



### **Burying the Alleluia**

During the season of Lent, it's a tradition to refrain from saying the word Alleluia in worship, songs or daily life. Which is why we “bury” the Alleluia in at the beginning of Lent! Since we are worshipping at home, we want to invite each household to bury an alleluia of their own! You can color this sheet if you wish and then hide it somewhere in your house. Just remember where you hid it because you will want to take it out (and say it again) on Easter Sunday!

Why do we bury the alleluias for Lent?

Alleluia is a joyful word meaning “praise God”. Though we still praise God during Lent, we do it in a quieter, more solemn way. Lent is a season to ask- where is God at work? How can I/ we show your love, justice, peace and reconciliation in a more abundant way in the world? It's a time of self- reflection, prayer, fasting (even from saying alleluia) and focusing on God.