

Why Lent?

What is Lent anyway? **The word "Lent" comes from an Anglo-Saxon word, *Lencten* which means lengthen and refers to the lengthening days of the spring. In the church Lent is a season of the year that lasts for 40 days (not counting Sundays) leading up to Easter. It's a time for deepening discipleship.**

Sometimes we need a short concentrated time in which to focus our attention on growing our love for God. Lent provides such a time. Six weeks is just long enough to concentrate the mind on developing a few good habits or breaking a few **bad ones. It's a good time period to add a 15 minute prayer time to the day or a couple of hours of Bible reading to the week. Or it might be a good time to try a Bible Study or to go to special services. It's a good time to commit to going to worship every Sunday if you've somehow begun to worship at St. Mattress a lot. After all, it's only for six weeks... you can try something new. Lent is a time to remember your life comes from God, and God's love for you is greater than you imagine!**

When is Lent? Lent always begins on Ash Wednesday. This year Ash Wednesday is February 26. Churches often have special services on this day.

Several other special days are happening during the last week of Lent called Holy Week.

Palm Sunday (April 5) begins Holy week as we remember Jesus came into **Jerusalem to cheers and the waving of Palm branches. We'll do that again at First Presbyterian this year. Join us for worship at 9 or 11 a.m.**

Maundy Thursday (April 9) is the night Jesus celebrated the Passover with his disciples and did something special with the bread and wine from that meal. **The celebration of communion or the Lord's supper comes from this Passover night. We are going to recreate that Jewish Passover meal on Maundy Thursday and do just as Jesus did with the Bread and Wine. Everyone is welcome. The meal/ service is at 6:00 p.m. on April 9.**

Good Friday (April 10) is the day we remember Jesus' death on the cross. We will remember with a peaceful Taize service of readings, music and candlelight. Join us at 7:00 p.m. on April 10.

Prayers for you in Lent

Looking for other ideas to grow in your faith during Lent?

Try our Monday evening Bible Study: The Gospel of Mark. Every Monday at 6:00 p.m.

Join us in worship on Sundays for our **Lenten sermon series, "God's Plan for Good."** We believe God has been planning for our salvation from the very **first and hasn't given up on us yet!** Services are every Sunday morning at 9 and 11 a.m.

How about a Daily Devotional?

The Presbyterian Church's Office for Ministry with Youth recently created a new app for quick devotionals that contain five steps: pause, listen, think, pray and go. It also has a nice bit of music to listen to each day. You can get the same devotional online by going to <https://d365.org/>

Here's a link to a great prayer video:
<https://www.youtube.com/watch?v=sxV2Bs9Rr0A>

Marked by a cross,
cherished and forgiven
We are traveling home.

Called to be holy,
called to be happy
We are traveling home.

Across deserts,
over mountains
We are traveling home.

God in our hearts,
God in our lives
We are traveling home.

Lord we would see Jesus.
We would love Jesus.
We would follow Jesus.
We would serve Jesus.

Lord,
Create in us clean hearts.
Renew your spirit within us.
Do not turn us away from your presence,
or take your holy spirit from us.
Restore to us the joy of your salvation,
and create in us a willing spirit.
Write on our hearts, your love O God,
Amen.
