



**Lent – Walking with the Lord
for 40 Days
in Reflection & Repentance**

What is Lent?

- Lent is a period in the church calendar to remember the suffering and death of Jesus.
- Christians observe Lent for 40 days from Ash Wednesday to Holy Saturday, excluding all Sundays.

Important Days during Lent

- **Ash Wednesday** – It reminds us that we are dust, and to dust we shall return.
- **Maundy Thursday** – It commemorates Jesus' washing of the feet of His disciples and the establishment of the Lord's Supper.
- **Good Friday** – We remember the betrayal, arrest, trial and crucifixion of Jesus.
- **Holy Saturday** – Jesus' burial in the tomb is remembered.

Focuses of Lent

- To remember God's goodwill in creation, acknowledge man's limitations and sinfulness as well as our need for repentance
- To practice simplicity, fasting and prayer (e.g. fasting from an enjoyment such as a food item or the use of mobile phone on public transport) to train our vigilance in simplicity
- To experience self-discipline and freedom and to continue such practices so as to lead a life of obedience to God and service to others

Meetings & Resources at NPAC

- Daily meditation guide
- Ash Wednesday meditation guide*
- Foot Washing Prayer Meeting (Thu Apr 9)*
- Good Friday Worship Service (Fri Apr 10)
- Holy Saturday Prayer Meeting (Sat Apr 11)*
- Easter Service (Sun Apr 12)

[*In Chinese]