

# Celebrating Lent and Holy Week

Keep these ideas in mind as you study **Unit 4, Session 20**.

Lent is a time to prepare for the celebration of Jesus' Resurrection at Easter.

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The season of Lent begins on Ash Wednesday and ends with the celebration of the Triduum during Holy Week.

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During Holy Week we celebrate Palm Sunday, Holy Thursday, Good Friday, and Holy Saturday.

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On Ash Wednesday we receive ashes on our foreheads as a reminder of our need for forgiveness.

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On Palm Sunday we hear Scripture readings about Jesus' entry into Jerusalem.

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On Holy Thursday the Gospel tells us that Jesus washed the feet of the apostles at the Lord's Supper. This act is an example of the love and service that Jesus asked the disciples to share with others.

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On Good Friday we hear the story of Jesus' Passion, and we venerate the cross.

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God loved the world so much that he gave his only Son, so that everyone who believes in him might not perish but have eternal life.

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The liturgical color for Lent is purple.

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