

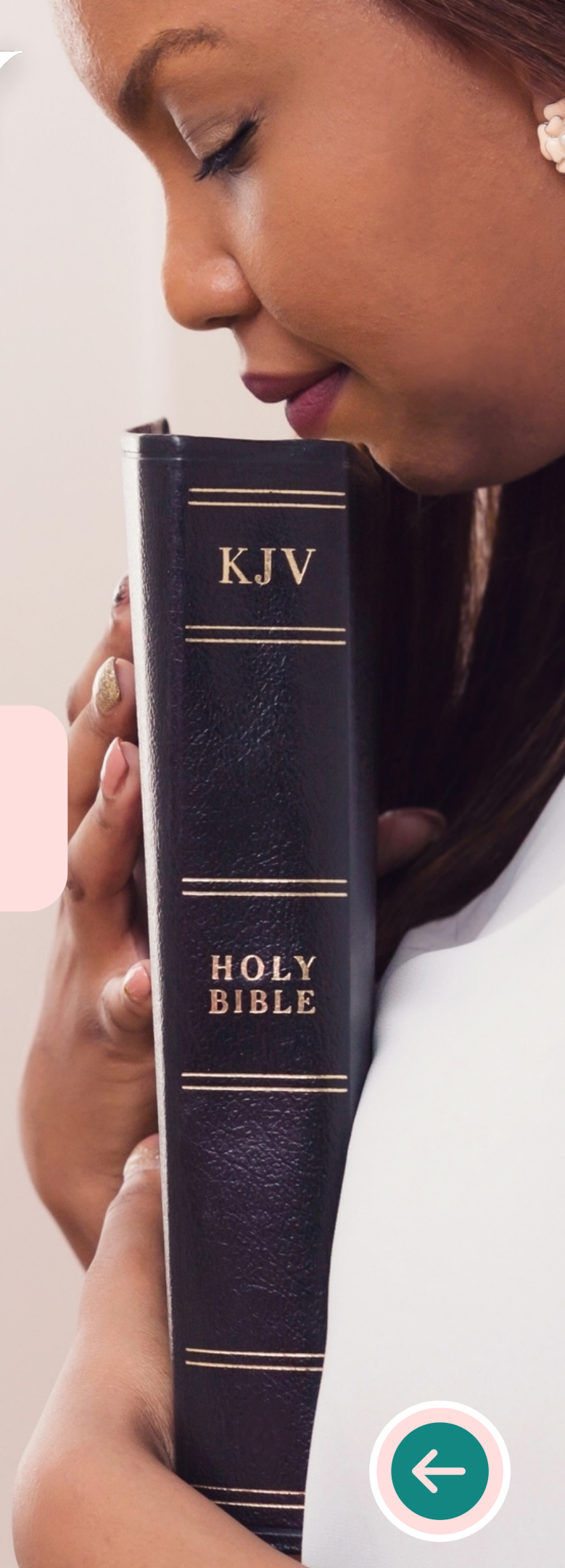
LOVEWAY

Do everything in love

What is Lenten Season?



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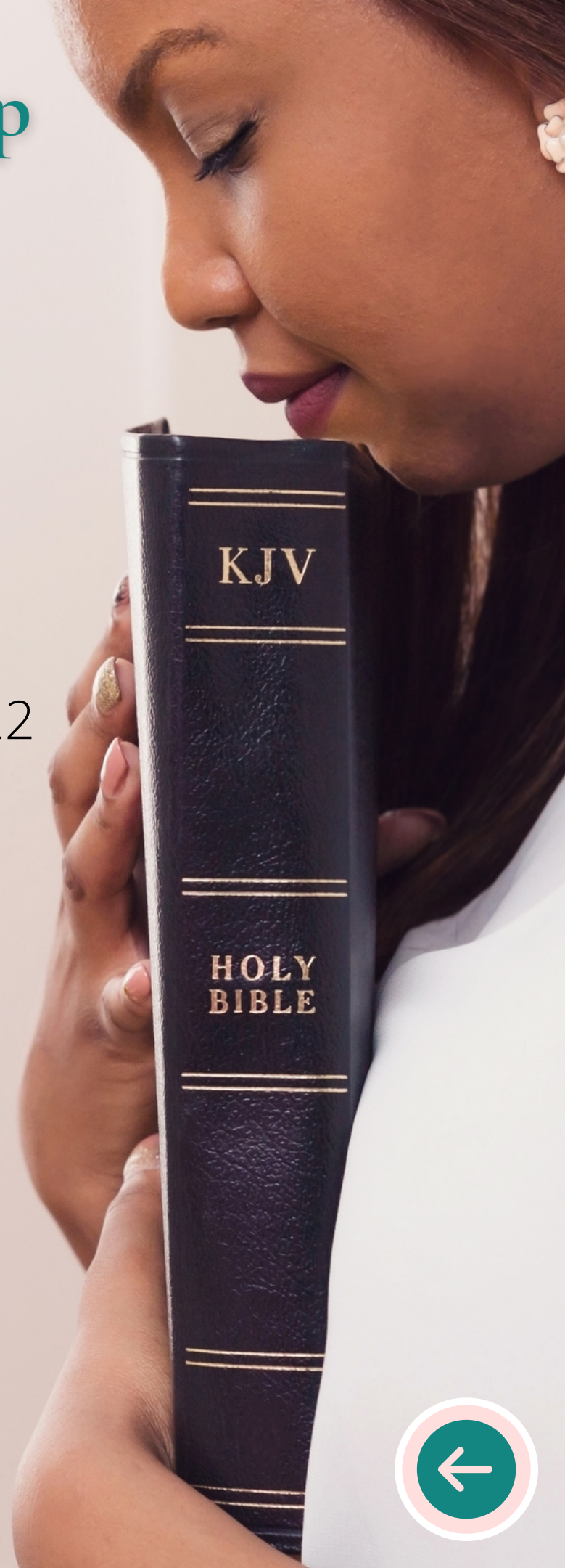


Lent is the 40 days leading up
to Easter beginning with

Ash Wednesday.

Ash Wednesday observed March 2, 2022

Sunday's aren't counted as they
observe the day of Jesus'
resurrection.



The imposition of ashes represents repentance, an outward profession of faith, and the reminder that from dust we came and from dust we shall return.

The ashes are prepared by burning palm leaves from the previous year's

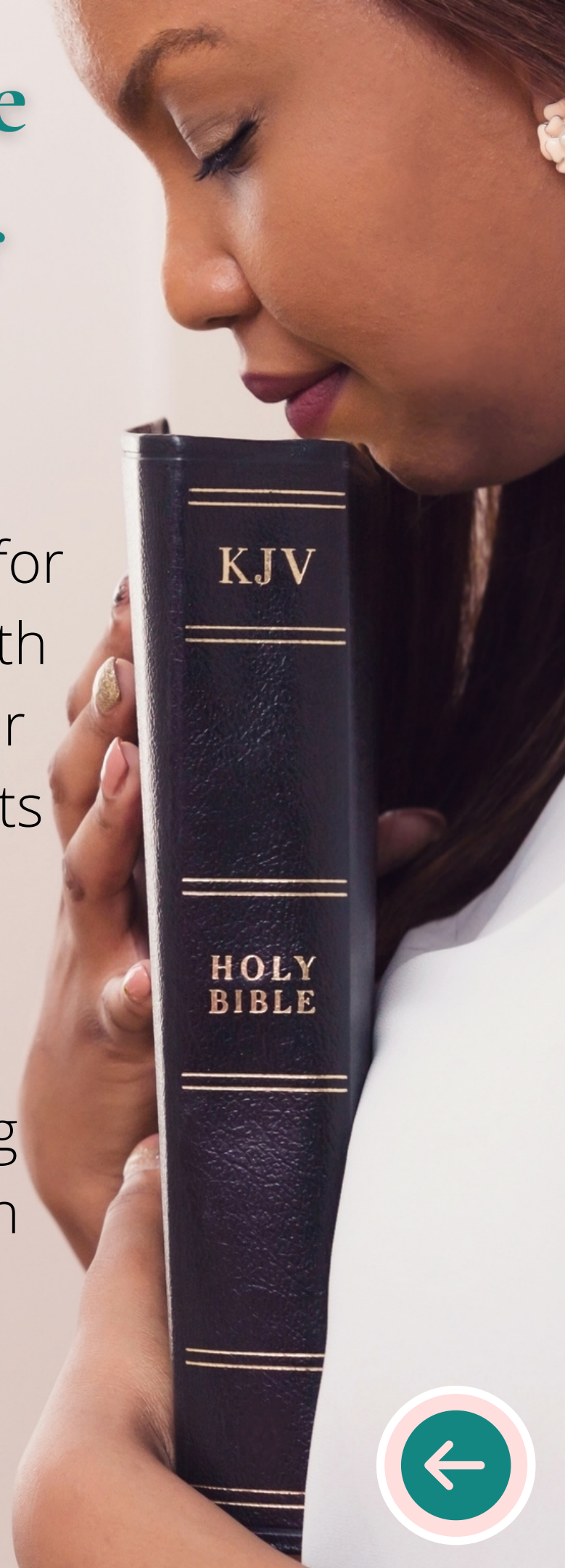
Palm Sunday celebration.

Palm Sunday is the Sunday before Easter Sunday, the start of Holy Week, and the commemoration of Jesus' entry into Jerusalem.



The 40 days of Lent are observed with prayer *fasting.* and

Fasting is the abstaining from food for a period of time that is replaced with intentional time spent with God for the purposes of guarding our hearts from gluttony, gaining clarity, and deepening our relationships with Christ. Prayer replaces time that would normally be spent prepping and eating food. The denial of flesh strengthens our Spirit.



What should I fast from?

In addition to food, when fasting it is recommended to remove distractions that prevent us from spending time with God and/or affect our stewardship. Replace these things with healthy habits and time spent in prayer and self reflection.

Examples of things to fast from:

TV

Online Shopping

Brunch

Caffeine

Alcohol

Social gatherings

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