



Paschal Mystery

The doctrine of the Paschal Mystery is a core doctrine of the Catholic Church, the keystone to Christian faith. This doctrine recognizes that Jesus was not simply a person of history but the redemption (saving or freeing from sin) of humanity and all creation was expressed through his life, death, resurrection and ascension.

The word *paschal* is derived from the Greek word *pascha* meaning “passover” and reflects the Jewish Passover Feast celebrating the Israelites’ deliverance from slavery in Egypt. Exodus, chapter 12 recalls the angel of death “passing over” the homes of the captive Israelites, which in turn triggers their release from Egyptian slavery and a new life in the Promised Land. Likewise Jesus’ life, death and resurrection mark the passing over from the grasp of sin and death to the hope and promise of new life.

Catholic Christians participate in the Paschal Mystery through their Baptism and the sacraments especially Eucharist which renews and celebrates the Easter hope of resurrection in the lives of believers.