**What is Lent and why does it last forty days?**

Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. Lent comes from the Anglo Saxon word *lencten*, which means "spring." The forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry.

Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time of self-examination and reflection. In the early church, Lent was a time to prepare new converts for baptism. Today, Christians focus on their relationship with God, often choosing to give up something or to volunteer and give of themselves for others.

Sundays in Lent are not counted in the forty days because each Sunday represents a "mini-Easter" and the reverent spirit of Lent is tempered with joyful anticipation of the Resurrection.

**Rend Your Hearts, Rend Our Systems**

[**https://onbeing.org/blog/rend-your-hearts-rend-our-systems/**](https://onbeing.org/blog/rend-your-hearts-rend-our-systems/)

Today, millions of Christians around the world will hear a line from the Book of Joel encouraging them to return to God:

*“Return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing.”*

Lent is less for giving up, and more for making space.

We make space to contemplate what it is that we will celebrate in 40 days’ time. We make space to recognize our faults. We pray a little more. We allow our emptier stomachs to remind us of the pithiness of our observations in comparison with real hunger. We give more money. We confess. We reconcile. We listen to emptiness for a while.

<https://onbeing.org/blog/a-is-for-alleluia/>

Lent is the time when we are asked to look at our lives, and get rid of what is not working. Sometimes that means saying "no" to being busy, and saying yes to the things that give us joy. Don't waste your time on what doesn't fill you up. Choose only that which satisfies your deepest hunger.

<http://www.ucc.org/daily_devotional_168_hours?utm_campaign=dd_mar18_17&utm_medium=email&utm_source=unitedchurchofchrist>

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<https://robfuquay.com/the-god-we-can-know/>

Sterling church material

<http://sterlingumc.org/2016/03/lenten-devotional-for-march-7/>

Pauses for Lent: 40 Words for 40 Days Paperback – September 1, 2015

by Trevor Hudson (Author) $4.99

<https://www.amazon.com/Pauses-Lent-40-Words-Days/dp/0835815048/?pldnSite=1>

ESSAYS FOR LENT AND EASTER

<https://www.faithandleadership.com/resources-lent-and-easter>

CRAFT OF PREACHING – WP

<http://www.workingpreacher.org/craft.aspx?m=4377&tag=lent>

DISCIPLES - Lent 2017:

<https://www.umcdiscipleship.org/leadership-resources/lectionary-worship-series/lent-2017-living-our-baptismal-calling>

<https://www.umcdiscipleship.org/topics/lent-and-easter-resources>

LENT YOU TUBE VIDEOS

<https://www.youtube.com/watch?v=sB_OflgtJwg&index=4&list=RDgePC_XfXujE>

Lent: Anyone here thinking of changing up the NL for Lent? The current outline essentially slow-walks the Passion Story -   
Wk 1 Lazarus   
Wk 2 Foot Washing   
Wk 3 Peter's Denial  
Wk 4 Jesus and Pilate  
Wk 5 Jesus condemned  
Palm Sunday Triumphal Entry and/or Crucifixion.

One idea: Five "I Am" Statements   
Wk 1 The Bread of Life, John 6  
Wk 2 The Light of the World, John 8  
Wk 3 The Gate, John 10  
Wk 4 The Good Shepherd, John 10  
Wk 5 The Vine, John 15  
Palm Sunday Triumphal Entry and/or Crucifixion

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e course: <https://urelearning.upperroom.org/p/god-we-can-know>

Knowing the Great “I Am” (Exodus 3:1-14)

1. I Am the Bread of Life – Knowing God’s Satisfaction (John 6:27-59)
2. I Am the Light of the World – Knowing God’s Guidance (John 7:2, 14; 8:12)
3. I Am the Good Shepherd – Knowing God’s Care (John 10:1-10)
4. I Am the True Vine – Knowing God’s Power (John 15:1-8)
5. I Am the Way, the Truth, and the Life – Knowing God’s Way (John 14:1-7)
6. I Am the Resurrection and the Life – Knowing God’s Possibilities (John 11:17-26)

**LENT DAILY POSTS**

Randall Curtis posts videos for each day of Lent at [Videos for your Soul.](http://videosforyoursoul.com/)

<https://www.youtube.com/watch?v=t-XZhWpd6J8&list=PLjTi_2sPB4uZrGPCB0VeZZc6volog_2WH>

<https://www.youtube.com/watch?v=84OT0NLlqfM&list=PLjTi_2sPB4uanB-9mwgWb_UFW1m5rIXiL>

**Dust (WHAT WILL YOU GIVE UP AND BURN – SEVEN SINS)**

[**https://www.youtube.com/watch?v=sB\_OflgtJwg&list=RDfwssGB1RZvo&index=28**](https://www.youtube.com/watch?v=sB_OflgtJwg&list=RDfwssGB1RZvo&index=28)

**What’s in your way? What do you need to unbind youself from? What have you got yourself wrapped up in that is cutting you off from god, life’s joy and others?**

**Rend Your Hearts, Rend Our Systems**

[**https://onbeing.org/blog/rend-your-hearts-rend-our-systems/**](https://onbeing.org/blog/rend-your-hearts-rend-our-systems/)

**Christ's Passion" by Mary Karr**

[**http://prinsenhouse.blogspot.com/2016/03/christs-passion-poem-by-mary-karr-for.html**](http://prinsenhouse.blogspot.com/2016/03/christs-passion-poem-by-mary-karr-for.html)

Awkward Things to Give Up For Lent

<https://www.youtube.com/watch?v=stcztYRJj28>

**The Lent Linebacker**

[**https://www.youtube.com/watch?v=Lml0D8VPf6g&list=PLEo8SQUErRc\_qc8G4cPUEzvR3MOKD2q69&index=7**](https://www.youtube.com/watch?v=Lml0D8VPf6g&list=PLEo8SQUErRc_qc8G4cPUEzvR3MOKD2q69&index=7)

**Chuck Knows Church - Lent**

[**https://chuckknowschurch.com/archive/14lent**](https://chuckknowschurch.com/archive/14lent)