

# Fridays of Lent

Traditionally, during the Fridays of Lent we turn our thoughts towards that first Good Friday and the suffering and sacrifice of Jesus on the Cross at Calvary.

The Fridays of Lent have been considered important days for additional fasting (doing with less) and abstinence (doing without, eg. meat). Through such sacrifices, we become more aware of our calling as Christians to imitate Jesus who did not stop loving even if it meant that he had to pay the ultimate price with his death on the cross.

The Fridays of Lent are also important days for added prayers and good works.

