

The Three Pillars of Lent



PRAY

Find a quiet, private place to be alone with your thoughts and God. Try praying a little longer during Lent than you normally do.



FAST

Think about what you eat and drink, and why. Try to make healthy choices and support local producers. Thoughtful self-denial cleanses both the body and spirit.



GIVE

Share what you have with a generous spirit. Acts of justice and compassion bless both the giver and the recipient.

About Fasting

Ash Wednesday and Good Friday are universal days of fasting and abstaining from eating meat. In addition, abstinence requires us to not eat any meat on Fridays during Lent.

The fasting requirement starts at age 18 and ends at age 59. Christians who are fasting during Lent are allowed one normal meal and up to two small meals (that do not add up to the amount of a normal meal) on the day of fasting.

The abstinence requirement starts at age 14 and lasts indefinitely.

“Return to me
with all your heart...”

Joel 2:12

