

Family Faith

Liturgical Year

Easter

Jesus is alive!

Chapter Summary

Jesus rose from the dead on Easter Sunday. Mary Magdalene, Peter, and John came to the tomb to find that Jesus was no longer there. They saw and believed immediately. When Jesus rose from the dead, He conquered sin and death. Because of the Resurrection, we are able to have eternal life with God in Heaven. Jesus is the Light of the World, who gives us new life. During the Easter season, we remember the time when the resurrected Jesus was with His disciples until He ascended into Heaven and remember that He sent the Holy Spirit on Pentecost.

More for Parents

What does it mean to say that Jesus is the Light of the World? When the sun rises, not only do we see it, but the rest of the world also becomes visible because of its presence. One reason Jesus is the Light of the World is because He is the truth and the truth shines through Him to the world around us. During this Easter season, think of ways you and your family can be a beacon of light to those around you. Through our actions and words, we can share the hope and encouragement of the fullness of life promised to us in the Resurrection of Jesus.

Our Family Prays Together

Dear Jesus, thank You for rising from the dead so that we can go to Heaven. Thank You for being the Light of the World. Thank You for taking away the darkness of sin. Alleluia! Amen.

Let's Talk about It as a Family

- **What is the Resurrection?** (When Jesus rose from the dead.)
- **What day of the week did Jesus rise from the dead?** (Sunday.)
- **Because Jesus rose from the dead, we will have new life with God in _____.** (Heaven.)

Let's Live Our Faith

Choose one or more of the following:

- Talk about Jesus being the Light of the World.
- Discuss how your family can be a light to others.

Family Faith Activities

Choose one or more of the following to do as a family:

- Before or after Mass, show your children the Easter candle that is in the sanctuary. Tell them that when this is lit, we are reminded that Jesus is the Light of the World. When we are baptized, we receive a candle that is lit from the Easter candle to remind us to become a light to others.
- Take your children on a walk this spring and point out all the signs of new life reminding them that Jesus gives us new life in Heaven.

For more family faith formation resources, go to the parent portal.