

# Lent: A Season of Grace

Virtue Link: Faith, Hope, Love, Temperance, Fortitude  
Catholic Character Themes: Community, Discipleship, Reverence, Solidarity, Stewardship

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## ***Baptism: Gift of Abundant Life***

As Christians, we worship a God who constantly invites our “yes” to the gift of abundant life. Baptism introduces us to this gift by joining us to Christ in his death and rising. This foretaste of the resurrection leaves us hungering for life in all its fullness. The gift of the Spirit, poured into our hearts at Baptism and sealed at Confirmation, guides us in our journey to fullness of life through the Church’s sacraments and holy seasons.

## ***Lengthening Days That Point to Easter***

With the lengthening of winter’s days we find ourselves contemplating the journey through Lent to Easter. The growing hours of daylight remind us of the resurrection’s light, tasted at Baptism and in further sacramental encounters with our crucified and risen Lord.

## ***Time for a Change of Heart***

Lent gives us time to consider our response to the Gospel’s call to love of God and neighbour: the New Law of Christ, written on our hearts by the Spirit at Baptism. Our Lenten prayer is thus one of repentance for sin, which fails to meet the demands of charity. It asks for a change of heart, that God might restore in us the heart of Christ, bestowed at Baptism.

## ***Hidden With Christ in God***

Lent is a season of grace that invites us to *fast* from what distracts us from charity, and to recognize that only God can fulfill our deepest longings. Lent invites us to engage in *almsgiving* and *works of mercy* towards our suffering and needy brothers and sisters. Lent reminds us that our truest self lies hidden with Christ in God, and that in Christ, we are one body.

## ***A Time for Renewing our Trust***

The resurrection experience of Jesus tells us that in him, we can trust that the Father will raise us up in the power of the Spirit from the small deaths we so often seem to undergo during Lent, so that we might joyfully celebrate the fullness of life that is our inheritance through Baptism, at Easter.