

# A TIME TO ACT

During Lent, we focus on the ultimate sacrifice, Jesus dying on the cross to redeem us of our sins.

**LIVE MODESTLY** – Lent, then, is a time for reflection and self-denial, a time for mourning and repentance. A time when we indulge less and live more modestly.

It can also be a time for action, especially when it comes to doing good works, a time for working hard in anticipation of the redemption to come.

Giving up ice cream or candy may be one choice for Lent. It's a carryover from the days of strict fasting once observed by Catholics. Going without sweet treats is a sacrifice, and a worthy one.

**GIVE OF YOURSELF** – If something simple that is an appropriate Lenten observance, imagine, then, what the impact would be of you doing something proactive during Lent. As you scale back on what you give yourself during Lent, consider how you might give to others.

Perhaps the money you would have spent on entertainment or eating out during Lent could be given to your local soup kitchen. This may be a good time to step forward to volunteer. Every community has groups needing help, from the local humane society to homeless shelters and youth centers. Your church likely has special activities, too.

Your time could be your greatest gift. And giving of yourself is indeed an honorable way to mark the season of Lent.



LENT

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**“And now abideth faith, hope, charity, these three; but the greatest of these is charity.”**

– 1 Corinthians 13:13

**WHAT ACTIONS WILL YOU TAKE?** – What are your Lenten goals? What will you do at home or in the community to help others?

## WORD ORIGIN

While there seems to be some uncertainty about the precise origin of the word, “Lent,” it was perhaps derived from the Germanic root word for spring, “lencen.” And most agree that its meaning is “spring,” “new life” and “hope,” which we, of course, receive at Lent’s end.