



LENT

Lent is the Church's preparation for Easter. From Ash Wednesday to Easter, Lent leads us into Jesus' forty days in the wilderness: a season of fasting, testing, and trust.

Through prayer, fasting, and generosity, Lent reminds us that Jesus alone is our source of life. It interrupts the stories that urge us to grasp for control and cling to comfort.

Lent invites us to loosen our grip, lay down our striving, and rediscover our deep need for Christ's death and resurrection.

What is Lent?

Lent is a season in the Church's liturgical calendar — a way of shaping our time around the life of Jesus.

Rather than being defined by work, culture, or the busyness of life, the calendar invites us to let Jesus' story shape our days.

Throughout the year, the Church returns to the key movements of the gospel: His birth, life, teaching, death, resurrection, and the sending of the Spirit.

Each season invites us to linger, dwelling on one part of the story long enough that it doesn't just inform us, but forms us. Lent reminds us that faith isn't a one-time decision or quick achievement; it's a lifelong journey of returning, remembering, and walking the story together.

Prayer

Prayer is the foundation of the Lenten journey. Without conscious communion with God, Lent risks becoming a season of self-discipline rather than spiritual renewal.

Prayer anchors our fasting and generosity in relationship, allowing God to do the transforming work only He can do.

We invite you into a new Prayer
Rhythm:

- Set aside regular time for prayer,
even if it is brief and simple
- Join us in following Lectio365,
a 10-minute daily guided prayer

Fasting

Sacrifice is most often expressed through fasting — giving something up in our daily lives to create space for reflection on the cross and Christ's sacrifice for us.

Many choose to abstain from something that ordinarily claims their attention or comfort, such as: A daily meal, Social media, Certain foods or mealtime, Sleep-ins or other habitual comforts.

The purpose is not deprivation for its own sake, but re-orientation, allowing hunger, absence, or restraint to draw us back to dependence on Jesus and to remember our deep need for His life, death, and resurrection.

Almsgiving

Almsgiving flows naturally from prayer and sacrifice.

As we loosen our grip on what distracts us and re-align our lives with God's story, we often find our eyes opening to the needs of others. This is a practice of generosity that expresses both trust in God and love of neighbour.

As you move through Lent, consider:

- What needs might the Holy Spirit be impressing on your heart?
- Who is placed before you as your attention sharpens?
- How might your sacrifice become a gift for someone else?

Almsgiving invites us to embody the mercy we ourselves receive.

Lent Resources:

[LECTIO365](#)



Lectio 365 is a free daily prayer app with morning, midday & night devotionals to help you experience God's presence in your life.

[CONTEMPLATIVE GUIDE](#)



Our Contemplative guide offers a slow, prayerful way to sit with a parable beyond Sunday, helping us listen, notice, and walk with Jesus through the week.

As you sit with each parable, ask: How does this Lenten posture help me hear, receive, or respond differently?