

## *The Resurrection*

“Now after the sabbath, toward the dawn of the first day of the week, Mary Magdalene and the other Mary went to see the sepulcher.

“And behold, there was a great earthquake; for an angel of the Lord descended from heaven and came and rolled back the stone, and sat upon it. His appearance was like lightning, and his raiment white as snow. And for fear of him the guards trembled and became like dead men.

“But the angel said to the women, ‘Do not be afraid; for I know that you seek Jesus who was crucified. He is not here; for he has risen, as he said. Come, see the place where he lay. Then go quickly and tell his disciples that he has risen from the dead, and behold, he is going before you to Galilee; there you will see him. Lo, I have told you.’

“So they departed quickly from the tomb with fear and great joy, and ran to tell his disciples.

“And behold, Jesus met them and said, ‘Hail!’ And they came up and took hold of his feet and worshiped him. Then Jesus said to them, ‘Do not be afraid; go and tell my brethren to go to Galilee, and there they will see me’” (Matthew 28:1-10).

### **Q. 98. How did Jesus Christ show the power He has as the Son of God?**

Jesus’ power as the Son of God was revealed to us through His Resurrection.

Until the Resurrection, He remained humbly obedient even unto death, and by gloriously raising Himself from the dead, He was exalted as Lord of all. Jesus raised Himself from the dead on the third day as He had promised He would. His Resurrection gave the final proof that He was God’s Son, as He had claimed to be. By conquering bodily death through His own power, Jesus showed Himself to be master of life and death. He is truly our God and Savior.

In the many centuries from Adam until Jesus, there were great numbers of men and women throughout the world who believed in God and obeyed His laws. Since such souls were not deserving of eternal punishment, they lived after death in a state of happiness but without any vision of God.

Jesus appeared with His human soul to these souls while His body lay in the tomb, to announce to them the glad tidings of the redemption, and to bring them to God the Father (cf. *Catechism of the Catholic Church*, 631-637). During this time, His divine Person remained united both to His body and to His soul. In the Apostles’ Creed we say: “He descended into hell.”

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*For commentaries on each question with Cardinal Arinze, Sr. John Vianney and Fr. Straub (in Spanish), see Appendix E.*

Jesus rose from the dead in a glorified body, a body glorified even as the bodies of the just will be after their resurrection at the end of the world. It was a body that could no longer suffer or die; a body that showed forth the brightness and beauty of a soul united with God; a body that could pass from place to place with the speed of thought; a body that could pass through a solid wall; a body that needed neither food, nor drink, nor sleep. It is in and through His risen and glorified body that Jesus makes Himself available to mankind through His Church. His divine power is at work especially in the sacraments, providing the grace we need for salvation and sanctification.

### *Sacred Scripture*

This Jesus God raised up, and of that we all are witnesses. *Acts: 2:32*

And what is the immeasurable greatness of his power in us who believe, according to the working of his great might which he accomplished in Christ when he raised him from the dead and made him sit at his right hand in the heavenly places. *Ephesians 1:19-20*

#B4\_1-13



### *Catechism of the Catholic Church*

**445** After his Resurrection, Jesus' divine sonship becomes manifest in the power of his glorified humanity. He was "designated Son of God in power according to the Spirit of holiness by his Resurrection from the dead."<sup>71</sup> The apostles can confess: "We have beheld his glory, glory as of the only Son from the Father, full of grace and truth."<sup>72</sup>

### *Vatican Council II*

The wonderful works of God among the people of the Old Testament were but a prelude to the work of Christ Our Lord in redeeming mankind and giving perfect glory to God. He achieved his task principally by the paschal mystery of his blessed passion, resurrection from the dead, and glorious ascension, whereby "dying, he destroyed our death, and rising, restored our life."

*Sacred Liturgy, 5*

#E4-72



### **Summary Prayer**

*Jesus, we believe that in Your Resurrection Your body was glorified by being united again to Your glorified soul. You rose triumphantly by Your own power. Your body took on spiritual qualities: immortality, beauty, glory, freedom and the power to move about with speed and without hindrance. Divinity shines forth from Your glorified body, and floods of joy pour into Your soul and Your Sacred Heart. At Your Second Coming, grant that we also, through Your great mercy, may have glorified bodies, which, with our souls, will share forever in Your love, joy and peace. Amen.*

### **Q. 99. Why is the Resurrection of our Lord so important?**

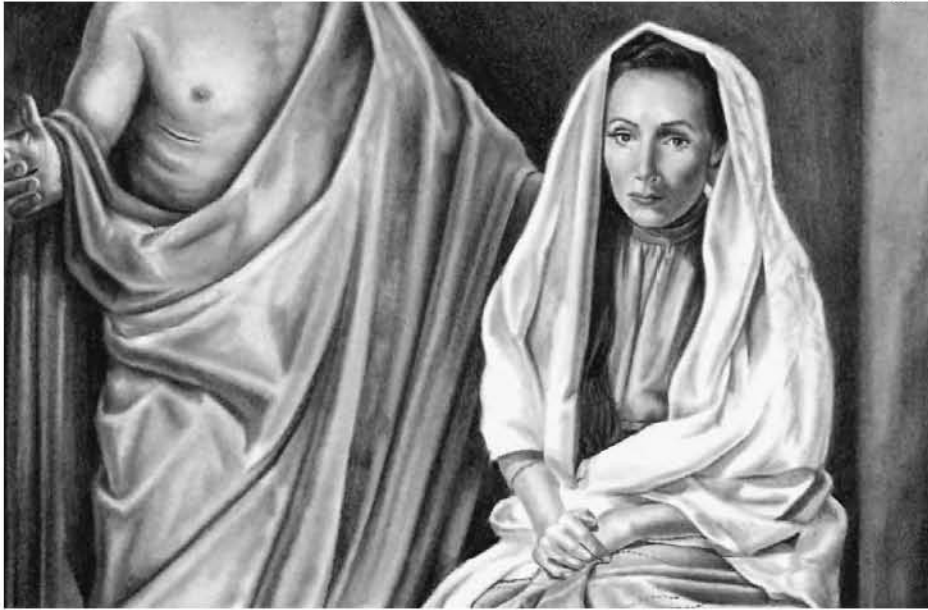
The Resurrection of our Lord is very important because it not only confirms the Church's faith, but is the central mystery through which God calls us to life everlasting.

*For commentaries on each question with Cardinal Arinze, Sr. John Vianney and Fr. Straub (in Spanish), see Appendix E.*

The Church celebrates the Resurrection of Jesus with great joy. Not only on Easter, but every Sunday of the year is a celebration of our Lord's Resurrection.

This is the day when Jesus Christ broke the chains of death and rose triumphant from the grave. Faith in the Resurrection is the basis for hope in "an inheritance which is imperishable, undefiled, and unfading, kept in heaven for you" (1 Peter 1:4).

#R4\_1-21



### ***Sacred Scripture***

I am the resurrection and the life; he who believes in me, though he die, yet shall he live, and whoever lives and believes in me shall never die. *John 11:25-26*

If for this life only we have hoped in Christ, we are of all men most to be pitied. But in fact Christ has been raised from the dead, the first fruits of those who have fallen asleep. For as by a man came death, by a man has come also the resurrection of the dead. For as in Adam all die, so also in Christ shall all be made alive. *1 Corinthians 15:19-22*

Now faith is the assurance of things hoped for, the conviction of things not seen. *Hebrews 11:1*

### ***Catechism of the Catholic Church***

**653** The truth of Jesus' divinity is confirmed by his Resurrection. He had said: "When you have lifted up the Son of man, then you will know that I am he."<sup>21</sup> The Resurrection of the crucified one shows that he was truly "I Am," the Son of God and God himself. So St. Paul could declare to the Jews: "What God promised to the fathers, this he has fulfilled to us their children by raising Jesus; as also it is written in the second psalm, 'You are my Son, today I have begotten you.'<sup>22</sup> Christ's Resurrection is closely linked to the Incarnation of God's Son and is its fulfillment in accordance with God's eternal plan.

### ***Summary Prayer***

*Jesus, what great love You showed to the pious women! They followed You to Calvary, and wished to be with You even when they believed You were in the grave. In reward for this love and fidelity, You appeared to them soon*

*after Your Resurrection. Through Your graces, may we share in their love and fidelity, and be with You forever in heaven. Amen.*

#B4\_1-17



**Q. 100. Why does the Resurrection of Jesus play a central part in the life of faith?**

The Resurrection plays a central part in the life of faith because it is the key event underlying the Church's faith in Jesus as Savior and Redeemer.

The historical, bodily, and perpetual resurrection of Jesus from the dead is evidence that Jesus has conquered mankind's enemies of sin and death. The Resurrection also confirms that all Jesus taught about His divinity and messianic mission is true. Moreover, the Resurrection points to the triumph over sin and death which belongs to those who fully accept Jesus as their Savior.

The Apostles and disciples considered the Resurrection so important that they risked imprisonment, torture, and death in proclaiming the historical reality of the Resurrection.

***Sacred Scripture***

If Christ has not been raised, then our preaching is in vain and your faith is in vain...If Christ has not been raised, your faith is futile and you are still in your sins. *1 Corinthians 15:14, 17*

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. *Colossians 3:1-2*

***Catechism of the Catholic Church***

**638** "We bring you the good news that what God promised to the fathers, this day he has fulfilled to us their children by raising Jesus."<sup>21</sup> The Resurrection of Jesus is the crowning truth of our faith in Christ, a faith believed and lived as the central truth by the first Christian com-

*For commentaries on each question with Cardinal Arinze, Sr. John Vianney and Fr. Straub (in Spanish), see Appendix E.*

munity; handed on as fundamental by Tradition; established by the documents of the New Testament; and preached as an essential part of the Paschal mystery along with the cross:

Christ is risen from the dead!  
Dying, he conquered death;  
To the dead, he has given life.<sup>2</sup>

#J2-366



### Summary Prayer

*Jesus, we believe that by Your divine power You rose, as You had promised, as a glorious Victor. The earth quaked as You came forth from the tomb, and the guards trembled with fear. Your body now shines like the sun. The wounds of Your hands and feet sparkle like precious jewels. Death is conquered, its victory broken, its sting destroyed. You triumph not for Yourself alone, but that we too may triumph over the grave.*

*This mystery strengthens our hope in another and better life after death, in the resurrection of our bodies on the last day, and in an eternity of happiness. We firmly hope that we may die in the state of grace so that You can raise us up glorified. Through Your glorious Resurrection, we hope that You will make our bodies like Your own in glory, and permit us to dwell with You in heaven for all eternity.*

*We adore Your sacred humanity which receives this eternal kingdom of honor, power, joy, and glory. We rejoice with You, our Master; immortal, all-glorious, and all-powerful. Amen.*

### Q. 101. What was the Easter proclamation?

The Easter proclamation was the words of the angel to the holy women, “He is not here, but has risen” (Luke 24:5).

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### ***Sacred Scripture***

Now I would remind you, brethren, in what terms I preached to you the gospel, which you received, in which you stand, by which you are saved, if you hold it fast—unless you believed in vain. For I delivered to you as of first importance what I also received, that Christ died for our sins in accordance with the scriptures, that he was buried, that he was raised on the third day in accordance with the scriptures, and that he appeared to Cephas, then to the twelve. *1 Corinthians 15:1-5*

### ***Catechism of the Catholic Church***

**640** “Why do you seek the living among the dead? He is not here, but has risen.”<sup>1</sup> The first element we encounter in the framework of the Easter events is the empty tomb. In itself it is not a direct proof of Resurrection; the absence of Christ’s body from the tomb could be explained otherwise.<sup>2</sup> Nonetheless the empty tomb was still an essential sign for all. Its discovery by the disciples was the first step toward recognizing the very fact of the Resurrection. This was the case, first with the holy women, and then with Peter.<sup>3</sup> The disciple “whom Jesus loved” affirmed that when he entered the empty tomb and discovered “the linen cloths lying there,” “he saw and believed.”<sup>4</sup> This suggests that he realized from the empty tomb’s condition that the absence of Jesus’ body could not have been of human doing and that Jesus had not simply returned to earthly life as had been the case with Lazarus.<sup>5</sup>

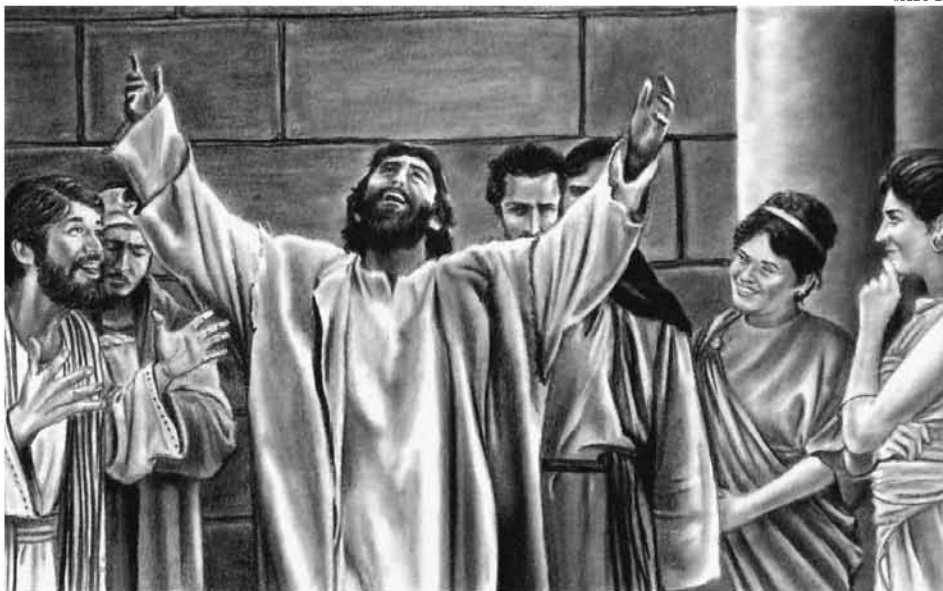
### ***Vatican Council II***

After God had spoken many times and in various ways through the prophets, “in these last days he has spoken to us by a Son” (Heb. 1:1-2). For he sent his Son, the eternal Word who enlightens all men, to dwell among men and to tell them about the inner life of God. Hence, Jesus Christ, sent as “a man among men,” “speaks the words of God” (Jn. 3:34), and accomplishes the saving work which the Father gave him to do (cf. Jn. 5:36; 17:4). As a result, he himself—to see whom is to see the Father (cf. Jn. 14:9)—completed and perfected Revelation and confirmed it with divine guarantees. He did this by the total fact of his presence and self-manifestation—by words and works, signs and miracles, but above all by his death and glorious resurrection from the dead, and finally by sending the Spirit of truth. He revealed that God was with us, to deliver us from the darkness of sin and death, and to raise us up to eternal life. *Divine Revelation, 4*

**Doctrine • Moral • Worship Exercise** (see Appendix B for answer key)

1. What truths did Jesus reveal through His Resurrection?
2. What should we hope for from the Resurrection of Jesus? How do you manifest this hope in your everyday actions?
3. How does the Resurrection of Jesus influence your daily decisions?

#A18-21

**Chapter Summary Prayer**

*Jesus, You are infinitely good to all, and never fail to reward those who wish to please You. Your goodness will be made manifest also in us, if we remain faithful in all sufferings and temptations. How often have we been unfaithful to You; how often, in times of sorrow and trial, have we forsaken You. We promise to be more faithful to You in the future. Give us a true love for You; an ardent, self-sacrificing love, that seeks to please You perfectly and to become like You in suffering.*

*Jesus, it was but a matter of course that You would appear to Your holy Mother, for she is Your nearest and dearest in the order of nature and of grace. You received from her the life that is now so glorious.*

*She has the most intimate share in Your mysteries, of which this glory of Your Resurrection is the exceedingly great reward. She shared more than anyone else in the sorrow and bitterness of Your Passion, and so she shares more than all others in the glory of Your triumph. It is, therefore, fitting that she should now have a special share in Your glory.*

*Lord Jesus, early in the morning of Your Resurrection, You made Your love known and brought the first light of dawn to those who dwelt in darkness. Your death has opened a path for us. Do not enter into judgment with Your servants; let Your Holy Spirit guide us into the land of justice and heavenly bliss. This we ask in Your most holy and powerful Name. Amen.*



**Family Wisdom Library: Chapter 26***See Appendix A for more references***Q. 98. How did Jesus Christ show the power He has as the Son of God?**

*Lumen Gentium (Dogmatic Constitution on the Church), Vatican II, sect. 48;*  
*Sacrosanctum Concilium (Constitution on the Sacred Liturgy), Vatican II, sect. 5;*  
*On the Holy Spirit in the Life of the Church and the World, John Paul II, sect. 24.*

**Q. 99. Why is the Resurrection of our Lord so important?**

*Lumen Gentium (Dogmatic Constitution on the Church), Vatican II, sect. 11, 48;*  
*Sacrosanctum Concilium (Constitution on the Sacred Liturgy), Vatican II, sect. 5;*  
*Gospel of Life, John Paul II, sect. 82, 97, 104;*  
*On the Holy Spirit in the Life of the Church and the World, John Paul II, sect. 24-25;*  
*The Relationship Between Faith and Reason, John Paul II, sect. 26.*

**Q. 100. Why does the Resurrection of Jesus play a central part in the life of faith?**

*Lumen Gentium (Dogmatic Constitution on the Church), Vatican II, sect. 11, 48;*  
*Sacrosanctum Concilium (Constitution on the Sacred Liturgy), Vatican II, sect. 5;*  
*Catechesis in Our Time, John Paul II, sect. 10;*  
*On the Holy Spirit in the Life of the Church and the World, John Paul II, sect. 24, 58;*  
*On Human Work, John Paul II, sect. 27;*  
*The Relationship Between Faith and Reason, John Paul II, sect. 26.*

**Q. 101. What was the Easter proclamation?**

*Sacrosanctum Concilium (Constitution on the Sacred Liturgy), Vatican II, sect. 5;*  
*On the Dignity and Vocation of Women, John Paul II, sect. 16;*  
*The Relationship Between Faith and Reason, John Paul II, sect. 26.*

**Thought Provokers***Please see Appendix C for the answers.*

- Q. 98: A. What historical evidence is there for Jesus' bodily Resurrection from the dead?  
 B. What was their earthly reward for insisting on the truth of the Resurrection?
- Q. 99: The bodily resurrection of Jesus from the dead is a central dogma of the Catholic Faith, attested to, as we noted above, by the heroic witness of the Apostles. If, contrary to fact, the Resurrection proclaimed by the Catholic Church were not true, what would be some of the consequences?
- Q. 100: Think for a few moments of some of the implications for you and your family, if Jesus had not been raised from the dead and ascended bodily into Heaven.
- Q. 101: Why is Easter the most important feast in the Church's calendar?