

Answers:

1. The correct answer is spring.

Lent comes from the Anglo Saxon word lencten, which means "spring." The root words mean "long days," and this combination probably refers to the increasing daylight at this time of year. Lent's 40 days represent Jesus' time in the wilderness, enduring temptation and preparing to begin his ministry.



practice of fasting. Individuals are encouraged to make the best choice based on their personal situation. Learn more.

2. The correct answer is ashes were poured or sprinkled over the head.

In the early days of the church, pastors did not dip their thumbs into the ashes to draw the shape of a cross on your forehead. Instead, they poured or sprinkled ashes over your head. Learn more.



6. The correct answer is to represent the time Jesus spent in the wilderness, tempted by Satan. (Matthew 4:2).

Lent is a season of 40 days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. Lent is a time of repentance, fasting, and preparation for the coming of Easter.

7. The correct answer is Alleluia.

Some United Methodist churches refrain from singing "Alleluia" and/or "Gloria" during Lent. This practice, sometimes called "Burying the Alleluia," is a way of recognizing the solemnity of the season and anticipating the glorious praise we will get to sing as we celebrate Jesus' resurrection on Easter Sunday! Learn more.



3. The correct answer is all of the above.

Many people give something up for Lent like chocolate, social media, shopping, or a bad habit. These are modern-day adaptations of the spiritual discipline of fasting or abstinence.

John Wesley encouraged early Methodists to regularly practice abstinence or fasting as an act of piety, like praying or reading the Bible. He also taught that fasting was best when coupled with acts of mercy such as giving to the poor.

8. The correct answer is "Christ Beside Me."

Hymn #2166 in *The Faith We Sing* is adapted from the words on the breastplate of the famous early evangelist. Learn more.



4. The correct answer is pretzels.

The twisted pretzel is said to have its roots in Lent. According to legend, a seventh century monk made bread from flour, water, and salt—no eggs or milk because they were avoided during Lent. He then formed it into the shape of a common prayer pose of the day, hands on opposite shoulders. You have to turn the pretzel upside down to see it. Learn more.



9. The correct answer is True.

Sundays in Lent are not counted in the 40 days because each Sunday represents a "mini-Easter" and the reverent spirit of Lent is tempered with joyful anticipation of the Resurrection. Learn more.



5. The correct answer is twice a week.

Jesus went into the wilderness to fast for 40 days and nights. Fasting during Lent is a way of tuning in to the Christian idea of sacrifice. The United Methodist Church does not have official guidelines for the

10. The correct answer is all of the above.

Early Methodists used a sacred, but plain, uncomfortable wooden bench called the "mourner's bench." Those who knelt at the bench were supposed to repent their sins, find new birth and, rededicate themselves to Jesus. Learn more.



"Lent is a time of repentance, fasting, and preparation for the coming of Easter. It is a time of self-examination and reflection."

Read more on page 2

What's inside

What is Lent?

Take the UMC Lent test



The Upper New York Conference's vision is to live the gospel of Jesus Christ and to be God's love with our neighbors in all places.



www.facebook.com/uppernewyork



www.instagram.com/uppernewyork



www.tiktok.com/@unitedmethodistsofuny

The Bridge is a Conference Communications Ministry tool that delivers to local churches news and stories of ministry from around the Upper New York area and the world. For more news and stories visit: www.unyumc.org



What is Lent and why does it last 40 days?

Editor's note: The following is an excerpt from an article written by Ask The UMC, a ministry of United Methodist Communications. Read the full article.



Lent is a time of repentance, fasting, and preparation for the coming of Easter. It is a time of self-examination and reflection. In the early church, Lent began as a period of fasting and preparation for baptism by new converts and then became a time of penance by all Christians. Today, Christians focus on relationship with God, growing as disciples and extending ourselves, often choosing to give up something or to volunteer and give of ourselves for others.

Sundays in Lent are not counted in the 40 days because each Sunday represents a "mini-Easter." This is why you will see the designation "Sunday in Lent" rather than "Sunday of Lent" in the naming of these Sundays. On each Lord's Day in Lent, while Lenten fasts continue, the reverent spirit of Lent is tempered with joyful anticipation of the Resurrection.



Take the Lent Quiz

How well do you know Lent? Test your knowledge with this United Methodist Lent Quiz. After you take the quiz, you can see all the answers and learn more about Lent and the season before Easter.

1. What does the term 'Lent,' which comes from 'lencten,' mean?

- Sacrifice
- Time
- Spring
- March Madness

2. How were ashes imposed in the early church?

- The shape of a cross was drawn on the forehead.
- Ashes were smeared across closed eyelids.
- Ashes were poured or sprinkled over the head.

3. Why do people give things up for Lent?

- To follow the example of Jesus' 40-day fast in the wilderness.
- To help us focus on prayer and devotions.
- To give the acquired savings to the poor.
- All of the above.

4. What snack food has significance during Lent?

- Chocolate
- Pretzels
- Popcorn
- All of the above.

5. Many people fast during Lent. How often did John Wesley fast?

- Twice a week
- Twice a month
- Twice a year
- Rarely
- He did not fast.

6. Why does Lent last 40 days?

- To represent the time Jesus spent in the wilderness, tempted by Satan.
- To recall the 40 days and nights the earth was flooded in the Old Testament.
- To remind us of the 40 years the Israelites wandered in the desert.

7. What do some United Methodists not sing at Lent?

- Doxologies
- Alleluia
- "In the Garden"
- The communion liturgy

8. Which hymn, based on St. Patrick's prayer, would be a good Lenten devotion?

- "Jesus Walked This Lonely Valley"
- "Christ Beside Me"
- "O Happy Day, That Fixed My Choice"
- "Come and Find the Quiet Center"

9. True or false? Sundays are not counted in the 40 days of Lent.

- True
- False

10. When early Methodists in America sat in a church on a mourner's bench, they would:

- Repent their sins
- Experience a new birth
- Rededicate themselves to Jesus
- All of the above