

How To Meaningfully Observe Lent



Lent is a 40-day period of reflection, repentance, and renewal leading up to Easter. Many Christians observe Lent through the practices of prayer, fasting, and almsgiving.

Here are some suggestions for how you can prepare for and observe Lent:

PRAYER

- Spend time each day in prayer. This can be a few minutes in the morning or evening, or longer periods of time for deeper reflection.
- Try different kinds of prayer: traditional liturgical prayers, spontaneous prayers that come from the heart, and lectio divina (a practice of slow, meditative reading and reflection on a passage of scripture).

FASTING

- It is common for people to fast during Lent by giving up a particular food or activity for the 40-day period.
- Choose a fast that is meaningful and challenging for you, but also realistic and sustainable. You can fast from activities or habits that distract you from your time with God, such as social media, or gossip.

ALMSGIVING

- This is the practice of giving to those in need, whether through donations or acts of service.
- It is not just about giving money or time, but also about giving of yourself. Be open to the ways in which God may be calling you to serve others and to be a presence of love and compassion in the world.

**Please remember that these practices
are not about reaching for earthly perfection,
but about deepening your relationship with God
and growing your love and compassion for others**