



WHAT IS LENT?

Lent is the 40 days before the glorious celebration of Easter. Traditionally it is a time of preparation when we practice things like prayer, repentance and self-denial. It helps us remember the 40 days Jesus spent fasting and praying in the desert, as he endured temptations before beginning his ministry. Many Christians use it as a time of reflection and “taking stock” of our lives, looking at where we are spiritually and examining the sum total of all our possessions, relationships, accomplishments and goals to the present time. In this Christian tradition, many people fast or give up something they love for Lent, such as television, a favorite food or social media. Let’s especially look at giving up vices that can be replaced with virtues as we allow the Holy Spirit to transform us. Let’s thank God for the people God has put in our paths. Let’s give some thought to those that we need to forgive and find ways to forgive ourselves, so we can move forward to wholeness in life. Let’s examine our priorities, the strength of our faith and how we live out that faith. This is truly a time for reflection.