



First United Methodist Church

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Moultrie FUMC: We Love, We Grow, We Serve for Christ.

LENT

Lent, the period of 40 days before Easter (excluding Sundays), begins on Ash Wednesday and ends at sundown on Holy Saturday, the evening before Easter. This year, Lent is from March 1st (Ash Wednesday) to April 16 (Easter), 2017.

In Jewish and Christian history, ashes are a sign of mortality and repentance. Mortality, because when we die, our bodies eventually decompose, and we become dust/dirt/ash. Repentance, because long ago, when people felt remorse for something they did, they would put ashes on their head and wear "sackcloth" (scratchy clothing) to remind them that sin is uncomfortable and leads to a sort of death of the spirit. This was their way of confessing their sins and asking for forgiveness.

During Lent, we enter into a season of preparation, self-reflection and repentance when we seek to literally "turn around" and realign our lives and focus toward God. It is a time to give up things, as well as take on new life-giving practices, helping us rid ourselves of distractions and our own selfish desires. By doing so, we seek to live and love as more faithful disciples of Jesus Christ.