

HOW TO LENT



FASTING

Catholics aged 18 through 59 are obligated to fast on Ash Wednesday and Good Friday. Fasting means, at most, consuming one small meal and two smaller “collations” or snacks (which together wouldn’t equal one meal).



ABSTINENCE

Catholics 14 and older are obligated to abstain from consuming meat on Ash Wednesday, all Fridays of Lent, and Good Friday. On Fridays of the rest of the year, U.S. Catholics are permitted to substitute a different penance in lieu of abstinence from meat.



PRAYER

We are called to devote ourselves to more prayer during Lent. Consider attending Daily Mass or Adoration of the Blessed Sacrament, adding a daily rosary, or praying the Liturgy of the Hours.



ALMSGIVING

Another important pillar of our Lenten practices, we are called to give more of our money and goods and perform other acts of charity during Lent.



PENANCE

Lent is an opportunity for us to prepare ourselves spiritually for the Great Solemnity of Easter. Examining one’s conscience and making a good sacramental confession are great ways to make this preparation. Check your local parish which may have expanded times for confession.