

Chapter 10: The Paschal Mystery: Proof of God's Love

Through Jesus' suffering, Death, Resurrection, and Ascension, we can enter into communion with God.

Chapter Summary

The Passion, Death, Resurrection, and Ascension of Jesus is called the Paschal Mystery. Jesus redeemed mankind by paying the price for our sins. Jesus atoned for our sins and made us one with God again. Only Jesus, who is God, could redeem us and atone for our sins. He serves as a bridge between us and God by bringing us up to the love of God and bringing God's love and Holy Spirit down to us. Jesus' act of redemption saved mankind from sin and death and gave us a path to Heaven. Through the power of the Resurrection and Ascension of Jesus, we can enter into communion with God as His children and have hope for Heaven.

More for Parents

We know quite well that we can't avoid suffering. This is especially true when it comes to raising our children and leading our families. The necessary hurdles and the unforeseen challenges of parenting can be sources of great suffering, whether it's stress, fatigue, or worry. Jesus shows us through the Paschal Mystery that suffering has meaning. He accomplished our redemption and showed His great love for us by embracing His suffering patiently and willingly (see Matthew 26:39). We, too, can embrace our sufferings like Jesus and with Jesus for the sake of loving our children. Where once suffering was seen as a hindrance to love, it can become a means of deepening and expressing our love for our families. When suffering arises, we can look to a crucifix and be reminded of the fruit that suffering can bear and the love that it can witness to our children.

Virtue in the Family

Our modern world says that whatever is difficult or involves suffering is to be avoided. However, one's character is measured by one's willingness to suffer on account of love. Our families can grow in character when we deny ourselves little things out of love.

Love Is Worth It

- Prayer activity
 - Display a crucifix (a cross with Jesus on it) in a special place in your home. Kneel around it as a family and lead your family in the following reflection:
 - Imagine being at the foot of the Cross. Jesus looks at you with love as He suffers.
 - Thank Jesus in your own way for embracing suffering out of love for you.
 - Pray, asking Jesus to give you the same selfless character that He has so that you, too, can embrace suffering out of love.
 - Conclude by discussing what stood out to each family member or what he imagined in the brief reflection.
- Take your children on a long hike or bike ride that pushes their ability. Encourage one another as you go. When you finish, talk about the more difficult parts of the journey. Express how those were the times when you all grew the most in determination, strength, and endurance. Make a connection to suffering having the same effect on us as Christians.
- Make a list of people for whom your family should pray. Every morning, have each family member choose a different person for whom he can offer up his sufferings that day.

Vocabulary Words for Your Children to Review

- atone
- child of God
- Paschal Mystery
- Passion
- redeem
- sanctifying grace

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