

Important

Dates

- 1 Ash Wednesday
- 34 Psalm Sunday
- 38 Maundy Thursday
- 39 Good Friday
- 40 Holy Saturday

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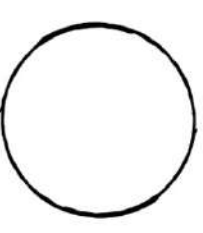
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Lent :

the 40 day period before Easter where we repent of our sinfulness and work to improve our relationship with God.

These 40 days resemble the time that Jesus spent fighting temptations for us in the desert.

The goal is to prepare ourselves for Easter and reflect on Jesus' journey to the cross for our salvation.



PURPLE

represents penitence or sorrow for our sinfulness



by: _____

What is Lent?

Joel 2 : 12-13

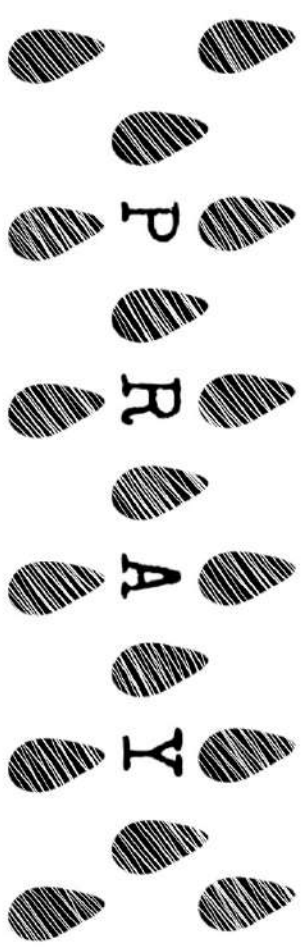
"Even now" declares the Lord, "return to me with all your heart, with fasting and weeping and mourning." Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity."(NIV)

40 Days of LENT

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32
33	34	35	36	37	38	39	40

Sundays are not included

Countdown



Pull Up Weeds

choose some things that you want to give up during lent this year



Plant Good Seeds

choose some things that you want to start doing during lent this year

Give up / Take up