

EACH ONE! BLESS ONE! YOU MAKE A DIFFERENCE!

If Each One Will Bless One, the World as We know it Will Change!

Emmanuel's Blessings to You! Peace and Love in Christ! PLC!

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Each One! Bless One!

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This article is about the observance of Lent in Western Christianity. For Lent in Orthodox Christianity, see [Great Lent](#). For other uses, see [Lent \(disambiguation\)](#).

Lent in the [Catholic](#) tradition, is the period of the [liturgical year](#) from [Ash Wednesday](#) to [Easter](#). Lent is a time of sacrifice for Jesus. The traditional purpose of Lent is the preparation of the believer — through [prayer](#), [repentance](#), [almsgiving](#) and [self-denial](#) — for the annual commemoration during [Holy Week](#) of the [Death and Resurrection of Jesus](#), which recalls the events linked to the [Passion of Christ](#) and culminates in Easter, the celebration of the [Resurrection of Jesus Christ](#).

According to the [Canonical gospels](#) of [Matthew](#), [Mark](#) and [Luke](#), [Jesus](#) spent forty days fasting in the desert before the beginning of his [public ministry](#), where he [endured temptation](#) by [Satan](#).^{[1][2]} Thus, Lent is described as being forty days long, though different [denominations](#) calculate the forty days differently.

This practice is common to much of [Christendom](#), being celebrated by [Catholics](#), [Lutherans](#), [Methodists](#), [Presbyterians](#), and [Anglicans](#).^{[3][14][4]}



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