

## WHAT IS LENT?

February 24, 2020



Lent is the season of the Christian Year when we focus on growing closer to God as we remember the life, death, and resurrection of Jesus. This year the season of Lent lasts from Ash Wednesday, February 26, to Easter Sunday, April 12.

Think about the ways your family prepares to celebrate a special event, such as a birthday, anniversary, or graduation. Lent invites us to prepare for Easter by connecting with God in prayer, letting go of things that distract our attention, and starting new practices that enable us to love God and other people.

Read "[Lent 101](#)" to learn more about this season. Then open a calendar square each day for a new way that you and your family can prepare your hearts for Easter.