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## THE SEASON OF LENT

Lent is a period of time between [Ash Wednesday](#) and [Easter](#) that is geared towards spiritual purification, meditation and penance. It lasts around 40 days, not including Sundays, drawing from the 40 days Jesus fasted in the desert before starting his ministry. Lent is practiced by most Christian groups, including Roman Catholics, Episcopalians, Presbyterians, Methodists and Lutherans. However, it is not generally practiced by Baptists.

The focus of the season is on spiritual growth. The focus is not supposed to be on one's self, but one's relationship with God. Oftentimes Christians choose to take on something during Lent, like reading more of the Bible or completing daily devotions. Fasting is a traditional part of Lent, but not everyone does it. Its purpose is to symbolize penance, remorse for one's sins. This can also be done by giving up a luxury or by completing acts of charity.

Catholics become pescatarians on Fridays during Lent, meaning the only meat they eat comes from fish. That's why you'll see a lot of Fish Fries around town during this season. Lent has gradually become secularized by many, serving as a chance to give up bad habits.

For most protestant churches it concludes on the Holy Saturday - or the day before Easter. For Roman Catholics, however, it concludes on Holy Thursday/Maundy Thursday - the day before Good Friday, which is the Friday before Easter. So for Catholic, Lent ends on March 24, 2016. If you're Protestant, it ends on March 26, 2016.

Source:

[http://www.pennlive.com/entertainment/index.ssf/2016/02/lent\\_2016\\_when\\_it\\_starts\\_when.html](http://www.pennlive.com/entertainment/index.ssf/2016/02/lent_2016_when_it_starts_when.html)

*"And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth. Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen." Matthew 28:18 – 20*

