

A P A R E N T ' S
T O
G U I D E

Lent

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In This Guide . . .

- **What is Lent?**
- **Why should my family consider observing Lent?**
- **If we already have new life in Christ, why should we have a whole season thinking about death?**
- **Why do we need to repent if God has already forgiven our sins?**
- **What spiritual disciplines are associated with Lent?**
- **Why does Lent seem so depressing?**
- **I'm not sure we should participate in Lent—it's not in the Bible!**
- **There's no way my teens are going to go for this.**