

A Student's Guide to Lent



What is LENT?

The 40 days of Lent take place prior to the celebration of Jesus' resurrection on Easter. The 40 days recall His temptation in the desert and rejection of sin. It is used as a time to reflect, renew, and reach out.

3 Themes of Lent



Prayer

While we should always be active in our prayer life, Lent serves as a great time to recommit to good habits we may have let laps. The renewal concept reminds us to do better in areas where we have been weak.



Fasting

The reflective practice of Lent involves simplifying our lives to focus on what is critical. We fast from and give up material things to show sorrow for our mistakes and to think of God when we miss what was sacrificed.



Alms Giving

Loving God through serving others is a critical Catholic ideal. Observing Lent serves to renew that commitment. Matthew 25:31-46 reminds us to help the needy through time, talent, and treasure.

Ash Wednesday

WHAT'S WITH THE ASHES?

The ashes recall the shortness of our time on earth to do God's work. They symbolize a repentant mindset of turning away from sin and towards God.

"All came from the dust and all return to the dust" Ecclesiastes 3:20

DID YOU KNOW? Often palms from the previous year's Palm Sunday liturgy are burnt and the used for Ash Wednesday.



Reconciliation

The Sacrament of Reconciliation is a major focus of Lent. While we should always participate in the sacrament, seeking God's forgiveness for our failings better prepares us for celebrating Christ's resurrection on Easter.

Holy Week

DID YOU KNOW?

Technically, Lent ends at the Holy Thursday liturgical service but often people continue their Lenten sacrifices through Holy Saturday.

Holy Week often refers to the week before the Easter celebration. The Easter Triduum includes Holy Thursday, Good Friday, Holy Saturday, and Easter. While these days recall Jesus' suffering and death, the Triduum is suppose to be a joyful season because the resurrection of our Lord brings the avenue of our salvation.

Lent 101



STATIONS of the CROSS

They began as pilgrims traveled to Jerusalem reflect on the crucifixion. Later, they developed into the form of the fourteen stations currently found in churches.



PALM SUNDAY

The last Sunday before Easter is Palm Sunday. The Mass recalls Jesus' arrival in Jerusalem in which palm branches & cloaks covered the road.



FISH FRIDAYS

The tradition began as money saved by fasting from meat during Lent was given to the poor. Fish was a cheap protein replacement.



LENT

The word Lent actually traces it's meaning back to "Spring." The imagery is for the rebirth and renewal of our faith.

AN ILLUSTRATED GUIDE TO LENTEN FASTING & ABSTINENCE

LENTSANITY

PRESENTED BY JONATHAN TEIXEIRA FOR THE FOCUS BLOG

WHAT

ABSTINENCE



NO MEAT
Mammals or Fowl



FISH IS OK
So are Amphibians and Reptiles

FASTING



1 REGULAR MEAL



AND



2 SMALLER MEALS
that together do not equal
the regular meal in size



NO SNACKS

WHEN



FASTING AND ABSTINENCE

ABSTINENCE

WHO



CATHOLICS 14+
ARE OBLIGED TO PRACTICE ABSTINENCE



CATHOLICS 18-59
ARE OBLIGED TO FAST

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