

# **St. Matthew's Anglican Church**

## **Lent 2021 Bible Study**

### **Week One**

#### **What is this thing called Lent anyway?**

It stands as a remembrance of Christ's fasting in the wilderness and His conquering temptation all while focusing on His Heavenly Father. Christians use this time to mimic Christ's own struggle and choose to honor God through these specific days by fasting, abstinence, prayer, and almsgiving.

The primary focus during Lent should be to draw closer to the heart of God through penitence, and the abandoning of sinful ways and obstructions to living the holy life.

#### **How do we observe Lent?**

By approximately 325 AD, we find the Church regularly participating in an observable general time of fasting and abstinence before Easter.

**Fasting**

**Abstinence**

**Almsgiving**

**Prayer**

**Worship**

**Service**

**Penance**