

LENT

HOW DO WE PREPARE OURSELVES?

Well, with frequent prayer, with fasting and by generously helping others. Like Jesus, who dedicated himself mainly to praying and offering His sacrifice for the good of our souls.

WHEN DOES LENT OF THE YEAR 2004 BEGIN?

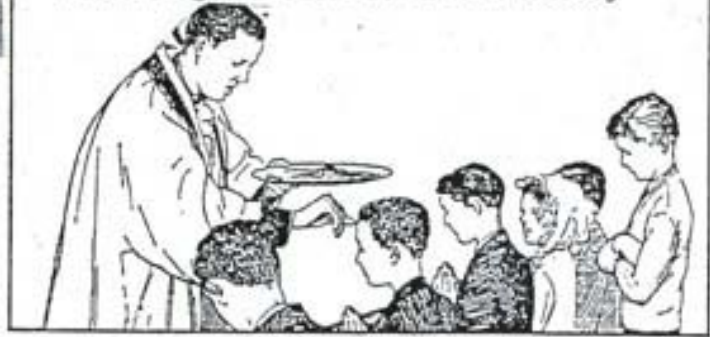
Ash Wednesday; 21 of February, And it lasts until Palm Sunday, the 1 of April, which is the beginning of Holy Week.

WHAT SIGNS DO WE LOOK FOR?

We can recognise this time in the Church through external signs like the ashes, the purple colour of the priest's vestments and the absence of flowers on the altar.

In our heart, the signs should be that we make the effort to love Jesus more through our prayer and sacrifices.

Lent begins on Ash Wednesday



HAVE WE BEEN PAYING ATTENTION?

LET'S SEE: Colour in the T if it is true or the F if it is false.

- T Lent lasts for 14 days F.
- T The priest uses purple vestments F.
- T Lent begins on Ash Wednesday F.
- T It is a time of prayer and penance F.
- T It comes after Holy Week and before Christmas F.