

How is Lent Different?

What is Lent?

Scripture About Lent:

Important Days During Lent:



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What is Lent?

Lent is the time to prepare your heart and mind for Easter. Lent is 40 days of fasting and prayer to think about all that Jesus gave up for us on the cross – his human life.

Some people choose to “give up” something that is personally important to them for the period of Lent (making a personal sacrifice). It serves as a reminder of what Jesus gave for us.

Lent is a time to think about our sins . . . to repent . . . a time to think about how we can become better Catholic people.

When does Lent begin?

Ash Wednesday

What is the Liturgical Color?

Purple

What are important days during Lent?

Ash Wednesday All Fridays

Palm Sunday Holy Thursday

Good Friday Holy Saturday

When does Lent end?

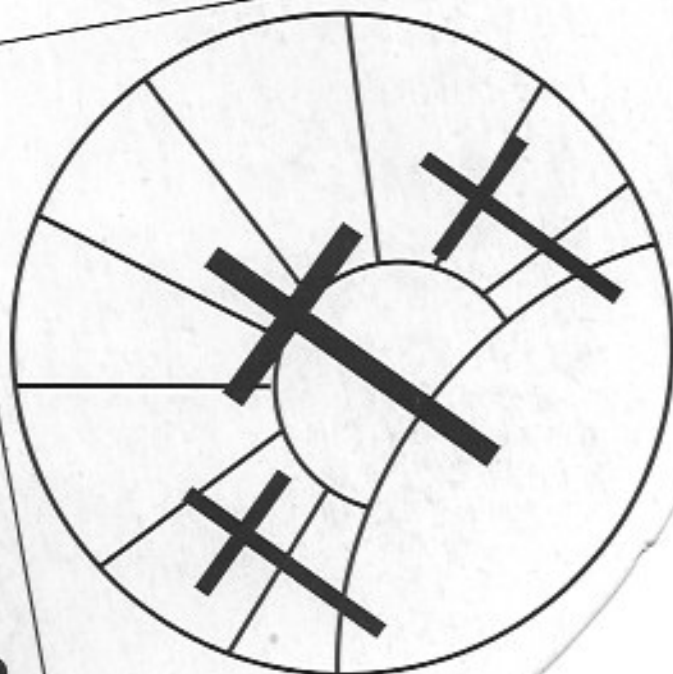
Easter Sunday

THURSDAY



MAUNDY

FRIDAY



GOOD

EASTER
SUNDAY

HE
LIVES!



PALM



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HOLY WEEK



Name _____

