

# Lent

Repent and Believe in the Gospel

**“A PURE HEART CREATE FOR ME, O GOD,  
AND GIVE ME AGAIN THE JOY OF YOUR HELP”**

*Psalm 51:12,14*

Lent begins on Ash Wednesday and is the period of 40 days (Sundays excluded) that comes before Easter. It is a time of prayer, fasting, and charitable giving. During this time, we seek spiritual renewal and prepare for Christ’s death and resurrection through acts of generosity and kindness.



We pray for a renewal of heart, to stay firm in our faith and for the healing of the world.

**DURING LENT**



We fast from meat on Fridays and some meals on Ash Wednesday and Good Friday.



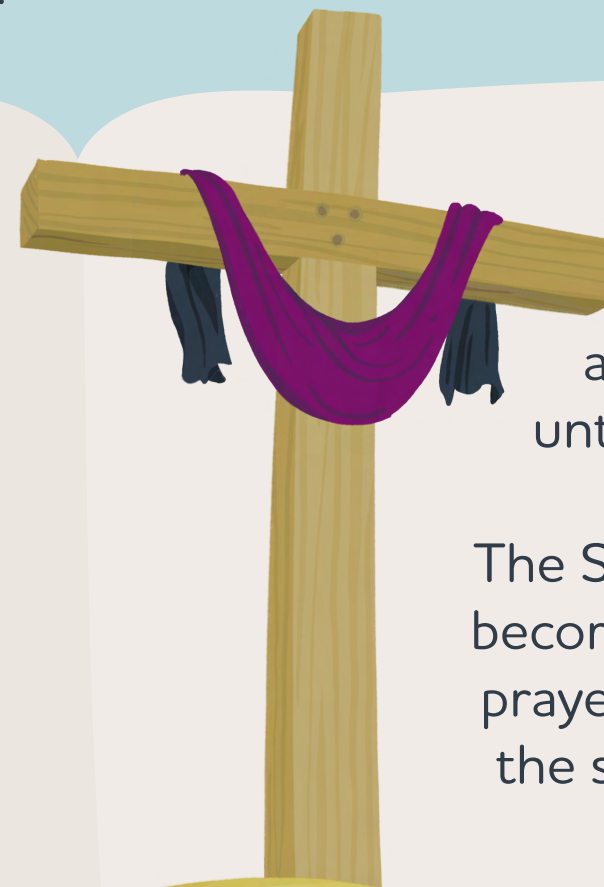
We give to the poor, help those in need, visit the sick and do other charitable works.



40 is a significant number in the Bible: In Genesis 7, rain fell for 40 days and 40 nights in the great flood. In Numbers 32:13, the Israelites spent 40 years in the wilderness before entering the Promised Land.

In Exodus 34:28-35, Moses fasted for 40 days before receiving the Ten Commandments.

In Matthew 4:1-11, Mark 1:12-13: and Luke 4:1-13, Jesus spent 40 days fasting in the wilderness before starting his ministry.



Inside our churches, some statues and images are veiled in a purple cloth until Easter Sunday.

The Stations of the Cross become a focus of particular prayer and reflection during the season of Lent.