

What's Lent

All About?



Lent is the span of time in the church calendar that starts with Ash Wednesday and ends with Easter Sunday. Ash Wednesday commemorates the beginning of Jesus' 40-day fasting and temptation in the desert, and Easter Sunday commemorates Jesus' resurrection from the grave after his crucifixion.

Lent is a time for Christians to reflect, say sorry, and pray as a way of preparing their hearts for Easter. Observing Lent by giving something up isn't in any way a "requirement" of Christianity. However, Christians from many different theological persuasions choose to observe it as a way of focusing their thoughts on Jesus Christ during the Easter season.

How does one observe Lent? It differs from person to person and church to church, but some of the things Christians opt to do to observe Lent include:

- On the first day of Lent (Ash Wednesday), some Christians **mark their foreheads with ash** as a symbol of sorrow and mourning over their sin.
- **Special worship services**, or additions to regular worship services, that focus in various ways on people's need for repentance. This often takes the form of extra Bible readings and prayer.
- Some Christians choose to **give up a habit or behaviour** during Lent. This might range from something as simple as not drinking coke during Lent to a full-blown program of fasting.
- Some Christians commit to a **special devotional activity** during Lent—for example, daily Scripture reading, regular prayer for a specific person or topic throughout Lent, or volunteer work in their community.

The choice to observe Lent is a personal one—the whole point is to focus your heart and mind on Jesus during the journey to Easter.