

Why I Am Catholic

Lent!

The Lenten season is not uniquely Catholic, but it is something started by the Catholic Church and then later adopted by other denominations.

"Converts to Christianity followed a strict catechumenate or period of instruction and discipline. In Jerusalem near the close of the fourth century, classes were held throughout Lent for three hours each day. With the legalization of Christianity and its later imposition as the state religion of the Roman Empire, its character was endangered by the great influx of new members. In response, the Lenten fast and practices of self-renunciation were required annually of all Christians." (*Wikipedia*)

The 40 days of Lent are based on Jesus' 40 days in the desert after his baptism. At the end of the 40 days, Satan comes to tempt Him (when He is tired and hungry and at His weakest). The temptations are to test God, to play God and to accept Satan's offer: "All these I shall give to you, if you will prostrate yourself and worship me." (Mt 4:9) Lent makes us look at the times pride and selfishness have caused us to give in even a little bit to Satan's offers and to repent.