

The word "Lent," is from the Anglo-Saxon word *Lencten*, meaning Spring; *Lencten faestes*, meaning Spring fast.

Why was Lent instituted?

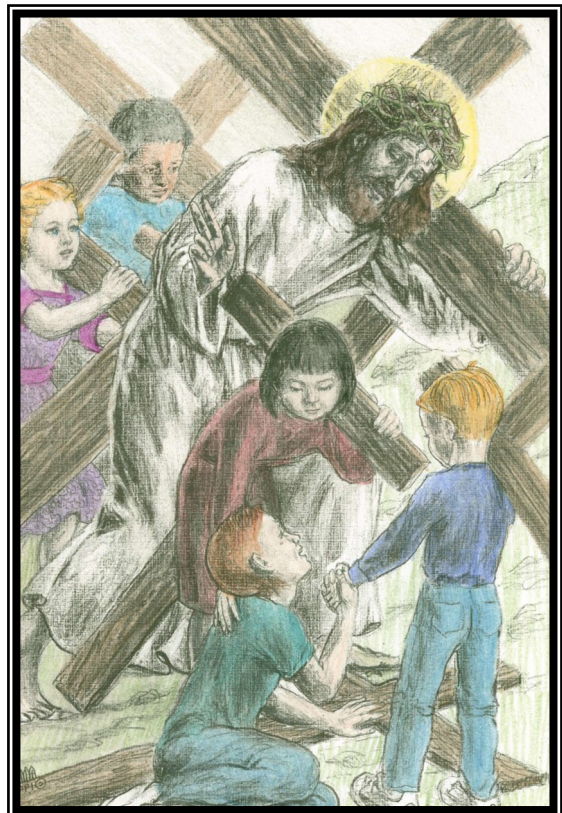
In order to honor the fast of our Lord in the desert and to help the faithful prepare for the mysteries of Christ's death and Resurrection.

How long is the Lenten fast? It lasts for 40 days, beginning on Ash Wednesday and continuing through Holy Saturday.

I will do more:

I will do less:

The History Of Lent



All for Jesus