



107 Things Every Catholic Should Know

"We have to do everything for love, not out of force." – St. Francis de Sales

Q: "I understand that Catholics ages 18 to 59 should fast on Ash Wednesday and on Good Friday, but what exactly are the rules for these fasts?"

Answer

Fasting on these days means we can have only one full, meatless meal. Some food can be taken at the other regular meal times if necessary, *but combined they should be less than a full meal*. Liquids are allowed at any time, but no solid food should be consumed between meals.

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USCCB. "Questions and Answers about Lent and Lenten Practices". Lent. United States Conference of Catholic Bishops. February 9, 2015.

<http://www.usccb.org/prayer-and-worship/liturgical-year/lent/questions-and-answers-about-lent.cfm>



107 Cosas Todo Católico Debe Saber

"Tenemos que hacer todo por amor, no por la fuerza." - San Francisco de Sales

"Entiendo que los católicos edades entre 18 y 59 deberían rápido el Miércoles de Ceniza y el Viernes Santo, pero ¿qué son las reglas para estos ayunos?"

Respuesta

El ayuno en estos días significa que podemos tener sólo una comida completa, sin carne. Algunos alimentos se pueden tomar en los otros tiempos de comida regulares si es necesario, *pero combinado deben ser menos de una comida completa*. Los líquidos se permiten en cualquier momento, pero nada de comida sólida se debe consumir entre comidas.

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