



SPIRIT OF LENT

Ash Wednesday signifies the start of Lent. During the Lenten season we should repent from our sins and do penance. When the priests mark the foreheads of Christians with ashes this is a reminder that we are created from dust and to dust we shall return. Lent is a forty-day season of preparation for the death and resurrection of Jesus Christ.

Lent is a time of stripping down to essentials, as each Christian focuses on his or her individual relationship with God. It is a time when Christians remember our baptisms, when Jesus washed away our sins, giving us newness of life to celebrate in the triumph of Palm Sunday and the glory of Easter for the Holy week festivity.

Then penance came to be associated during this period for common people as well. And Lent became the way of penance. It is good for us to undertake acts of penance in sorrow for our sins, our failure to acknowledge and to love God in Himself, in others, in ourselves. The traditional forms of penance, fast and abstinence, are to be observed according to Church law. Not only is penance appropriate as an expression of sorrow for sin, but it also helps us to be less attached to the things of this world. Penance helps us to put things in proper perspective.

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