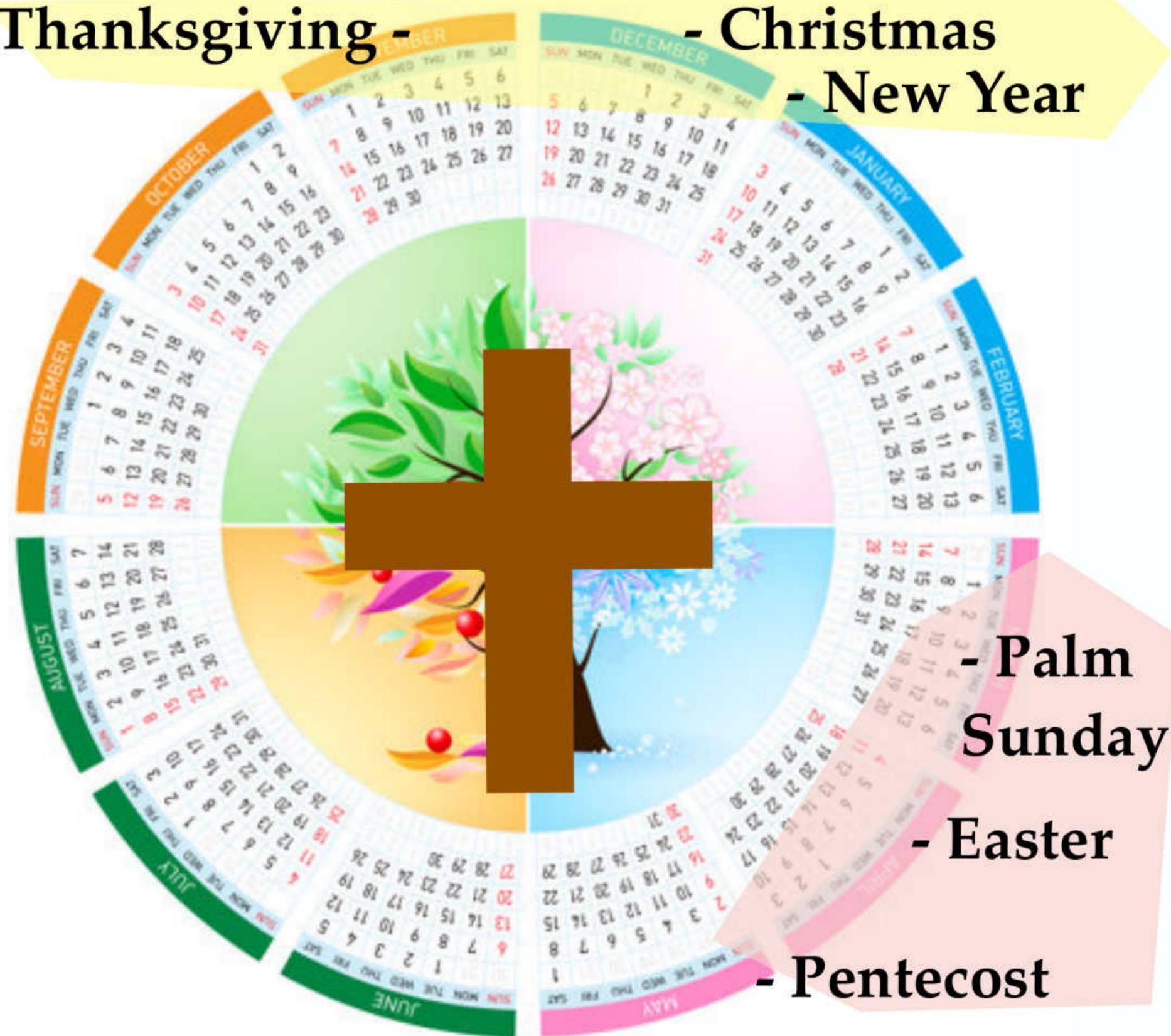
- New Year

## Lent

1. Palm Sunday
2. Good Friday
3. Resurrection Sunday
4. Pentecost

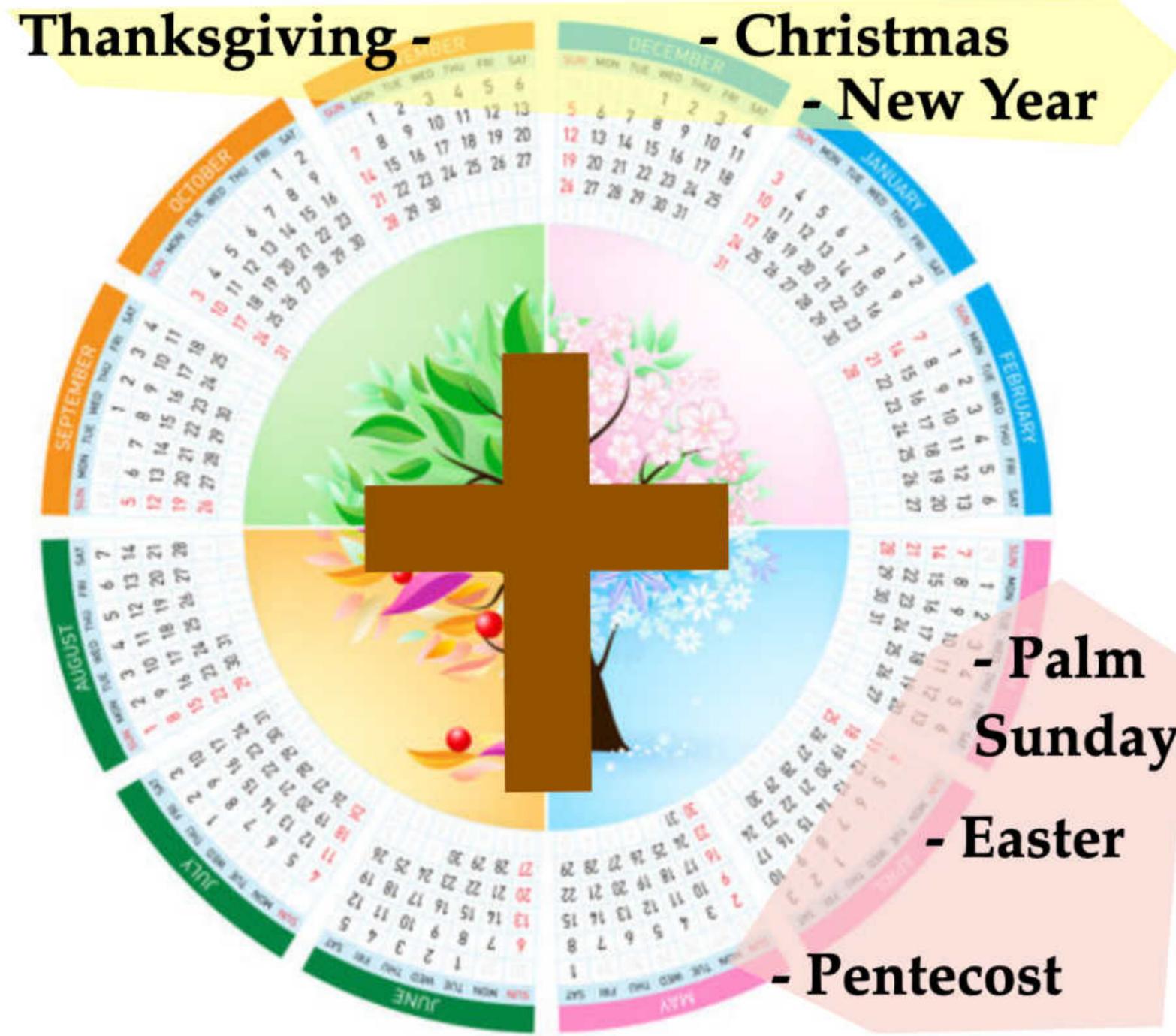
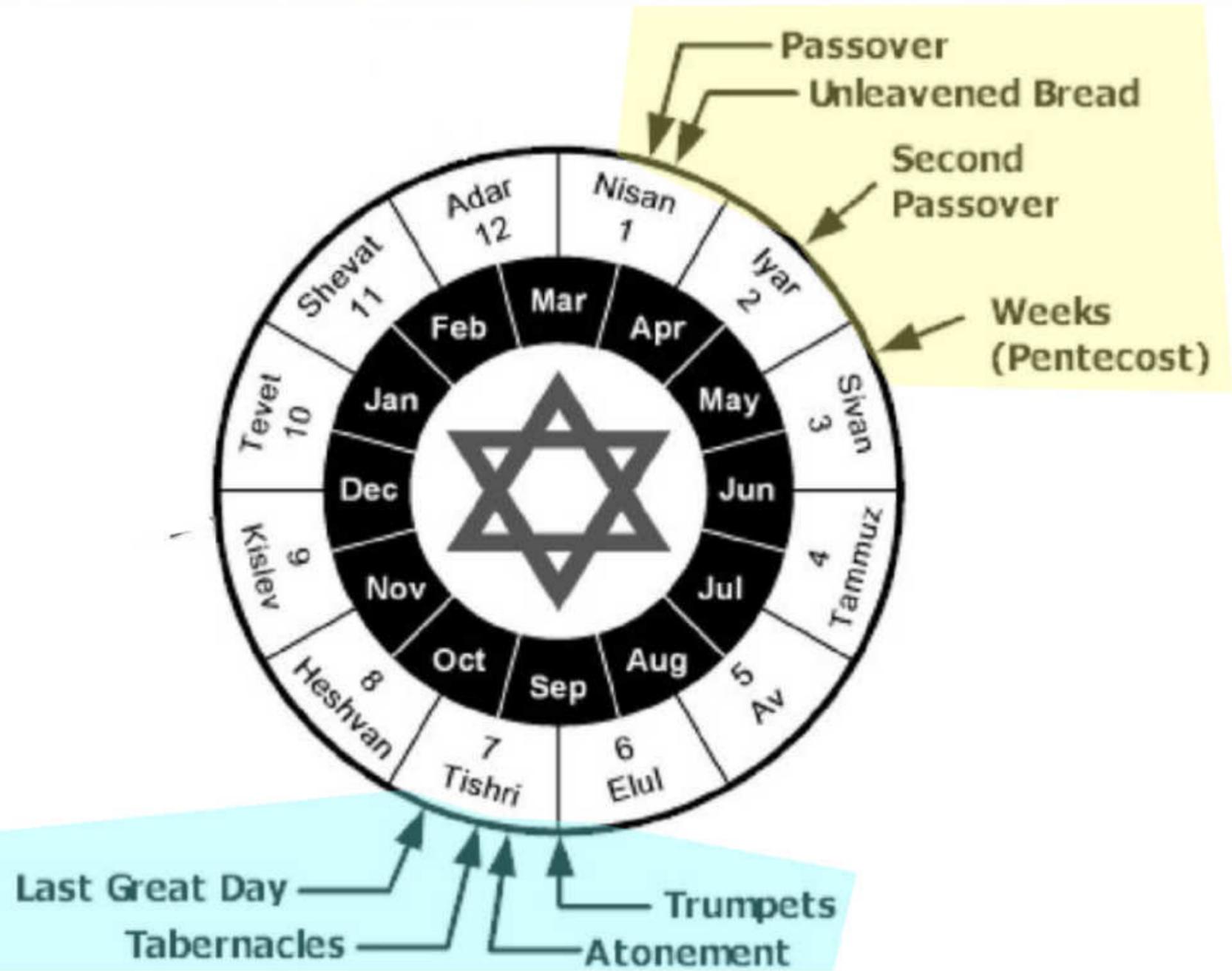
## Advent

5. Thanksgiving
6. Christmas
7. New Year's Eve / Day



# The Biblical Principle of Seasons / Discipleship

*(Kronos vs Kairos)*



**LENT**

**40 Days of Preparation**

**“Repent, for the kingdom  
of heaven is at hand.”  
(Matthew 3:2)**

**Then I turned my face to the Lord God, seeking him by prayer  
and pleas for mercy with fasting and sackcloth and ashes.  
(Daniel 9:3)**



**LENT**

**Cast your burden on the  
LORD, and he will sustain  
you; he will never permit  
the righteous to be moved.  
(Psalm 55:22)**



## Psalm 55

1 Give ear to my prayer, O God, and hide not yourself from my plea for mercy! 2 Attend to me, and answer me; I am restless in my complaint and I moan, 3 because of the noise of the enemy, because of the oppression of the wicked. For they drop trouble upon me, and in anger they bear a grudge against me.

4 My heart is in anguish within me; the terrors of death have fallen upon me. 5 Fear and trembling come upon me, and horror overwhelms me. 6 And I say, "Oh, that I had wings like a dove! I would fly away and be at rest; 7 yes, I would wander far away; I would lodge in the wilderness; Selah. 8 I would hurry to find a shelter from the raging wind and tempest.

## Psalm 55

9 Destroy, O Lord, divide their tongues; for I see violence and strife in the city. 10 Day and night they go around it on its walls, and iniquity and trouble are within it; 11 ruin is in its midst; oppression and fraud do not depart from its marketplace. 12 For it is not an enemy who taunts me— then I could bear it; it is not an adversary who deals insolently with me— then I could hide from him. 13 But it is you, a man, my equal, my companion, my familiar friend. 14 We used to take sweet counsel together; within God's house we walked in the throng.

## Psalm 55

15 Let death steal over them; let them go down to Sheol alive; for evil is in their dwelling place and in their heart. 16 But I call to God, and the LORD will save me. 17 Evening and morning and at noon I utter my complaint and moan, and he hears my voice. 18 He redeems my soul in safety from the battle that I wage, for many are arrayed against me.

19 God will give ear and humble them, he who is enthroned from of old, Selah because they do not change and do not fear God. 20 My companion stretched out his hand against his friends; he violated his covenant. 21 His speech was smooth as butter, yet war was in his heart; his words were softer than oil, yet they were drawn swords.

## Psalm 55

**22 Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved.**

23 But you, O God, will cast them down into the pit of destruction; men of blood and treachery shall not live out half their days. But I will trust in you.”

*Notice the Dual Casting -*

You cast your burden on the LORD—and then God casts them down into the pit. What crushes you, God will crush. What bears down on you, God will bear away.

**Your job is to release it. His job is to deal with it.**



## ASH WEDNESDAY



## Ash Wednesday

### A Prayer Guide for Casting Burdens

*“Cast Your Burden On the Lord, and He Will Sustain You” (Psalm 55:22)*

- 1. Name Your Burden:** *Tell the Lord exactly what’s weighing you down (sin, sorrow, fear, pressure...).*
- 2. Cast Your Burden:** *Pray, “Lord, I place this in Your hands. I release control and trust You with the outcome.”*
- 3. Trust His Promise to Sustain You:** *Ask for strength, wisdom, peace, and provision for the next step.*
- 4. Do Your Part:** *As you trust the Lord to be faithful in His promises, list the things you can do.*
- 5. Replace Dwelling with Remembrance:** *Instead of dwelling on the burden, return to the Lord, remember His promises, and once again cast your burden onto Him.*

# God's Promises and Our Burdens

- 1. Grief and loss:** *(Psalm 34:18) “The LORD is near to the brokenhearted and saves the crushed in spirit.”*
- 2. Anxiety and fear:** *(Philippians 4:6–7) “do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”*
- 3. Guilt, shame, and the weight of sin:** *(1 John 1:9) “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”*
- 4. Illness or chronic pain:** *(2 Corinthians 12:9) “But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.”*

## God's Promises and Our Burdens

**5. Loneliness:** (*Hebrews 13:5*) “... *I will never leave you nor forsake you.*”

**6. Financial pressure:** (*Matthew 6:31–33*) “<sup>31</sup> *Therefore do not be anxious, ... your heavenly Father knows that you need them all.* <sup>33</sup> *But seek first the kingdom of God and his righteousness, and all these things will be added to you.*”

**7. Burnout and exhaustion:** (*Matthew 11:28*) “*Come to me, all who labor and are heavy laden, and I will give you rest.*”

**8. Trauma and deep wounds** (*Psalms 147:3*) “*He heals the brokenhearted and binds up their wounds.*”

**9. Uncertainty and hard decisions** (*Proverbs 3:5–6*) “<sup>5</sup> *Trust in the LORD with all your heart, and do not lean on your own understanding.* <sup>6</sup> *In all your ways acknowledge him, and he will make straight your paths.*”

**10. Relationship strain and family conflict:** (*2 Corinthians 5:18*) “*All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation.*”

## God's Promises and Our Burdens

**11. Doubt and spiritual dryness:** (Romans 8:26–27) “<sup>26</sup> Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. <sup>27</sup> And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.”

**12. Injustice and unresolved wrong:** (Romans 12:19) — *"Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, 'Vengeance is mine, I will repay, says the Lord.'"*

**13. A loved one** (parent, sibling, child, friend). (Matthew 19:14 ) “but Jesus said, “Let the little children come to me and do not hinder them, for to such belongs the kingdom of heaven.””

**14. Future and Direction:** (Jeremiah 29:11) “For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.”

## Psalm 55:22

**Cast your burden on the LORD, and he will sustain you;**

**“CAST”** - Violently Hurl!

**“On the Lord”**

- He is strong enough
- He is Wise enough
- He is Near enough
- He Cares enough

**“He will Sustain You”**

- Support, Uphold, Provide for, Nourish.
- (NOTE - fix, solve, remove).

**“Never be Moved”** - Will not be defeated

### ***Burdens***

**Grief and loss:**

**Anxiety and fear:**

**The weight of sin:**

**Illness or chronic pain:**

**Loneliness:**

**Financial pressure:**

**Burnout and exhaustion:**

**Trauma and deep wounds**

**Uncertainty Conflict**

**Doubt and spiritual dryness:**

**Injustice:**

**A loved one:**

**Future and Direction:**



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