

WHAT IS LENT?

It commemorates the **40 days** before the **Passion, Death and Resurrection of Jesus**, based on: the **40 years** in which the Israeli wandered the desert and the **40 days** in which Jesus was tempted by Satan.

▼ LENT FEAST DAYS

PALM SUNDAY ▶ Jesus' entrance into Jerusalem

HOLY THURSDAY ▶ Last Supper and Passover

GOOD FRIDAY ▶ Jesus' death on the Cross

EASTER SUNDAY ▶ Jesus has resurrected!

WHEN DOES LENT BEGIN?



Lent begins with **Ash Wednesday**, where we remember our mortality and need for repentance.

THE 3 PILLARS OF LENT



PRAYER

It helps us be close to Christ and in constant dialogue with Him, joining Him in his sacrifice in the Cross.



FASTING AND ABSTINENCE

Both are practiced on **Ash Wednesday** and **Good Friday**. Abstinence is practiced **every Friday during Lent**.



ALMSGIVING

Giving what we have helps us to understand Christ's generosity in the Cross.

FASTING



ONE MEAL
A DAY



MANDATORY FROM
18 TO 59 YEARS OLD

ABSTINENCE



NO MEAT
(ONLY FISH)



MANDATORY
FROM 14 YEARS
OLD

"Make our hearts like yours" (Litany of the Sacred Heart of Jesus)