

What is Lent?

**For
Kids!**



Lent is a time of preparation for Easter, the Christian holiday that celebrates the resurrection of Jesus Christ.

Suggest that your child think about Lent as a way to get closer to God. Point out that Jesus used his forty days to get away from distractions and be with God. Tell you son or daughter that they can benefit from Lent by pushing aside at least some of the distractions of the world.

Tell your child that Lent lasts for forty days because that's how long Jesus wandered in the desert, fasting, while He resisted Satan's temptations. Explain that your child has an opportunity, during the forty days of Lent, to be like Jesus! They too can resist temptations and use this time to become closer to God.

Read
Psalm
103:11-12

Read
Mark
1:13