

LENT OnRamp workshop

FAQs:

What is Lent?

Why is the first day of Lent called Ash Wednesday?

Are there biblical examples of this tradition we now call Ash Wednesday?

What is the goal of Lent?

1. _____
2. _____
3. _____

Why do we “do” Lent at Emmaus Church Community?

1. Because we _____ and how our
spiritual ancestors _____
2. Because we _____

Question #1 - What am I _____?

Inward Disciplines:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Outward Disciplines:

1 _____

2 _____

3 _____

Question #2 - What am I _____?

Wake Up ----- Go to Bed

5 Tips for a Successful Lenten Journey:

1) focus on _____

2) don't just _____

3) challenge _____

4) get an _____

5) embrace _____

May you be blessed in your Lenten adventure, may you discover life and light and may
you be changed by the power of the Holy Spirit!