

# Lent

In early church history, Lent was traditionally a season of penance and preparation for Easter. Spanning the 40 days from Ash Wednesday to Easter Sunday, church leaders instructed Christians to participate in various spiritual practices. Culture and customary practices have shifted over the years to now include prayer, fasting (often "giving something up for lent") and almsgiving (giving more than usual, but not always monetary).

*Bitter & Sweet Tsh Oxenreider*

This year, Lent begins on March 2<sup>nd</sup>, Ash Wednesday, and culminates with Resurrection Sunday on April 17<sup>th</sup>. As we use this time to draw closer to God and reflect on Jesus' sacrifice there are several resources available to help us.

- **Scripture Reading Plan:** click the link below for a Lent Reading Plan on You Version (we used this website/app for our Advent readings)
  - <https://www.bible.com/reading-plans/85>
- **A New Liturgy No. 3: Lord Have Mercy**
  - This is a free download (only free until March 2<sup>nd</sup>) specifically for Ash Wednesday
  - <https://www.anewliturgy.com/no-3?fbclid=IwAR022LP4BcJISKrF7BmdCy8sv7GvUfzU323dpl8xYg0hrp3MEnF8L06r8kA>
- The MB Seminary has **Easter Devotions** for 26 days during Lent. Sign up at the link below to receive them in your inbox
  - <https://www.mbseminary.ca/devotions-sign-up/>
- **Spiritual Practices** are a rich and meaningful way to connect with God. Try choosing a different practice each week of Lent to draw close to God and reflect on what God has been teaching you.
  - <https://evergreenheights.org/spiritualgrowthresources>
- **Music** is a powerful way to worship. This is a playlist of instrumental hymns.
  - [https://open.spotify.com/playlist/5NWeRV1czkITgva?uiyO9c?si=SE\\_s5W1oR\\_KPYbTp\\_pzjmYQ](https://open.spotify.com/playlist/5NWeRV1czkITgva?uiyO9c?si=SE_s5W1oR_KPYbTp_pzjmYQ)
- **Lent Journey**, from Ininitum & World Vision, will incorporate the Ininitum Prayer Postures and scripture each week.
  - <https://ininitumlife.com/lent>