

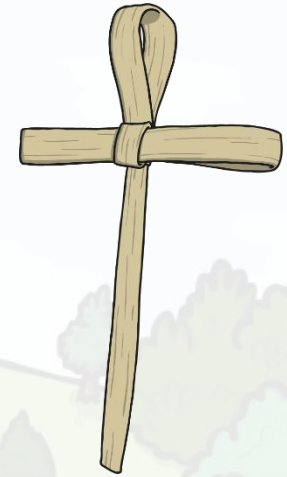
# Lent



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# When Is Lent?

**Lent begins on Ash Wednesday.**  
(The day after Shrove Tuesday/Pancake Tuesday.)



Lent lasts for 40 days. It starts on Ash Wednesday and ends on Easter Sunday. However, if you look at a calendar and count the days, there are more than 40 days. Lent is actually 46 days, however the six Sundays are excluded because there is no obligation to fast on Sundays in Lent.

# What Does Lent Mean?



Lent comes from the Middle English word 'lenten' or the Old English 'lencten', both of which mean spring (the season).

Lent is the time of new beginnings, new growth and a time to go and get fit to live the life of a Christian.

# What Three Things Do Christians Do During Lent?

1. Fasting



2. Giving



3. Praying



# The Colour Purple

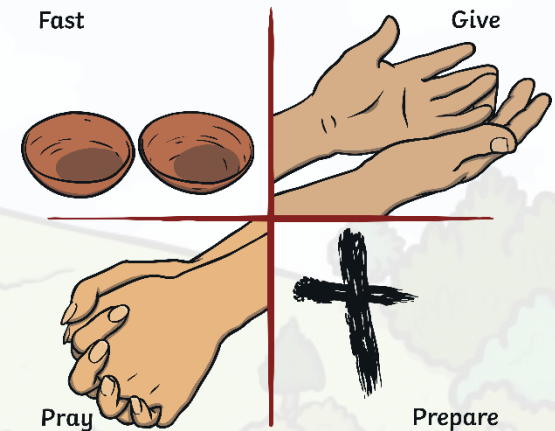
The priest wears purple garments and a purple cloth is placed on the altar during Lent.

## Why?

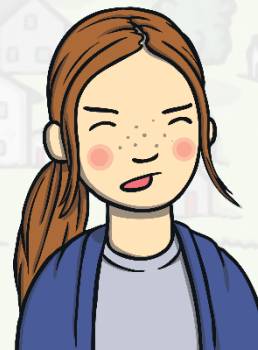
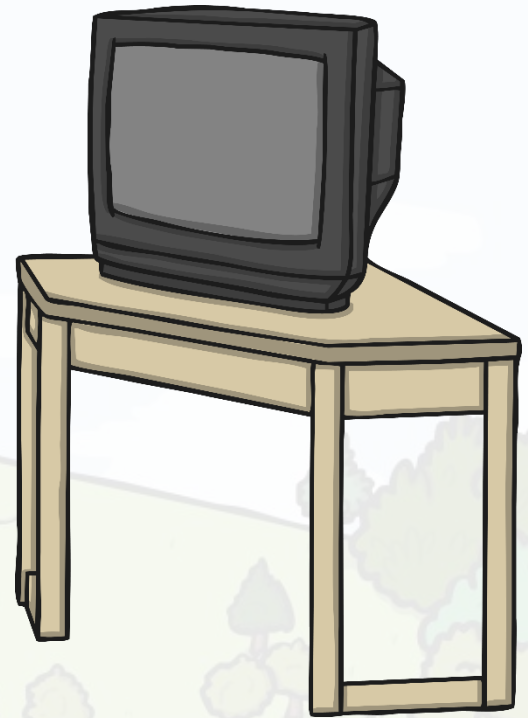
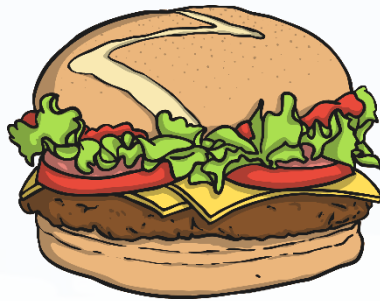
- Purple symbolises both pain and suffering leading up to the crucifixion of Jesus.
- It also symbolises the suffering of all humans and the world under sin.
- Purple is also the colour of royalty. This reminds people that Jesus is King.

# How Can People Remember What God Sacrificed?

Giving up some treats or home comforts helps people understand how much Jesus sacrificed.



**What could people give up for Lent?**





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