

## **Why Don't We Sing "Alleluia" During Lent?**

The "Alleluia" and "Gloria" are joyful chants, with Alleluia being the primary chant of the Easter Season - "He is risen, Alleluia." Lent is a penitential period when we express sorrow for the sin that put Jesus on the Cross. Instead of the joyful Alleluia, we sing an alternative hymn which still recognizes Jesus as Lord. During Lent, we prepare our hearts for resuming the Alleluia on Easter Sunday. In both Advent and Lent, we also omit the "Gloria," again because it is a joyful hymn.