

## Why Do Catholics Get Ashes?

On Ash Wednesday Catholics often get ashes on their foreheads in the shape of the cross. The practice of putting on ashes dates back to the Old Testament, and Catholics still carry it on to this day.

They do so as an outward sign of their sinfulness, their repentance and of their desire to die to this world. It is also used to commemorate Christ's death, and as a reminder for Catholics to examine themselves as they enter into the Lenten season.