

Pillars of Lent



Pray



Fast



Give

Days of Fasting

Ash Wednesday

Good Friday

What is Fasting?

One primary meal and two lesser meals



Palm Sunday

Commemorates Jesus' triumphal entry into the city of Jerusalem

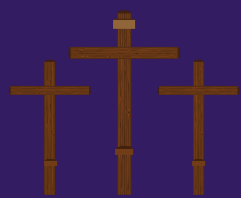
Holy Thursday

Celebrates the Last Supper with the disciples and Passover



Good Friday

We remember the Passion and Jesus' sacrifice for us on the cross



LENT



Lent lasts 40 days, excluding Sundays, that are based on two accounts: the 40 years of wandering by the Israelites and our Lord's 40 days in the wilderness at which point He was tempted by Satan.

Ash Wednesday

Lent Begins

Emphasizes our mortality and our need for ongoing repentance.

Days of Abstinence

Ash Wednesday

Good Friday

Fridays During Lent

What is Abstinence?

No meat

Key to Understanding the Meaning of Lent

Baptism

Easter Sunday He Has Risen!

Alleluia!

The principal feast of the ecclesiastical year
Jesus has risen!

Easter is an 8 day celebration leading to Easter Season, which ends on Pentecost