



Sunday is A DAY OF CHRIST'S RESURRECTION

From Sacred Scripture

Mark 16:2-6

Very early when the sun had risen, on the first day of the week, they came to the tomb. They were saying to one another, "Who will roll back the stone for us from the entrance to the tomb?" When they looked up, they saw that the stone had been rolled back; it was very large. On entering the tomb they saw a young man sitting on the right side, clothed in a white robe, and they were utterly amazed. He said to them, "Do not be amazed! You seek Jesus of Nazareth, the crucified. He has been raised..."

From the Mass, Source and Summit of Life

We encounter the risen Christ in the Word of God proclaimed and in the Eucharist we share. During the Eucharistic Prayer, we recall Christ's dying to save us from sin and death and his rising to bring us new and eternal life.

"Therefore, O Lord, as we celebrate the memorial of the saving Passion of your Son, his wondrous Resurrection and Ascension into heaven, and as we look forward to his second coming, we offer you in thanksgiving this holy and living sacrifice" (Eucharistic Prayer III).

From the Riches of Our Faith

Our lives have meaning because Christ rose from the dead. He is alive and present to us in Word, in Sacrament and in His Holy Spirit, who moves and guides us. Sunday is a day to rejoice in new life, eternal life, life in the love of God. We are invited to see every Sunday as a little Easter.

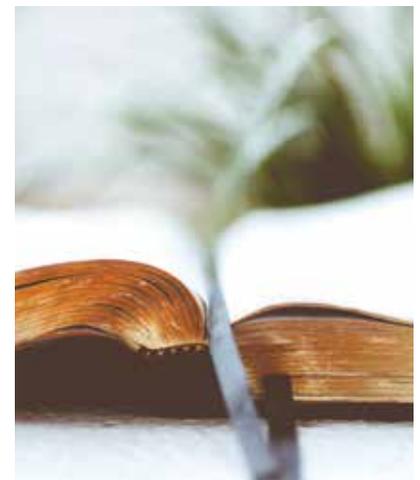
"Jesus rose from the dead 'on the first day of the week.' Because it is the 'first day,' the day of Christ's Resurrection recalls the first creation. Because it is the 'eighth day' following the sabbath, it symbolizes the new creation ushered in by Christ's Resurrection. For Christians it has become the first of all days, the first of all feasts, the Lord's Day" (*The Catechism of the Catholic Church*, 2174) [hereinafter, CCC]. "We all gather on the day of the sun, for it is the first day [after the Jewish sabbath, but also the first day] when God, separating matter from darkness, made the world; and on this same day Jesus Christ our Savior rose from the dead" (St. Justin, I Apol. 67, PG 6, 429 and 432).

Christ's triumph over death in His glorious Resurrection is the completion and fulfillment of the Old Law. It is, in Sunday worship, the highest and greatest of days, the principle day of obligation for the Christian faithful, and the culmination renewed and re-encountered each week, of the salvation God has wrought in His Son.

St. Luke's Gospel story of the two disciples and their encounter with the risen Jesus on Easter Sunday on the road to Emmaus (24: 13-35) beautifully connects how we come to know our risen Lord through Mass every Sunday. As the disciples walked and discussed Sacred Scripture with him they believed him to be a stranger, but they realized that it was the risen Jesus in the breaking of the bread. Each Sunday our hearts are stirred by Jesus in the word as he prepares us to receive his Real Presence in the Eucharist.

Live It!

- Celebrate Sunday as a little Easter each week by recalling Christ's resurrection and look forward to eternal life in Him.
- What area of your life are you in need of God's new life? Reflect on how God has been present in your life even in difficult times. Look for ways to share these insights with people you know.
- Ask your family and friends: What is something that gives you hope?



Sacred Scripture throughout the Week

1. Psalm 118:24 This is the day the Lord has made.
2. Luke 24:1-9 Why seek the living one among the dead?
3. John 11:25-26 I am the resurrection and the life.
4. John 20:1-9 He saw and believed.
5. Acts 4:33 The Apostles bore witness to the resurrection.
6. 1 Peter 1:3-5 Hope through the resurrection of Jesus Christ.

Remember, Sunday is a Day of Christ's Resurrection.