



WHAT IS LENT?

The ancient Christian practice of Lent is an exercise to help build spiritual muscle.

MARK 1:12-13

“Immediately the Spirit drove him into the wilderness. He was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and the angels were serving him.”

HOW LONG IS LENT, AND WHAT IS IT?

NUMBERS 32:13

“The LORD’s anger burned against Israel, and he made them wander in the wilderness forty years until the whole generation that had done what was evil in the LORD’s sight was gone.”

HOW IS LENT PATTERNED ON THE WILDERNESS?

GENESIS 50:3

“They took forty days to complete this, for embalming takes that long, and the Egyptians mourned for him seventy days.”

HOW IS LENT PATTERNED ON THE WILDERNESS?

EXODUS 24:18

“Moses entered the cloud as he went up the mountain, and he remained on the mountain forty days and forty nights.”

HOW IS LENT PATTERNED ON THE WILDERNESS?

EPHESIANS 4:20–24

“But that is not how you came to know Christ...to take off your former way of life, the old self that is corrupted by deceitful desires, to be renewed in the spirit of your minds, and to put on the new self, the one created according to God’s likeness in righteousness and purity of the truth.”

HOW DO WE PRACTICE LENT?

WHAT IS PUT OFF?

- Fasting
 - Food
 - Luxuries
 - Vices
- Abstaining from festivities

HOW DO WE PRACTICE LENT?

WHAT IS PUT ON?

- Almsgiving
- Tithes/Offering
- Care for each other
- Extra devotion to religious exercise

HOW DO WE PRACTICE LENT?
