

What is Lent?

Lent is a time of preparation. It takes place the 40 weekdays leading up to Easter starting on Ash Wednesday. Churches choose to fast, give something up, and practice almsgiving during this time. Many believe that Lent is modeled off of Jesus' 40 days of fasting in Luke 4. Its a time of repentance, fasting, and giving alms.

Why should we observe lent?

Lent is a time of preparation and looking forward to remembering the resurrection of Jesus. Lent is not about obligation but an invitation to be set apart and fully devoted to Jesus. It is a time to be with Jesus fully.

How do I observe lent?

Many of the practices of lent are practices from our shared rule of life. This is another way to challenge ourselves and practice being with Jesus, becoming like Jesus, and doing what He did.

1. Fasting

- Pick something to give up for the full 40 days (sugar, entertainment, shopping, coffee)
- OR pick one day a week to go without food (see our fasting guide on our resource page)
- *"Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry. And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, "Man shall not live by bread alone, but by every word that comes from the mouth of God." ~ Matthew 4:1-4*

2. Repentance

- Practice examine prayer from our rule of life
- Find people to be accountable too
- *Acts 3:19 Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord,*

3. Giving

- Practicing alms is a part of lent. Inspired by the command of Jesus to "love your neighbor as yourself."
- Find a way to give to a local non profit, help someone in need, or give to the missions fund.
- Idea: Use the money you would spend on food the day you fast and donate it!
- *"Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God." ~ Hebrews 13:16*
- *"Let each of you look not only to his own interests, but also to the interests of others." ~ Philippians 2:4*