

What is Lent?



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Lent is the season of fasting and self-denial observed by many Christians in the days preceding Easter Sunday each year. The word "Lent" comes from a word meaning "lengthening days," with the Lenten season consisting of forty fast days as days lengthen in early spring.

Talking to Your Kids about Lent and Fasting

On the heels of Christmas, Lent can feel like a tough sell to kids. However, it's a great opportunity to talk about the deeper parts of our faith, and to recalibrate their perspectives. That's why, depending on the age of your kids, Lent can be a great tradition to incorporate into your family.

Teaching Our Kids to Wait for Easter

When it comes to Easter, Christians have historically followed a certain rhythm. Lent was a season of fasting and repentance. Then came Holy Week, when we remember Jesus' final days on earth. The mourning of this week culminated with Good Friday, the day of Jesus' death.

A Lent Craft for Kids: The Jellybean Prayer Jar

Whether or not your family partakes in Lent, the time leading up to the celebration of Jesus' Resurrection can be filled with many kid-friendly activities that will teach them about God's love in action. For those of us who do practice fasting, prayer and almsgiving during these 40 days before Easter, coming up with a feasible fast for a child in which a deeper meaning can be taught is tricky! The Jellybean Prayer, mentioned last week by one of our Facebook friends, is an activity which my family has absolutely LOVED doing this past week! It's the perfect Lent craft for kids.

What is Shrove Tuesday?

Have you ever wondered why people tend to eat pancakes on the day before Ash Wednesday? Believers around the world celebrate Shrove Tuesday each year and if you've never celebrated it yourself, read below to learn what Shrove Tuesday is and how you can celebrate it with your family.

How My Family Celebrates Shrove Tuesday

Every year my family looks forward to "Pancake Day" also known as Shrove Tuesday! Shrove Tuesday is a huge dinner with our extended church family where we gather together and feast on pancakes, sausages, muffins, and fruit. It's a fun event with lots of music, laughter and love - and all the pancakes you can eat, of course!

Choosing Structure as Freedom: Reflections on Lent

Lent. It's the season of giving up, sacrificing, preparing. During "Lententide," we turn our eyes and our hearts more fully towards Christ and the cross in anticipation of Easter Sunday coming soon.