

107 Things Every Catholic Should Know

"Humility perfects us in what concerns God, and meekness in what concerns our neighbor."

– St. Francis de Sales

Q: "Why do we say that there are forty days of Lent? When you count all the days from Ash Wednesday through Holy Saturday, there are forty-six."

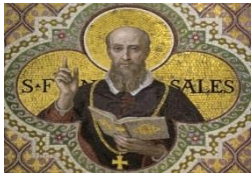
Answer:

"It might be more accurate to say that there is the "forty day fast within Lent." Historically, Lent has varied from a week to three weeks to the present configuration of 46 days. The forty day fast, however, has been more stable. The Sundays of Lent are certainly part of the Time of Lent, but they are not prescribed days of fast and abstinence."

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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

"La humildad nos perfecciona en lo que se refiere a Dios, y la mansedumbre en lo que se refiere a nuestro prójimo." - San Francisco de Sales

P: "¿Por qué decimos que hay cuarenta días de la Cuaresma? Cuando contamos todos los días a partir del Miércoles de Ceniza hasta el Sábado Santo, hay cuarenta y seis."

Respuesta:

"Tal vez sería más exacto decir que existe el "ayuno de cuarenta días en la Cuaresma". Históricamente, la Cuaresma ha variado desde una semana a tres semanas para la configuración actual de 46 días. El ayuno de cuarenta días, sin embargo, ha sido más estable. Los domingos de Cuaresma son sin duda parte del Tiempo de Cuaresma, pero no se prescriben días de ayuno y abstinencia."

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