



My 2021 Lenten Devotions



Name: _____

Lent begins on: _____ (Ash Wednesday)

Lent ends on: _____ (Easter Day)

This year for Lent I will take on the following spiritual practices:

Prayer: _____

Fasting: _____

Almsgiving: _____

A Prayer for a Holy Lent:

Lord Jesus, Thank you for all you have given me
and thank you for the sacrifice you made for me on the cross.

I am truly sorry for all my sins.

This Lent help me to spend more time with you in prayer, to give up a few things to show how
much I love you, and to offer what I have to those in need, even if it is difficult.

Bless me and my family.

Amen.



What is Lent?

Lent is a period of preparation for Easter. After the Christmas season ends we enter "Pre-Lent"

(pre means before). There are 3 Sundays in Pre-Lent:

SEPTUAGESIMA SEXAGESIMA QUINQUAGESIMA

Lent begins on Ash Wednesday. This is a solemn day of fasting. Many people celebrate the day before Ash Wednesday by eating pancakes and sweets to prepare their homes and bodies for Lent. This day is called Shrove Tuesday or Mardi Gras (which means fat Tuesday). It is traditional to go to confession on this day, that is where this day gets its name. When we go to church on Ash Wednesday the priest sprinkles ashes on our head or uses the ashes to make the sign of the cross on our forehead. Ashes are an ancient symbol of grief and mourning. We put ashes on our head to show God that we are sorry for our sins and as a reminder that God made us out of dust.

During Lent the church will be decorated with purple and priests wear purple vestments. Purple is a penitential colour.

Penitence means feeling and showing sorrow and regret for what we have done wrong.

Lent lasts for 40 days because Jesus Christ fasted in

the wilderness for 40 days while he was tempted by Satan. 40 is an important number in the Bible.

SHROVE TUESDAY



Shrove = Pardon

ASH WEDNESDAY



Remember
O man
that dust
thou art

and to dust
shalt thou return

What stories do you know from the old Testament that mention 40 days or 40 years? On Sundays we take a break from our Lenten fast because every Sunday is a celebration of the

Resurrection.



How do we Commemorate Lent?

In the Penitential Service in the Book of Common Prayer, which is used on Ash Wednesday, the Priest will say the following to the congregation:

“Brethren, in the primitive Church it was the custom to observe with great devotion the days of our Lord’s Passion and Resurrection, and to prepare for the same by a season of penitence and fasting... Thereby the whole Congregation was put in mind of the message of pardon and absolution contained in the Gospel of our Saviour, and of the need which all Christians continually have, of a renewal of their repentance and faith. I therefore invite you, in the name of the Church, to the observance of a holy Lent, by **self-examination** and **repentance**, by **prayer**, **fasting**, and **self-denial**, and by **reading** and **meditation upon God’s holy Word.**”

How to pray:

*Remember the acronym **ACTIP**. This stands for **A**doration, **C**onfession, **T**hanksgiving, **I**ntercession, and **P**etition.*

We practice **adoration** by proclaiming our love for God, by noticing how wonderful, radiant, and magnificent God is.

Having honoured God, we then **confess** our sins. We tell God how sorry we are for the ways in which we have neglected or hurt God, creation, and others.

Then we **thank** God for all we have.

After we have honoured God, come clean, and been grateful, then we begin to pray for others. We offer **intercessions**—or prayers that intercede with God on behalf of others. We offer up our concerns.

After we have prayed for others we **petition**, or ask, God for what we need ourselves.

small for the One who gave Himself for us on the cross.

We are also encouraged to give alms (money or food) to those who are less fortunate than us. You can set aside the money that you would normally spend on treats and donate it to charity or volunteer in your community.

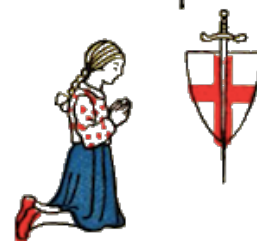
We are called to keep a holy Lent by dedicating ourselves to spending time with God in prayer and reading His holy Word (the Bible).

During Lent we should abstain from (go without) certain foods (such as meat and sweets) as a reminder of Jesus’ fasting in the wilderness.

We give up something

PRAYER

Our weapon



against the Devil

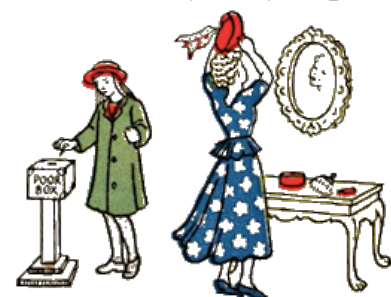
FASTING

Our weapon



against the Flesh

ALMSGIVING



Our weapon against the World



The Temptation of Jesus



(S. Matthew 4:1–11)

Then the Spirit led Jesus into the desert to be tempted by the Devil. After spending forty days and nights without food, Jesus was hungry.

Then the Devil came to him and said, “If you are God's Son, order these stones to turn into bread.” But Jesus answered, “The scripture says, ‘Human beings cannot live on bread alone, but need every word that God speaks.’”

Then the Devil took Jesus to Jerusalem, the Holy City, set him on the highest point of the Temple, **6** and said to him, “If you are God's Son, throw yourself down, for the scripture says, ‘God will give orders to his angels about you; they will hold you up with their hands, so that not even your feet will be hurt on the stones.’” Jesus answered, “But the scripture also says, ‘Do not put the Lord your God to the test.’”

Then the Devil took Jesus to a very high mountain and showed him all the kingdoms of the world in all their greatness. “All this I will give you,” the Devil said, “if you kneel down and worship me.” Then Jesus answered, “Go away, Satan! The scripture says, ‘Worship the Lord your God and serve only him!’”

Then the Devil left Jesus; and angels came and helped him.

