

# Christians embrace Lenten grind

By Kylie Stamper  
Staff reporter

Lent is the season commonly known as the time when churchgoers give up something they cannot live without for 40 days. A few things that are regularly given up include candy, sweets, chocolate or caffeine. This year is different for some students, as some aren't giving up any type of materialistic items and others chose not to give up anything at all.

The Lenten season begins on

Ash Wednesday and continues for 40 days until Easter. The 40 days represent when Jesus Christ spent time fasting in the wilderness. By observing Lent, Christians of all denominations observe the sacrifices Christ made.

For most, Lent is a time of self-reflection. For others, it is a time to get to know Christ more.

Sarah Loesing, biology sophomore, said, "Lent is just a time to reflect on myself and realize that I don't need materialistic things when I just need to focus on God

and my faith and forget about the extra stuff that's pulling in my life." Loesing gave up chocolate this year and has done so for the past several years.

Others like Alyx Ellsaesser, English education junior, chose not to give anything up this year. She said, "This year, I found a link online about the meaning about why we don't have to give something up. Why give something up for 40 days, why sacrifice something for 40 days if we're not willing to sacrifice it all the time. So it really got

me thinking about how I would replace what I gave up with getting closer to God, and I realized I didn't have anything I could give up that would make it meaningful."

Matthew Sigler, visiting scholar, presented his views on Lent and said, "It's not focusing on what I'm giving up or when I'm giving it up or how I'm giving it up but trying to take this 40 day time to set it apart. It's less about giving up and more about providing a space for God."

So whether it is through giv-

ing something up for 40 days or through constant prayer and devotion, students and staff at SC have brought the lively spirit of the Lenten season to campus.

Whatever works best for you to celebrate Lent, enjoy it. The season becomes about changing attitudes and providing a time of reflection and it aids in creating a special spot for God in the Southwestern community.

*Kylie Stamper is a freshman majoring in communication. You may email her at [kylie.stamper@sckans.edu](mailto:kylie.stamper@sckans.edu)*

## What did you give up for Lent?



Sarah Loesing, biology sophomore

"I gave up chocolate, all types of chocolate. Just because I love chocolate. It's kind of a go-to for me. Chocolate's really hard for me so I stick with it every year just because it's difficult for me to do and it's good for me."



Sarah Louy, philosophy and religion freshman

"I originally gave up sweets. That didn't really work out. So I'm giving up complaining about the small things. Not worrying about the small things. I try to look for the good things every day."

## What does Lent mean to you?



Matt Sigler, visiting scholar

"Lent means wanting to know Jesus more by diving into the story. It's about hearing Jesus calling us to come and follow. Jesus says 'If anyone wants to follow me, take up your cross and follow me.'"



Alyx Ellsaesser, English education junior

"If we do it right and approach it with the right attitude and the right knowledge it's a way for us to come closer to God through our sacrifice and through filling our sacrifice time with devotions and reading our bible and spending more time with him."