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.
All for Jesus

The History Of Lent