

Family Faith

Chapter 22

Jesus Is Alive

Jesus has risen from the dead.

Chapter Summary

Three days after Jesus died on the Cross, he rose from the dead. The women went to his tomb and saw that the rock had been rolled back and that Jesus was not in the tomb (Matthew 28:1–10; Mark 16:1–8; Luke 24:1–12; John 20:1–10). Jesus' Resurrection was his greatest miracle because it proved that he is God. Jesus appeared to his disciples so that they would believe that he is truly God. But many still did not believe that Jesus was God. Jesus was on the earth for forty days, and then he ascended into Heaven (Acts 1:3, 9–11). Before he ascended into Heaven, Jesus told his Apostles to baptize and to spread the Good News all over the world. Jesus promised that he would remain with them always (Matthew 28:19–20). Jesus' Resurrection tells us that after death there is life. Because Jesus rose from the dead, we too will live forever.

More for Parents

Parents want to make sure that their children are ready for life. How can we help them do well in school and sports? How can we get them ready for college? These are all important things. However, do we also think, *How do we get them ready for Heaven?* Heaven, union with God, is the most important thing we can think about. It is actually why we were made, and it is what will make us truly happy and fulfilled forever. Through the grace and salvation that God is offering through the sacraments and Jesus' teachings, the Kingdom of Heaven begins to grow in our hearts *now*, and it will be perfected in Heaven at the end of our lives. That is a goal worth making a part of the daily lives of our families so that we can live a life of love now and when we are together forever in Heaven.

For more family faith formation resources go to www.wordofliferies.org/parents.

Our Family Prays Together

Dear God, you rose from the dead to bring us new life. You opened the gates of Heaven and invite us to be with you. Help us to love you so that we can be with you in Heaven. Amen.

Let's Talk about It as a Family

- **What happened three days after Jesus died and was buried?** (He rose from the dead.)
- **What does the Resurrection teach about Jesus?** (That he is God.)
- **How long will Jesus be with us?** (Forever.)
- **What did Jesus ascend into Heaven to do?** (Prepare a place for us in Heaven.)
- **Where is our true home?** (Heaven.)

Let's Live Our Faith

- Discuss the importance of telling others that Jesus rose from the dead and is our Savior so that we can know and love him.
- Discuss the ways that we should remember that Jesus is always with us to help us, comfort us, and forgive us.
- Discuss the times that you have needed Jesus to be close to you.

Family Faith Activities

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

- Write a letter or draw a picture to someone you do not see anymore.
- The Resurrection and the Ascension give us hope for Heaven. Have a Mass said for someone who has died.
- Take a walk outside and discover all of the signs of new life that you can find.
- Read and discuss the Small Wonders story as a family at www.wordofliferies.org/parents.

Small Wonders



The Toys take a very sad stroll
and come upon a big surprise.

Read the full Small Wonders story at www.wordofliferies.org/parents.