

Worksheet One: What is Lent?

Lent is the period of 40 days which comes before Easter in the Christian calendar. Beginning on Ash Wednesday, Lent is a season of reflection and preparation before the celebrations of Easter – the time of Jesus crucifixion, death and resurrection.

What is Lent?

When does Lent begin?

On Ash Wednesday...

Where does the period of Lent come from?

Lent provides us with the opportunity...