

opusdei.org

Easter Octave - Monday: “He has triumphed over death”

The risen Christ, Christ in glory, has divested himself of the things of this earth, so that we men, his brothers, should ask ourselves what things we need to get rid of. (The Forge, 526)

21 April

“Christ is alive.” This is the great truth which fills our faith with meaning. Jesus, who died on the

cross, has risen. He has triumphed over death; he has overcome sorrow, anguish and the power of darkness. "Do not be terrified" was how the angels greeted the women who came to the tomb. "Do not be terrified. You are looking for Jesus of Nazareth, who was crucified. He has risen; he is not here." "This is the day which the Lord has made; let us rejoice and be glad in it."

Easter is a time of joy — a joy not confined to this period of the liturgical year, but to be found really and fully in the Christian's heart. For Christ is alive. He is not someone who has gone, someone who existed for a time and then passed on, leaving us a wonderful example and a great memory.

No, Christ is alive. Jesus is the Emmanuel: God with us. His resurrection shows us that God does not abandon his own. He promised

he would not: "Can a woman forget her baby that is still unweaned, pity no longer the son she bore in her womb? Even these may forget, yet I will not forget you." And he has kept his promise. His delight is still to be with the sons of men.

(Christ is passing by, 102)

pdf | document generated
automatically from [https://opusdei.org/
en-uk/dailytext/easter-octave-monday-
he-has-triumphed-over-death/](https://opusdei.org/en-uk/dailytext/easter-octave-monday-he-has-triumphed-over-death/)
(05/06/2025)