

LENT

The spirit of Lent is traditionally a time to repair and renew our relationships with God, our neighbour and ourselves.

It involves 3 kinds of practices –

PRAYER

Deepening one's relationship with God by spending more time in prayer, listening to His Word, talking to Him.

ALMSGIVING

Includes any works of charity we do for others that seek to repair the relationship with our neighbour e.g. forgiveness, love, kindness, reconciliation, acceptance, caring etc.

FASTING

Acts of self-denial. Going without and making efforts.