

## **Commentary on the Gospel for Sat, Mar 31st 2018**

**YOU MUST CONSIDER YOURSELVES DEAD TO SIN AND ALIVE TO GOD, IN CHRIST JESUS**

On this Holy Saturday, the Church wants us to reflect on the effect of Christ's death and resurrection on us. As we have said, Christ by his life and death had conquered sin and death for us. So what has that effect in us? Is his death of no consequence to us? Are his sufferings and death all for nothing? What a tragedy. No, his death and resurrection have enabled us also to be dead to sin and to be alive in God. Without God's grace, it is difficult for us to avoid great temptations and to persevere in doing good and to bear the sufferings that come to us. But because of Christ's suffering and death we are able to unite all our sufferings with his and to get from him the strength to overcome temptations and sins. But that is not all. We gain the strength and energy to REALLY LIVE, to enjoy the wonderful world God gave us, to feel the love of the people who care for us, to have the possibilities of also loving and caring for people which is what makes life worthwhile. LIFE IS BEAUTIFUL, THANKS BE TO GOD!

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