

Liturgical Season of Lent

Lent is one of the liturgical seasons before Easter. Lent lasts **40 days** without including Sundays and the Triduum during Holy Week just before Easter. The 40 days represent the 40 days that **Jesus fasted in the desert** and was tempted by the devil.



The 40 days also represent the **40 years the Israelites wandered in the desert before they reached the Promised Land** and was freed from slavery.



Lent is the time when we prepare our hearts for the season of **Easter**. **Ash Wednesday** is the first day of Lent. Ash Wednesday is where we receive **ashes** from last year's palms from Palm Sunday on our foreheads. During the pandemic, we will have ashes sprinkled on top of our heads.

The priest says, “**Turn away from sin, and be faithful to the Gospel.**” Ash Wednesday is not a holy day of obligation.

The liturgical color of Lent is **violet**. Violet is used for **repentance** or asking for forgiveness and have a change of heart.



During Lent, we **pray, fast** and **give** to the poor through **almsgiving**.



Praying helps us to grow closer to God, ask for forgiveness, and change our hearts.



Fasting helps us to remember that we need God, to remember Jesus's sacrifice for us, and to remember those who are hungry.



Almsgiving or **giving** to others helps us to share what we have and follow Jesus' example.

This helps us to **prepare our hearts** for the resurrection of Jesus Christ on Easter. This helps us to **grow closer to Jesus**.