

# LENT

## 10 QUESTIONS TO TEST YOUR KNOWLEDGE!



- 1) **How many days are there in Lent?** Lent is a season of 40 days of fasting and prayer. However, Sundays during Lent are not counted as part of the 40 between Ash Wednesday and Easter. So, there are 46 days in the **'time** of Lent' including Sundays, but there are 40 days of fasting and prayer.
- 2) **What is the meaning of the word "Lent"?** The word Lent itself is derived from the Anglo-Saxon words lencten, meaning "Spring," -catholiceducation.org
- 3) **Where do the ashes come from for Ash Wednesday?** The ashes come from palms used on Palm Sunday. The ashes are burned, collected and then crushed into a fine powder.
- 4) **What color vestments does the priest wear during Lent?** Purple
- 5) **What word is never said or sung during Lent?** Alleluia
- 6) **On what days are Catholics required to fast during Lent?** Ash Wednesday and Good Friday
- 7) **What food was traditionally eaten the day before Lent begins?** Hot Cross Buns
- 8) **How many Stations of the Cross are there?** 14 stations
- 9) **When does Lent officially end?** At sundown on Holy Thursday, before the beginning of the Mass of the Last Supper
- 10) **What is the Triduum?** "Triduum" comes from the Latin word for three, and it includes the three holiest days of the Church year from sundown on Holy Thursday, through Good Friday and Holy Saturday, to sundown on Easter Sunday.