

What if I'm Asked about Lent?

Lent is a the time of preparation for the celebration of Easter. It begins on Ash Wednesday and extends to Holy Thursday. Lent is like a retreat. It is a time of prayer, fasting, and almsgiving (which means sharing what we have with the poor).

When you hear the word Lent, what picture comes to mind? Penance, purple, fish, ashes, fasting, sacrifice, giving up movies? These are the images many Catholics associate with Lent. But your idea of Lent will be closer to the Church's meaning of the season if the first thing that comes to your mind is an image of new life—of Baptism. Baptism provides the key to Lent.

We have seen that in the fourth and fifth centuries, the Church developed liturgies to assist people who wanted to become Christians. The final forty days of this faith journey, the final “forty-day retreat” before Baptism, became what we now call Lent. Lent is the time for catechumens to continue their preparation for Baptism, Confirmation, and Eucharist. It is a time for those of us who are already baptized to reaffirm that this sacrament means in our lives today

Source: We Live Our Faith
<http://www.sadlierreligion.com/liveourfaith/askmastercatechist.cfm?sp=student>

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