



WEEKLY

MISSION

Monday 19 February 2024

Lent



Lent is a time for praying, fasting and almsgiving - a time to prepare our hearts for the new life, which Jesus brings at Easter. We remember the forty days that Jesus spent fasting and praying in the desert and being tempted. Lent means springtime; a time of year when new life begins and everything starts to grow. We can make a fresh start too and try extra hard to be good.

Dear Jesus, you never gave up even when you found it most difficult. During the six weeks of Lent, help us to be strong and to keep our promises as a sign of our love for you. Amen.

