

# FAMILIES FORMING DISCIPLES

## EASTER – LIVING THE SEASON FULLY

### TOPIC(S): PREPARING TO LIVE THE EASTER SEASON FULLY

THE GOOD NEWS (GOSPEL) OF JESUS' PASCHAL MYSTERY  
FAMILY ROSARY – THE GLORIOUS MYSTERY OF THE RESURRECTION  
THE DIVINE MERCY

### REFERENCES: CATECHISM OF THE CATHOLIC CHURCH nos. 638, 1169

#### SACRED SCRIPTURE

MK 16:6;  
JN 20;  
ROM 1:16;  
1 COR 15:1-9

#### CREED

nos.  
210-11,  
270-71,  
638-58,  
766,  
1026

#### LITURGY

nos.  
1067,  
1085-86,  
1166-71

#### LIFE

nos.  
1694,  
1846-  
48, 2174

#### PRAYER

nos.  
2606,  
2637,  
2659,  
2774,  
2837

### Goal(s):

- Families will reflect on the Good News (Gospel) of Jesus' Paschal Mystery
- Families will make their *Living-the-Easter-Season Family Plan*

### Materials:

- One piece of paper per person for sketching
- One pencil, pen, or other writing utensil per person
- Rosary for Children Pamphlet and Rosaries
- Resurrection Sets printed on stock paper to be used by families during Week 2 At-Home Mission Activity (cardboard toilet paper or paper towel rolls-optional see directions)
- Divine Mercy Chaplet Pamphlet (for Weeks 2 & 3)

## OPENING PRAYER

Dear Lord Jesus Christ, by Your radiant and magnificent Resurrection, You broke the bonds of death and rose from the grave as a conqueror. You reconciled Heaven and earth. Our life had no hope of eternal happiness before You redeemed us. Your Resurrection has washed away our sins, restored our innocence, and brought us joy. How inestimable is the tenderness of Your love!  
(Pope Saint Gregory the Great)  
Christ is risen! Alleluia!  
Glory Be...



## ICE BREAKER

Have each family member grab a piece of paper and writing utensil. Each person should choose another member of his/her family to sketch, but should not tell anyone who he/she has chosen to sketch. Give everyone two minutes to sketch their person. When time is up, family members show their sketches to one another and guess who is the subject of each sketch, or for a large group interaction, call out the families one by one to hold up their sketches. The rest of the families have the task of guessing who the object of each sketch is. This will likely get a good laugh unless, of course, the participant is a talented artist. Make sure to communicate to everyone that this is all in fun and that no one is expected to be perfect.

[Adapted from www.churchleaders.com](http://www.churchleaders.com)



# TEACH

## 1. Hook/Question

**What Family Holy Week activities did you do during Holy Week and Easter Sunday? Describe how these experiences impacted your family. Did you grow closer to God or to one another? Would you make these activities a family tradition for Holy Week and Easter Sunday?**

(Let families discuss among themselves, and then invite sharing with the larger group.)

## 2. Introduce Topic

Today we are going to explore what Easter really means and how we can live the joy of the Easter season in our families.

## 3. CONTENT



**Show video:** *Easter Sunday* by Catholic Kids Media  
(for younger children) 2 min

**Explain:** Saint John Paul II said that “We are an Easter people and Alleluia is our song!” At Easter we celebrate the joy of Jesus’ Resurrection and of God’s invitation to live with Him in Heaven forever!

But Easter is more than just one day! It is actually the longest liturgical season we have in the Church. The Easter season is fifty days long and officially begins at the Easter Vigil (the night before Easter Sunday).

**Ask:** Why is Easter the longest liturgical season?

**Answer:** One day for Easter would never be enough for us to celebrate all the joy of the Resurrection of our Lord Jesus Christ from the dead! For when He died and rose (and ascended to the Father), Jesus opened the gates of Heaven, so that when we die, we too, by the Lord’s good grace, can go to Heaven and be with God. Easter is a most important and glorious time!

**Ask:** What does the word “Gospel” mean?

**Answer:** Good News!

**Ask:** What do you think the Good News is? (hint: It is written in our Creed)

**Answer:** Jesus Christ was crucified, died, was buried, and rose again from the dead, ascending forty days later into Heaven. Jesus did this so that our sins could be forgiven—so death could not hold us as it could not hold Him. Jesus saved us; He rescued us from our sins (and from the grasp of the devil and death), becoming the way to Heaven, that we might live with God and those we love forever. This is the Good News, the Gospel! It is called the Good News (Gospel) of Jesus’ Paschal Mystery (His Passion, Death, Resurrection, and Glorious Ascension), which is the whole reason God the Father sent His Son Jesus to us. God so loved the world... (Jn 3:16). In Jesus, we know we are beloved by God!

**Show Video:** *Mark Hart on Jesus Christ’s Resurrection* by Life Teen  
(for tweens & teens) 6 min



**Explain:** During the Easter Season, for fifty (50) days we live the joy of Jesus’ Resurrection and God’s invitation to us to live with Him in Heaven forever!

**Ask:** What are the first eight days of Easter called? (hint: It was explained in the Did You Know section from our last gathering)

**Answer:** The first eight days of Easter is called the Easter Octave, and all eight days are celebrated as Solemnities (the most solemn or greatest of feast days).

## 4. FAMILY SHARING

Consider how you celebrated the Easter Octave and how you will celebrate all fifty days of the Easter Season. What can we do to keep the Risen Jesus at the center of our homes during this time? How can we celebrate for fifty days? What will our *Living-the-Easter-Season Family Plan* be?

## 6. MISSION

# 1

### Step 1: Introduce Mission Activity

Mission Activities are to be done at home during Week 2 and to be shared at the gathering of families on Week 3.

# 2

### Step 2: Explain Activity

- a. As a family, make a *Resurrection Set* for your home altar/prayer space. Use the printed *Resurrection Set* provided by your parish to color/paint, cut out, and paste together the *Easter Characters*. (Use the stand provided or use the cardboard rolls to help the paper figures stand.) Remove your Lenten stones and replace them with your *Resurrection Set*.
- b. Use the links provided to review ideas on how to celebrate the fifty days of Easter and discover ways for your family to celebrate the Easter Season. Then make your *Living-the-Easter-Season Family Plan*.
- c. Watch one or more of the videos on Divine Mercy together.
- d. Make Divine Mercy pancakes with your family (see video).
- e. Complete the *Families Forming Disciples* [Family Survey](#).
- f. Be prepared to share about your *Living-the-Easter-Season Family Plan* and show your Resurrection Sets at the next gathering.

# 3

### Step 3: Model

Model for the families by sharing about your own *Living-the-Easter-Season Family Plan* and show your *Resurrection Set*.



## 7. CLOSING

Pray: Ask families to gather around their home altars/prayer spaces and invite them to share any intentions for which they would like everyone to pray. Use the Rosary for Children pamphlets/booklets to lead families in **one decade** of the Rosary together in which they meditate on the First Glorious Mystery of the Resurrection.

### SUPPORTING QUOTES FROM CHURCH DOCUMENTS

*Catechism of the Catholic Church, no. 638:*

“We bring you the good news that what God promised to the fathers, this day he has fulfilled to us their children by raising Jesus” (Acts 13:32-33). The Resurrection of Jesus is the crowning truth of our faith in Christ, a faith believed and lived as the central truth by the first Christian community; handed on as fundamental by Tradition; established by the documents of the New Testament; and preached as an essential part of the Paschal mystery along with the cross:

Christ is risen from the dead!

Dying, he conquered death;

To the dead, he has given life. (Byzantine Liturgy, Troparion of Easter)

**Pope St. John Paul II, Angelus (November 30, 1986):**

“... We know Jesus has conquered sin and passed through his own pain to the glory of the Resurrection. And we live in the light of his Paschal Mystery – the mystery of his Death and Resurrection. ‘We are an Easter People and Alleluia is our song!’ We are not looking for a shallow joy but rather a joy that comes from faith, that grows through unselfish love, that respects the ‘fundamental duty of love of neighbor, without which it would be unbecoming to speak of Joy.’ We realize that joy is demanding; it demands unselfishness; it demands a readiness to say with Mary: ‘Be it done unto me according to thy word.’”

**Pope Francis, Letter Commemorating the 90th Anniversary of Apparitions to St. Faustina (Feb. 15, 2021):**

“Let us ask Christ for the gift of mercy. Let it engulf us and penetrate us. Let us have the courage to come back to Jesus to meet His love and mercy in the sacraments.”