

# Thinking about Lent

Lent is a Christian tradition to mark the time Jesus fasted in the desert for 40 days and 40 nights, managing to avoid temptation. This was a real test for him. Christians believe that they will learn and grow from testing themselves too. Think about these questions, discuss them and write down your ideas.

Can you think why some people use Lent to positively do something good rather than give something up?

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Why would doing without something you want make you stronger?

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Why would non-Christians also give something up for Lent?

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Easter is the end of Lent...what Easter traditions give us clues that Lent is ended?

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Why do you think that Pancake Day and Mardi Gras are the day before Lent starts? These are both a time for celebration and eating rich and sweet foods.

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Would you consider giving something up or doing good for a length of time? What would it be and why would or wouldn't you do it?

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You could do more research about Mardi Gras celebrations and also what happens on Ash Wednesday, the first day of Lent. You might also want to find out about fasting in other religions and whether there are common themes.