

# What is Lent and why does it last forty days?

Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday.

Lent comes from the Anglo Saxon word *lencten*, which means "spring."

The forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry.

Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time of self-examination and reflection. In the early church, Lent was a time to prepare new converts for baptism. Today, Christians focus on their relationship with God, often choosing to give up something or to volunteer and give of themselves for others.

Sundays in Lent are not counted in the forty days because each Sunday represents a "mini-Easter" and the reverent spirit of Lent is tempered with joyful anticipation of the Resurrection.

United Methodist Church (online)



## 40 Things to Give up for Lent

1. Fear of Failure
2. Your Comfort Zone
3. Feelings of Unworthiness
4. Impatience
5. Retirement
6. People Pleasing
7. Comparison
8. Blame
9. Guilt
10. Overcommitment
11. Lack of Counsel
12. Impurity
13. Entitlement
14. Apathy
15. Hatred
16. Negativity
17. The Spirit of Poverty
18. Going Through the Motions
19. Complaint
20. The Pursuit of Happiness
21. Bitterness
22. Distraction
23. Giving up
24. Mediocrity
25. Destructive Speech
26. Busyness
27. Loneliness
28. Disunity
29. the Quick Fix
30. Worry
31. Idolizing
32. Resistance to Change
33. Pride
34. A Small View of God
35. Envy
36. Ungratefulness
37. Selfish Ambition
38. Self-Sufficiency
39. Sorrow
40. My Life