



Faith Formation

Lent

Trivia Question: What are the three disciplines of Lent?

Answer:

Prayer, Fasting, and Almsgiving.

Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by [giving alms](#); and we practice self-control through [fasting](#). We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ.

Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season. Contemplate the meaning and origins of the Lenten fasting tradition in this [reflection](#). In addition, the giving of alms is one way to share God's gifts—not only through the distribution of money, but through the sharing of our time and talents. As St. John Chrysostom reminds us: "Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs." (Catechism of the Catholic Church, no. 2446).

In Lent, the baptized are called to renew their baptismal commitment as others prepare to be baptized through the [Rite of Christian Initiation of Adults](#), a period of learning and discernment for individuals who have declared their desire to become Catholics.

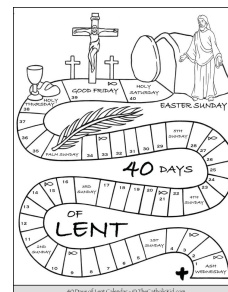
[USCCB- What is Lent?](#)

Also, check out this awesome recipe for fasting bread:
[A Modern Grace: Fasting Bread for Lent](#)



Activity for Kids:

Here is a fun Lent Calendar for kids to color in and keep up with their journey to Easter
[The Catholic Kid: Kids Lent Calendar Coloring Page](#)



Today is Ash Wednesday. One of the obligatory days of fast and abstinence with the Church. Check out this video on the forgotten power of fasting by Sister Emmanuel Maillard.

["The Forgotten Power of Fasting" Sister Emmanuel Maillard](#)



Activity for Kids:

Check out Brother Francis on Formed as he teaches kids about Lent.

[Brother Francis: Lets Learn About Lent](#)



How to sign up for Formed

1. Go to: <https://formed.org/>
2. Select the box that says "Sign Up"
3. Select the option that says "I belong to a Parish or Organization"
4. Type in "Morrilton" in the search bar
5. Select the option "Sacred Heart 506 E Broadway St Morrilton AR"
6. Type in your name and your email address
7. Start using Formed

Sign up to receive these reflections straight to your inbox every morning: <https://formed.org/lent>
Christ's love for you is bursting forth. Embrace him and let his mercy pierce your heart during this Lenten season. Join us for a 40-day journey of welcoming his tender love, beginning with these short, daily videos from Scripture scholar Dr. Tim Gray. Live in Christ's love and let him transform your life.

[Lenten Reflections](#)

