

Dipping into the Catechism

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From the Compendium of the Catechism: 122 – 131



What results from the sacrifice of Christ on the cross ?

Jesus freely offered his life as an expiatory sacrifice, that is, he made reparation for our sins with the full obedience of his love unto death. This love “to the end” (John 13:1) of the Son of God reconciled all of humanity with the Father. The paschal sacrifice of Christ, therefore redeems humanity in a way that is unique, perfect, and definitive; and it opens up for them communion with God.

Why does Jesus call upon his disciples to take up their cross ?

By calling His disciples to take up their cross and follow Him Jesus desires to associate with His redeeming sacrifice those who are to be its first beneficiaries.

In what condition was the body of Christ while it lay in the tomb ?

Christ underwent a real death and a true burial. However, the power of God preserved his body from corruption.

“Jesus Christ descended in to Hell; on the third day He rose again from the dead.”

What is the “hell” into which Jesus descended ?

This “hell” was different from the hell of the damned. It was the state of all those, righteous and evil, who died before Christ. With His soul united to His divine Person Jesus went down to the just in hell who were awaiting their Redeemer so they could enter at last into the vision of God. When He had conquered by His death both death and the devil “who has the power of death” (Hebrews 2:14), He freed the just who looked forward to the Redeemer and opened for them the gates of heaven.

What place does the Resurrection of Christ occupy in our faith ?

The Resurrection of Jesus is the crowning truth of our faith in Christ and represents along with his cross an essential part of the Paschal Mystery.

What are the signs that bear witness to the Resurrection of Jesus ?

Along with the essential sign of the empty tomb, the Resurrection of Jesus is witnessed to by the women who first encountered Christ and proclaimed Him to the apostles. Jesus then “appeared to Cephas (Peter) and then to the Twelve.

Following that he appeared to more than five hundred of the brethren at one time” (1 Corinthians 15:5-6) and to others as well. The apostles could not have invented the story of the resurrection since it seemed impossible to them. As a matter of fact, Jesus himself upbraided them for their unbelief.

What is the condition of the risen body of Jesus ?

The Resurrection of Christ was not a return to earthly life. His risen body is that which was crucified and bears the marks of his passion. However it also participates in the divine life, with the characteristics of a glorified body. Because of this the risen Jesus was utterly free to appear to his disciples how and where He wished and under various aspects.

How is the Resurrection the work of the Most Holy Trinity ?

The Resurrection of Christ is a transcendent work of God. The three Persons act together according to what is proper to them: the Father manifests His power; the Son “takes again” the life which He freely offered (John 10:7), reuniting His soul and His body which the Spirit brings to life and glorifies.

What is the saving meaning of the Resurrection ?

The Resurrection is the climax of the Incarnation. It confirms the divinity of Christ and all the things which He did and taught. It fulfils all the divine promises made for us. Furthermore the risen Christ, the conqueror of sin and death, is the principle of our justification and our Resurrection. It procures for us now the grace of filial adoption which is a real share in the life of the only begotten Son. At the end of time he will raise up our bodies.



Jesus' body is no longer there. The tomb is empty.

It is essential that every Catholic has access to good Catechesis to be able to deepen their faith. The Diocese of Plymouth recommends the many Catechetical Workshops from 'Franciscan at Home,' for more information on access to these and online, individual or live sessions contact deborah.vankroonenburg@prcdtr.org.uk