

WHAT IS LENT AND WHY SHOULD WE CELEBRATE IT?

SCAN FOR MORE RESOURCES



WHAT IS LENT?

Lent is a 40-day period starting on Ash Wednesday and ending on Easter Saturday, during which Christians prepare their hearts for Easter, and draw near to God through the practices of prayer, fasting, and giving. Like Jesus fasting in the desert for 40 days, or Moses being with God on Mount Sinai for 40 days, the 40 days of Lent are a physical reminder to draw near to God.

The aim of this journey is not to induce feelings of guilt when you are not able to get to all the suggested elements and steps of each day. If you do skip a day, simply continue on the following day.

“Lent isn’t about giving something up: it’s about growing closer to God.”

There are 3 practices that Christians have used for generations which can help you draw near to God, reflected in the 3 pillars of Lent mentioned above.

3 PRACTICES TO DRAW NEAR TO GOD

1. Prayer during Lent
2. Fasting during Lent
3. Giving during Lent



When it’s all put together, prayer, fasting, and giving can create an experience where you draw closer to God.

Just a reminder, none of this is necessary to believe and follow Jesus. You don’t get “heaven points” for praying more or giving something up to celebrate Lent but it can help you experience God in new and amazing new ways! Sometimes Lent isn’t actually about giving up something physical, but about giving TIME to the Lord. Is there a time slot in your day that you could give your attention to God?

Lent begins with Ash Wednesday. Traditionally, Ash Wednesday is a day to remember God’s holiness and our sinfulness. Recognizing this ought to lead us to repentance (which is the turning away from sin). In the Bible, repentance was sometimes a very obvious act, when people would rip their clothes and wear something called sackcloth, and cover themselves with ashes.

Most people don’t repent quite so...dramatically these days, but will often go to special church service where a pastor or priest draws a cross on their forehead with ashes.

Lent is a season for each of us to sit in ash. To lament in our brokenness. To let go of what keeps us from a life with God. To choose not to continue with life as usual. To wait while growth takes place in us. And to be still, so that God can do His work within us.

Take some time with God to decide how you’d like to prepare yourself for Lent:

What would you like to do less of, perhaps fast from during this time?

What would you like to do more of, perhaps take up a spiritual practice that is life-giving to you?

What would you like to ask the Lord for in this coming season?

VERSES TO READ ON ASH WEDNESDAY: Genesis 2:4-9 and Genesis 3:19.

LENT



37

38

THE LAST SUPPER/
PASSOVER

39

GOOD FRIDAY

READ:
Mark 15:21-41

40



EASTER SUNDAY



35

36

PALM SUNDAY

READ:
Matthew 21:1-11

This is the Sunday before Easter, when we celebrate Jesus fulfilling a prophecy by riding into Jerusalem on a donkey. On this day we wave palm branches and shout praises to our king, remembering that the kind of king we received isn't the kind of king we thought we wanted.

Good Friday is the day that we remember the suffering and death of Jesus and reflect on our redemption.

FIFTH SUNDAY

The bridges we haven't crossed yet:
COMMUNITY

28

27

29

The bridges to those we worship with:
CHURCH

26

31

30

32

34

33

FOURTH SUNDAY

The bridges to those we work with:
CO-WORKERS + CLASSMATES

25

23

24

22

21

20

19

18

THIRD SUNDAY

The bridges to those we work with:
CO-WORKERS + CLASSMATES

SECOND SUNDAY

The bridges we choose:
FRIENDS

10

9

8

7

FIRST SUNDAY

The bridges to those we don't choose:
FAMILY

6

5

4

3

2

1

Use this map to track your journey through the days of Lent. Cross off one space each day as you prepare your heart to celebrate the resurrection of our Savior!

START HERE!

ASH WEDNESDAY

READ:
Genesis 2:4-9 and
Genesis 3:19

WHAT IS LENT?



Scan the QR code to read more.