

Celebrating Lent and Holy Week

Keep these ideas in mind as you study **Unit 4, Session 20**.

Lent begins in late winter on Ash Wednesday and ends in early- to mid-spring on the evening of Holy Thursday.

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On Ash Wednesday we receive ashes on our foreheads as a reminder of our sinfulness.

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We remember Jesus' entrance into Jerusalem on Palm Sunday.

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The Church asks that we fast during Lent by limiting and going without certain foods. We also give up meat every Friday and limit the size of our meals on Ash Wednesday and Good Friday.

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The cross on a hot-cross bun is a symbol of the Crucifixion.

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During Lent we hear readings about the events that led to Jesus' suffering and Death.

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During Lent the church environment encourages reflection. The priest's vestments are purple. The sanctuary decorations are simple and understated.

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Lent is a time to remember how much we rely on God. We pray and ask God to help us understand all that Jesus did for us and remember the needs of others.

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Lent is a time to pray more often, make sacrifices such as fasting, and give to people in need.

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When Jesus faced difficult decisions, he prayed. When we face difficult decisions, we should follow Jesus' example by praying for the strength to follow God's will.

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