

# LENT

## 2025

A 5-week Plan of Spiritual Growth  
-- [thegodminute.org/lent](http://thegodminute.org/lent) --

Each week of Lent will focus on a traditional theme that will give direction to our prayer and practice. A classic icon will accompany the theme to give visual representation and reflection.

THE  
**GOD**  
MINUTE



## WEEK 1

Theme: **ALMSGIVING**

Image: **CROSS**

LENT begins with the crushing of ashes onto our foreheads- the visual reminder that this life is temporary. All that matters is God. Almsgiving is a practice that conforms our life to Jesus- giving away a part of ourselves for the good of those in need. The cross is the Christian icon that represents the complete surrender and ultimate almsgiving.



## WEEK 2

Theme: **PRAYER**

Image: **PRETZEL**

The whole of the spiritual life rests upon one reality: relationship. Our faith is a "connection" and friendship with Jesus: two lives entwined in love and devotion.

In the old Roman Empire, the faithful kept a very strict fast all through Lent: no milk, no butter, no cheese, no eggs, no cream and no meat. They made small breads of water, flour and salt, to remind themselves that Lent was a time of prayer. They shaped these breads in the form of crossed arms over the heart in prayer. Therefore they called the breads "little arms" (bracellae). From this Latin word, the Germanic people later coined the term "pretzel."



## WEEK 3

Theme: **FASTING**

Image: **FISH**

Fasting has always been connected to Lent as a way to practice self-denial and spiritual reflection. It is how Jesus began his ministry- in the desert.



Originating from the Greek word for fish, Ichthys (ΙΧΘΥΣ) is an

acronym that stands for 'Jesus Christ, Son of God, Savior.' Early Christians would use the fish symbol to safely identify fellow believers without the risk of exposing their faith.

It also reflects the the food Jesus fed the 5000, the trade of the disciples (fisherman), and the call Jesus gives us to be "fishers of men."

## WEEK 4

Theme: **PENANCE**

Image: **PURPLE STOLE**

Lent is about a cleansing and purification of one's life to receive Jesus anew in our hearts. Almsgiving, prayer and fasting help us discover those darkened areas of sin within us and ask God for forgiveness.

In the Bible, John 19:2 describes Roman soldiers putting a purple robe on Jesus to mock Him as King of the Jews. It has become a visual reminder of Christ's passion and the sovereignty He claimed through His suffering and resurrection.



## WEEK 5

Theme: **ABSTINENCE / SIMPLICITY**

Image: **PELICAN**

The purpose of Abstinence is to create space for deeper reflection and to refocus one's priorities on matters of faith and spiritual renewal. To let go of things that have crowded your life and taken attention off of Jesus.

When food was scarce, a mother pelican would use her beak to pull out feathers from her breast and thus feed her young with her blood. The early Church adopted the pelican as a symbol of Christ's sacrifice and is often depicted in Christian art, stained glass, carvings and altars.

