

What Is Lent?

LENT means “spring.” It is a special time of year when we think about how much we need God to love and forgive us. During LENT, we remember the sacrifice Jesus made for us so that we can be forgiven.

LENT is 40 days before Christmas. In the Bible, the people of Israel wandered in the desert for 40 days before they entered the promise land. Jesus spent 40 days in the wilderness praying and listening to God. We spend 40 days praying, fasting, reading the Bible, and helping others.

Sometimes we talk about giving up something for LENT like chocolate or TV. Fasting is a way of giving up something – food, social media, maybe our allowance. Fasting can also mean taking something on like praying more often or volunteering to serve others. We make a sacrifice. A sacrifice is giving up something that you want to keep, especially to get or do something else or to help someone else. Jesus sacrificed his life for us.

What will you sacrifice during LENT? Share your idea with your family and ask them to help you.

Write or draw what you want to do for LENT below. Ask your family to work together to write a prayer asking God to help you all observe LENT together. Cut it out and put it on your refrigerator or somewhere that you can see it every day.

For LENT I will

Prayer: