



Talking to Our Kids About Lent

We first have to understand the history and meaning behind WHY it's celebrated.

What is Lent?

Lent is the season of fasting and self-denial observed by many Christians in the days preceding Easter Sunday each year. The word "Lent" comes from a word meaning "lengthening days," with the Lenten season consisting of forty fast days as days lengthen in early spring. Since Easter's date moves each year based on the lunar calendar, Lent's dates vary from year to year. However, each year it begins on Ash Wednesday, which occurs sometime in February or early March.

Where Did Lent Come From?

Lent is neither commanded nor implied in the Bible. Instead, it is a tradition that developed slowly over the first several centuries of church history.

Why Do People Fast at Lent?

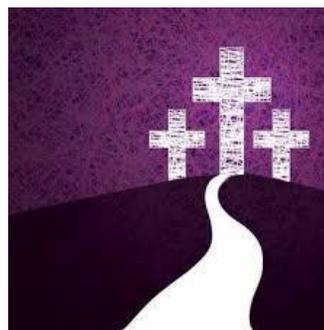
Christians from a variety of traditions see it as a time of prayer, repentance, and self-sacrifice for the purpose of focusing their attention on Christ and His sacrifice in the days leading up to Good Friday and Easter Sunday.

Why Forty Days?

Forty is a significant number in the Bible. It is a number associated with anticipation and preparation. Moses waited on Mt. Sinai forty days to receive the Law ([Ex. 34:28](#)), Israel wandered in the wilderness for forty years before entering the promised land ([Ex. 16:35](#)), Elijah walked forty days to meet with God at Mount Horeb ([1 Kings 19:8](#)), and most significantly, Jesus fasted for forty days in the wilderness before his temptation ([Mark 1:13](#)).

What Do People Give up for Lent?

While meat is the most common thing left out of one's diet, people choose to give up all kinds of things during Lent. For example, some choose to abstain from something they enjoy such as chocolate, sugar, coffee, or television for the entire Lenten season.



March & April Happenings

Sunday, February 26th – Ice Cream Social after 10am Service

Sunday, February 26th – Children singing with the Praise Band

Wednesday, March 1st – Ash Wednesday

Sunday, March 5th – Youth Sunday

Sunday, March 12th – Pajama Sunday

Sunday, March 19th – Lenten Pretzel Making

Sunday, April 2nd – Youth Sunday

Sunday, April 9th – Palm Sunday

Thursday, April 13th – Maundy Thursday

Friday, April 14th – Good Friday Kids Communities

10-11:30

Sunday, April 16th – Easter Sunday – Easter Egg Hunt following 10am Service.



Come Join Us on a Christ-Centered Journey to Easter.

During Lent, children will receive Easter Eggs filled with various activities (supplies included) to help them become engaged in the sweet message of our Lord's journey to joy.