

## *The Benefits of the Resurrection*

### **Q. 106. What has Jesus Christ done for us through His Resurrection?**

When Christ passed from death to life, He made possible our passing from the death of sin to life in Him. Being the firstborn of the dead, Jesus Christ offers eternal life to all. In Him we are made spiritually renewed persons.

We receive the new life of grace in Baptism, where we become God's children. St. Peter says, "Blessed be the God and Father of our Lord Jesus Christ! By his great mercy we have been born anew to a living hope through the resurrection of Jesus Christ from the dead, and to an inheritance which is imperishable, undefiled, and unfading, kept in heaven for you" (1 Peter 1:3-4).

#### ***Sacred Scripture***

Although he was a Son, he learned obedience through what he suffered; and being made perfect he became the source of eternal salvation to all who obey him. *Hebrews 5:8-9*

For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the first-born among many brethren. *Romans 8:29*

Baptism, which corresponds to this, now saves you, not as a removal of dirt from the body but as an appeal to God for a clear conscience, through the resurrection of Jesus Christ. *1 Peter 3:21*

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

**995** To be a witness to Christ is to be a "witness to his Resurrection," to "[have eaten and drunk] with him after he rose from the dead."<sup>1</sup> Encounters with the risen Christ characterize the Christian hope of resurrection. We shall rise like Christ, with him, and through him.

#### ***Splendor of Truth***

The Christian, thanks to God's Revelation and to faith, is aware of the "newness" which characterizes the morality of his actions: these actions are called to show either consistency or inconsistency with that dignity and vocation which have been bestowed on him by grace. (*section 73*)

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

In the human nature united to himself, the son of God, by overcoming death through his own death and resurrection, redeemed man and changed him into a new creation (cf. Gal. 6:15; 2 Cor. 5:17). *The Church*, 7

#### ***Summary Prayer***

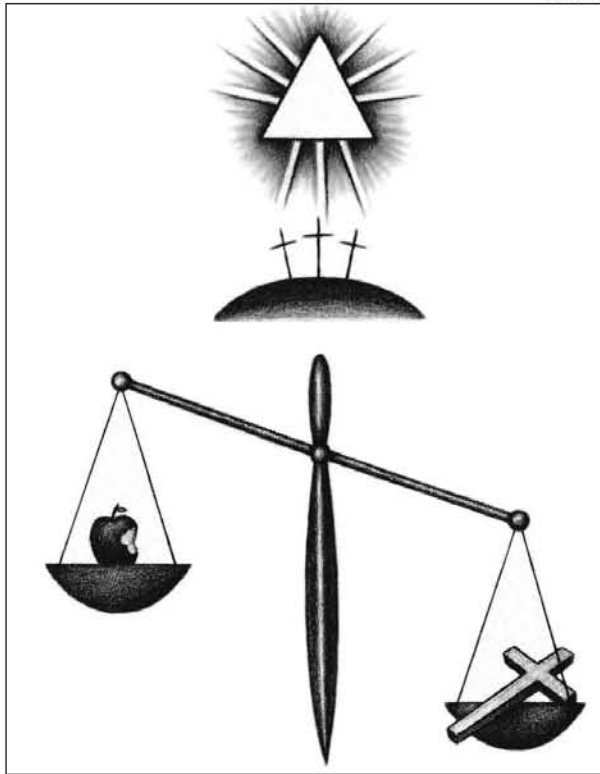
*Jesus, we believe that through Your Resurrection You are the firstborn of the dead and give eternal life to all. In You we are made spiritually renewed persons. You give us the divine life of grace and pour out Your Holy Spirit upon us.*

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

*We praise You, Lord, with greater joy than ever for Your Resurrection when You became our paschal sacrifice. You are the true Lamb Who takes away the sins of the world. By dying You destroyed our death; by rising You restored our life. You have opened the gates of heaven to receive Your faithful people. Your death is our ransom from death; Your Resurrection is our rising to life. May we, Your unworthy servants, remain in this life, now and forever. Amen.*

### Catechism by Diagram

#J2-396

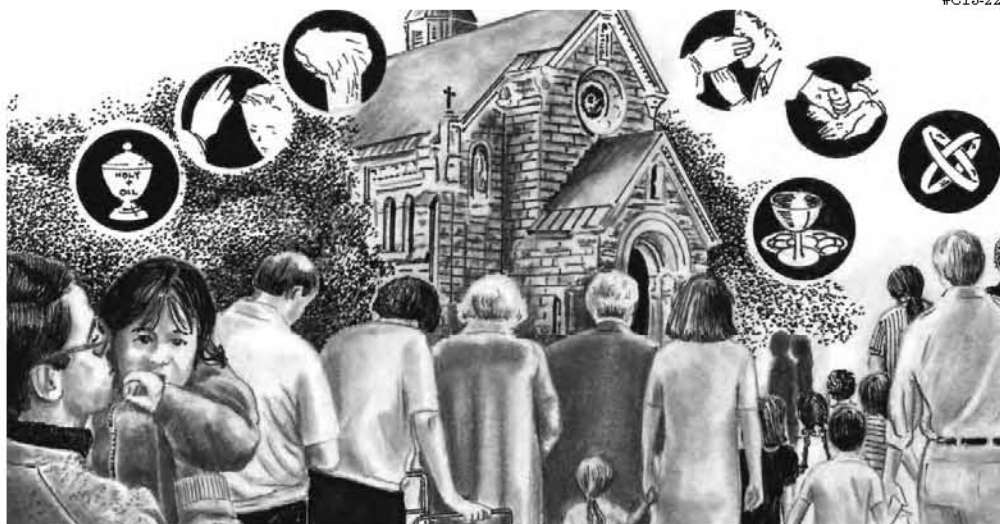


**God's Justice Satisfied.** Jesus Christ is the firstborn among the many brethren, because by dying, He destroyed our death, and by rising, He restored our life. As the Risen Lord, He now shares with us His divine life of grace, especially through the sacraments, and gives us His Holy Spirit to make us holy and pleasing to God. All this is possible because Jesus has paid the debt of our sinfulness by His suffering and death (Calvary). Through Him, all creatures can be saved from the slavery of corruption and sin (apple). As our Redeemer, He paid our debt (cross on scale) for sin and bought heaven back for us, and in this way He fulfilled our obligation to the justice of God (scale). In Him comes perfect satisfaction for us, that we might be reconciled with God.

#### **Q. 107. How does the risen Jesus help us now?**

The risen Jesus helps us by: (1) giving us the supernatural life of grace and (2) pouring out His Holy Spirit upon us.

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



*1. The risen Jesus helps us by giving us the supernatural life of grace.*

By dying and rising, our Lord Jesus saved us from death and restored us to life. He continues to give us the supernatural life of grace through the sacraments, beginning with Baptism.

*2. The risen Jesus helps us by pouring out His Holy Spirit upon us to make us holy and pleasing to God.*

We should model our lives after Jesus. The Father gives His own life to all who turn to Him in faith and love. The Father, Son, and Holy Spirit come and share Their love with those who give themselves to Jesus. Jesus sends us the Holy Spirit to guide and strengthen us, to make us holy. “And I will pray the Father, and He will give you another Counselor, to be with you forever” (John 14:16).

***Sacred Scripture***

Now this he said about the Spirit, which those who believed in him were to receive; for as yet the Spirit had not been given, because Jesus was not yet glorified. *John 7:39*

Being therefore exalted at the right hand of God, and having received from the Father the promise of the Holy Spirit, he has poured out this which you see and hear. *Acts 2:33*

If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will give life to your mortal bodies also through his Spirit who dwells in you. *Romans 8:11*

***Catechism of the Catholic Church***

**1997** Grace is a *participation in the life of God*. It introduces us into the intimacy of Trinitarian life: by Baptism the Christian participates in the grace of Christ, the Head of his Body. As an “adopted son” he can henceforth call God “Father,” in union with the only Son. He receives the life of the Spirit who breathes charity into him and who forms the Church.

***Vatican Council II***

And this is in order that non-Christians, whose heart is being opened by the Holy Spirit (cf. Acts 16:4), might, while believing, freely turn to the Lord who, since he is the “way, the truth and the life” (John 14:6), will satisfy all their inner hopes, or rather infinitely surpass them.

This conversion is, indeed, only initial; sufficient however to make a man realize that he has been snatched from sin, and is being led into the mystery of God's love, who invites him to establish a personal relationship with him in Christ. Under the movement of divine grace the new convert sets out on a spiritual journey by means of which, while already sharing through faith in the mystery of the death and resurrection, he passes from the old man to the new man who has been made perfect in Christ (cf. Col. 3:5-10; Eph. 4:20-24). *Missionary Activity*, 13

### Summary Prayer

*Lord Jesus, by Your victory You broke the power of evil and destroyed sin and death. Make us victorious over sin all the days of our lives. You laid death low and bought us new life. To You be all honor and glory, now and forever. Amen.*



#T3-42

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

1. After His Resurrection, Jesus continues to help us. In what ways?
2. How can you cooperate with the grace of the Resurrection?
3. How can you show your gratitude to Jesus by word and action for His victorious and continuous presence in us today?

### Chapter Summary Prayer

*Christ our Savior, in conquering death You brought us joy, in rising again You raised us up and filled us with the abundance of Your gifts. Stir up our hearts and sanctify us through the gifts of Your Holy Spirit.*

*You have restored us to life by Your triumphant death and Resurrection. Continue this healing work within us. May we who participate in the mystery of the Eucharistic Sacrifice never cease to serve You. Send down Your abundant blessings upon Your people who devoutly recall Your death and*

*Resurrection at Holy Mass in the sure hope of the resurrection in the world to come.*

*Lord Jesus Christ, risen Savior, You chose to suffer and be overwhelmed by death in order to open the gates of eternal life in triumph. Stay with us to help us on our pilgrimage. Free us from all evil by the power of Your Resurrection. In the company of Your saints, and constantly remembering Your love for us, may we be worthy to praise You forever in Your Father's house. May our mortal life be crowned by the ultimate joy of rising with You. Amen.*

**Family Wisdom Library: Chapter 29**

*See Appendix A for more references.*

**Q. 106. What has Jesus Christ done for us through His Resurrection?**

*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. 38, 67;  
The Lay Members of Christ's Faithful People, John Paul II, sect. 37.*

**Q. 107. How does the risen Jesus help us now?**

*Lumen Gentium (Dogmatic Constitution on the Church), Vatican II, sect. 11, 14, 48;  
Gospel of Life, John Paul II, sect. 84;  
Guardian of the Redeemer, John Paul II, sect. 7;  
On Reconciliation and Penance, John Paul II, sect. 20;  
Splendor of Truth, John Paul II, sect. 118.*



**Thought Provokers**

*Please see Appendix C for the answers.*

Q. 106: Through Jesus' Resurrection, what is made available to us?

Q. 107: What does the risen Lord help us become?