

Wellbeing Poster

This week our wellbeing poster looks at the promise of Easter.

Easter is a Christian festival and cultural holiday

commemorating the

resurrection of Jesus from the

dead, described in the New

Testament as having occurred on

the third day of his burial

following his crucifixion by the

Romans at Calvary.

Easter is celebrated as the day

when the tomb was found to be

empty as Jesus had been resurrected, meaning the law of sin and death was broken.

Those who believe in Jesus, therefore, have no reason to fear death. That does not lead to recklessness, or suggest that lives are cheap, but that those little fears that drive daily conflicts have no dominion. Jesus, who

was obedient to God even unto death, gives the freedom to decide how to

live, in a deliberate and wilful and free way, serving God and the Church.

Easter is for rejoicing in the slaying of death and the assurance that the

ultimate battle has already been won.

