

Lent

"Then Jesus was led into the wilderness by the Holy Spirit to be tempted by the Devil. For forty days and forty nights he ate nothing and he was hungry."

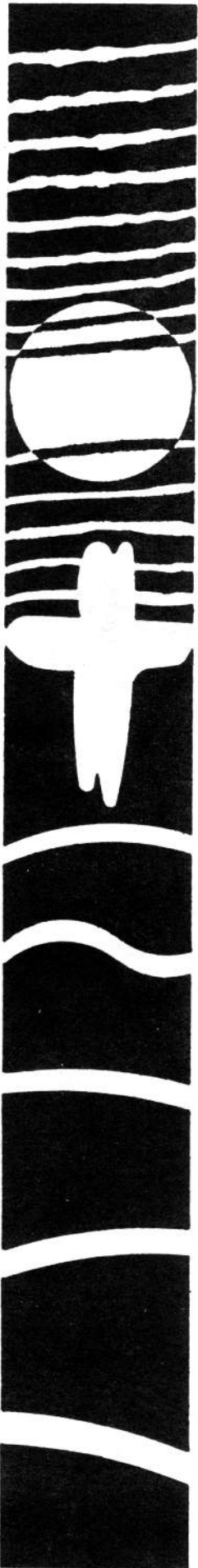
Matthew 4:1-2

This is the biblical story behind the period called Great Lent.

There are many "lents" during the church year. These are times of spiritual preparation for a feast day. But Great Lent, or *Medz Bahk* in Armenian, is the longest and most important one, since it brings us to the most glorious of all feasts, the Resurrection of Jesus Christ—Easter (*Zadig*).

Lent asks us to do without the things we think are important, so that we can feel how much we need God and how ready He is to fill our hearts with love and true purpose. In a way, we recreate that 40-day wilderness of Jesus. We try to be "alone" with God during this season by regularly

- sharing time with Him through prayer or quiet meditation.
- understanding His will for us by reading His Word, the Holy Bible
- following the fasting rules of the church, specifically, not eating meat on Wednesdays and Fridays, the days that commemorate His betrayal and crucifixion. Eat modestly all throughout Lent, since *"people need more than bread for their life; they must feed on every word of God."*
- doing without lots of activities like parties, movies, TV, computer time, video games, and other "distractions." To hear the *"still, small voice of Almighty God"* in your life, you need less noise around you.
- giving generously to the unfortunate in all and any ways you can. Give to the church, to the Sunday School Lenten Drive (this year, the proceeds will go to the Gamo orphanage in Armenia), to other charities.
- attending Lenten services to worship God as one family. If these services are hard to understand, talk to your pastor.
- giving up something especially enjoyable for you—chocolate, telephone chatting, soda, etc.—to focus on the deeper joy that only God can give.
- pledging to continue these habits, in some way, all year!





Tent

W. J.

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