

## Liturgical Year: Easter

*Jesus brings us peace and hope through His victory over sin and death.*

### Chapter Summary

Following Jesus' Death and burial, His Apostles shut themselves in a room out of fear. They were afraid of being put to death like Jesus. Jesus appeared to them and confirmed that He had risen from the dead. They began to live with peace and fortitude to overcome their fear of death. Like the Apostles, during the Easter Triduum we move from the darkness of Good Friday to the light of the Easter season. During this time, we also are called to allow Jesus to remove our fear and replace it with peace.



### From Darkness to Light

**Christ is risen! These three simple words are the reason for our hope.** It can be easy to lose sight of those words. We can become like the Apostles before they witnessed the Resurrected Christ. They shut themselves in a room out of fear. They shut the doors to the light outside. Similarly, we might lose hope and shut our hearts to God out of fear of the future.

**The Easter Triduum is a beautiful time to open our hearts to Christ and the hope He brings.** If we fully immerse our families in the services of the Easter Triduum, we will witness how the hopelessness of sin and death on Good Friday gives way to the hope and life that Christ brings at Easter.

Attend the Easter Vigil to see Christ, our hope, illuminate the Church. The rich liturgical actions of the Easter Vigil show us what Christ has done in our souls through His Resurrection. We not only see it, but we also *participate* in it, just like the Apostles. It is a rich opportunity to present any fears and hopelessness in our hearts honestly to the Lord and have Him shed His light upon them.

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