

## Lessons about the Lent Season

The Lenten Season is Upon  
us....

If you follow the Christian faith, you might already be gearing up for Easter. But before the Easter Bunny arrives, there's one more Christian holiday to prepare for this year: Lent, the six-week celebration that helps believers prepare for Easter through penance and fasting. During Lent, many Christians observe a period of fasting, repentance, moderation, self-denial, and spiritual discipline. The purpose of the Lenten season is to set aside time for reflection on Jesus Christ—to consider his suffering and his sacrifice, his life, death, burial, and resurrection.

Wondering when the Lenten season begins and ends?

Because Lent always starts exactly 46 days before Easter Sunday, its dates always depend on Easter, which is a floating holiday.

So how do we determine Easter? It's got a lot to do with the Moon. According to Christian tradition, Easter is celebrated on the first Sunday following the full Moon that occurs on or just after the Spring equinox (and the Christian Church calendars state that the Spring equinox always falls on March 21). In 2021, the first full Moon after March 21 takes place on March 28, which means Easter falls on the following Sunday, April 4. Subtract 46 days from that and you get the first day of Lent, February 17.

Source: [www.goodhousekeeping.com/holidays/easter-ideas/a31345625/when-is-lent](http://www.goodhousekeeping.com/holidays/easter-ideas/a31345625/when-is-lent)

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