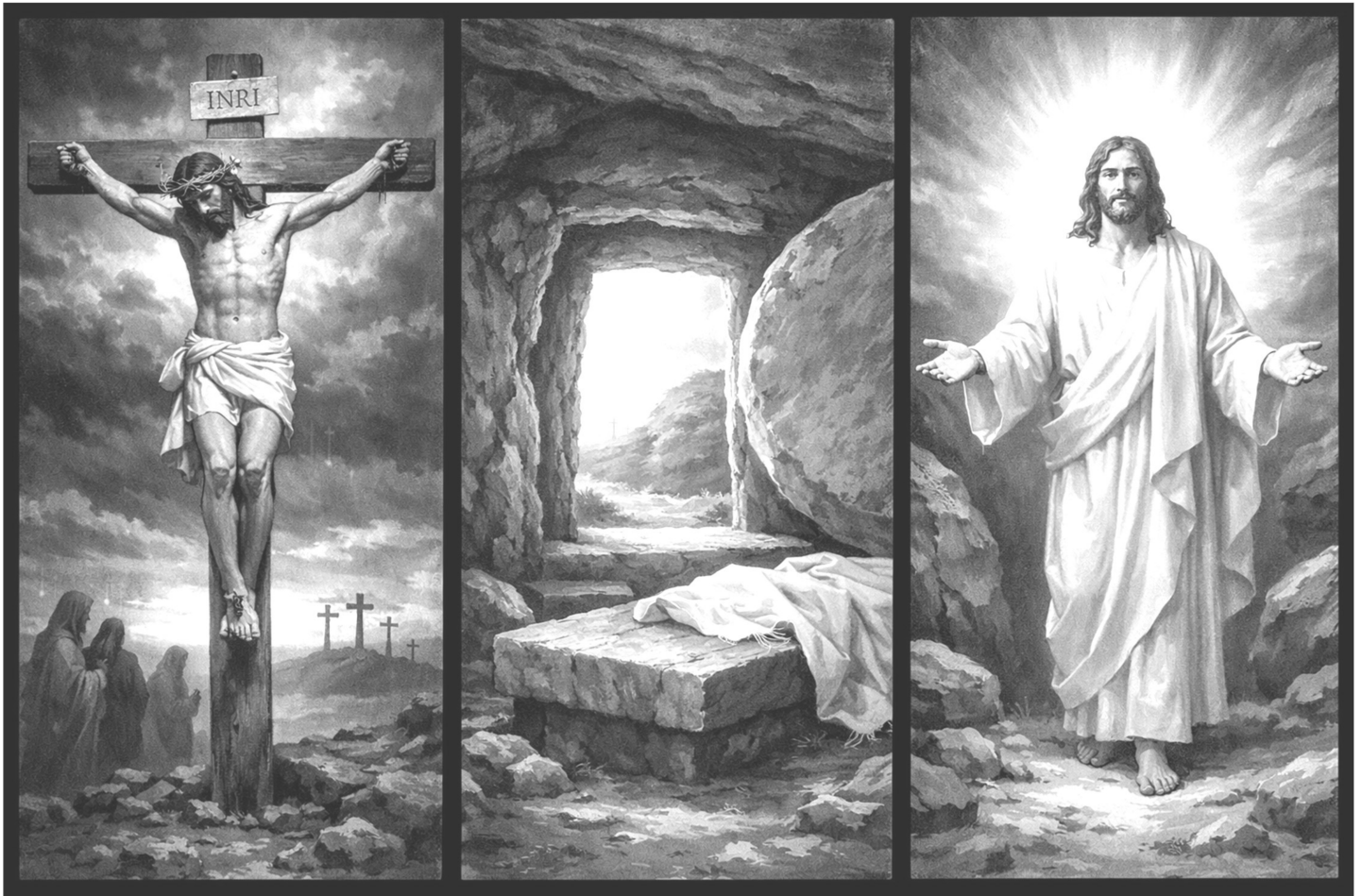


Our Lady of Perpetual Help Parish
Bulletin for Teens



He is Risen!

Sunday the 5th of April 2026, Easter Sunday, Year A



During Holy Week we journeyed with Jesus as He rode into Jerusalem and was hailed as a king. We walked with the crowds as they were turned against Him and called for His crucifixion on a cross, a death reserved for the lowest of the low, those who society did not count. We sat at the table with Him and His disciples as He tried to prepare them for what was to come and gave them, and us, a way to not only remember Him, but be in relationship with Him beyond the grave. We prayed with Him in the quiet time in the garden at Gethsemane and watched Him accept what was to come. We stood by while His friends turned away and let Him be taken and condemned. We followed His path to the cross and the removal of His body to the tomb. We felt the heartbreak, frustration, disappointment and fear of His followers. Then on Easter morning we were with the women and disciples as they discovered that His body had gone and heard the Angel announce that 'He is risen!'

Are you one of those who holds firm to faith, despite not fully understanding what happened? Do you turn away in disbelief and follow those who return to their daily lives, disheartened, and maybe ashamed for believing? Or are you lost and confused?

What does Jesus' resurrection mean for you, for all of us?

Jesus' resurrection means death isn't the end

Jesus didn't stay dead - He came back to life. That tells us that death doesn't have the final say. There is hope beyond the worst things, even beyond death itself.

It shows God's power is stronger than anything

Even something as final as death couldn't stop God. So whatever feels overwhelming - fear, failure, anxiety, sin - those things don't get the last word either.

It proves that Jesus is who He said He was

Jesus claimed to be the Son of God and rising from the dead is the ultimate proof that His words and promises matter.

It means forgiveness and a fresh start are real

Jesus died and rose again, taking all our sins upon Himself, and defeating the death that sin brings. His resurrection means we are not stuck in our past, but can be forgiven and start afresh.

It brings hope when life feels heavy

The resurrection shows that even when things look hopeless, there is hope in God, and with that hope new and better things are possible. Tough times—friendship issues, doubt, pressure, loss, illness—are not the end. They can be a new, and different, beginning.

It invites us to faith before full understanding

That God would send His only Son, Jesus, to become fully man and suffer such a horrendous death as a price for our sins, and then rise from the dead, is not something that it is easy to understand. But lucky for us, it is possible to have faith and to grow in understanding.

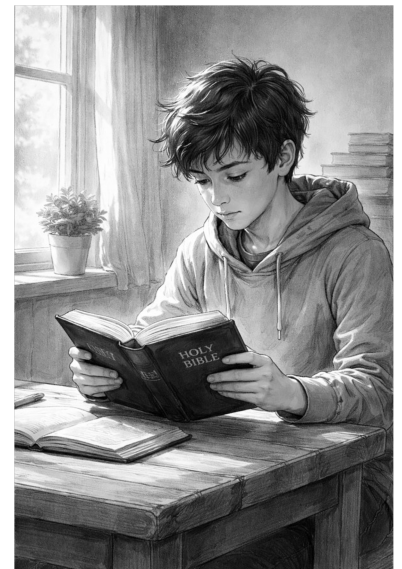
It invites a relationship with a living God

Jesus' resurrection means that He is alive, now and always; not just a historical figure. We can come to know Him, to talk to Him and to have a deep and meaningful relationship with Him today.

Reflection Questions

What does Jesus' resurrection mean to you?

How does that change your life?



Pope Leo answers questions from young people

In answering questions about hope, doubt and faith, from young people in Monaco, Pope Leo said:

- To remain confident and holding onto hope in midst of environmental problems and violent conflict we need a sense of “unity”, with oneself and with others, through developing a relationship with Christ.
- When you have the inevitable moments of doubt and inner emptiness, ensure that your faith remains firm and alive by “clearing the doorway of the heart” of unimportant concerns in order to leave room for the Holy Spirit.
- Words and deeds of witness are the concrete ways of witnessing to the Gospel in our daily lives, testifying to the “love that changed our lives.”

Bringing his speech to a close, Pope Leo urged young people to “pour yourselves out completely for the Lord and for others. Only in this way will you find an everlasting joy and an even deeper meaning in life.”

Use the QR code to read the Vatican News article in full.

