

## Seventh Grade Session: Liturgical Season of the Triduum

### March 1

#### What is the Triduum?

In the Church we have a liturgical season that commemorates Jesus' Passion, Death, and Resurrection. We call this the Triduum. The Triduum starts with Mass on the Thursday before Easter (Holy Thursday), continues all day Friday (Good Friday) and Saturday (Holy Saturday), and culminates with the Easter Vigil celebration Saturday evening.

The Triduum is the shortest liturgical season—it only lasts three days. The Triduum helps us prepare for Easter, which is the greatest and most central celebration during the whole liturgical year—even greater than Christmas!

Because the Triduum helps us prepare for Easter, the three-day season is the holiest and most sacred time of year. It reminds us that God loves us so much that He sent His Son to die for our sins so that we could have new life in Christ and be with God in Heaven.

It is easy for us to forget over the course of the year why Christ came and died. The Triduum helps us remember and give thanks to God for Christ's sacrifice.

**Holy Thursday** is "Holy" because this liturgy recalls the gift of Eucharist.

Jesus' Action: What is Jesus Doing?

 Jesus gathers with his disciples to share the Passover meal. He shares his Body and Blood as Eucharist in the sharing of the bread and cup.

The Symbol: Bowl and Towel

 At the Last Supper Jesus washed the feet of his disciples to show how to be Eucharist to one another. We celebrate Eucharist and serve others as a witness to being Jesus' followers and sharing his love.

**Reflection:** How will you follow Jesus' example and share his love with your family, friends, enemies and all those in need?

**Good Friday** is "Good" because the Cross leads to the Resurrection. We commemorate Jesus' Passion and Death. Jesus's death is a free, undeserved gift from the Father. We venerate the cross because it was the instrument of our salvation. We touch and kiss (venerate in some fashion) the cross to show our love and thankfulness for God's love. John 18:1-19

The Symbol: Cross

 The cross was the method of punishment and execution of the most despised criminals and the most dangerous political opponents. The symbol of pain and death becomes for us a sign of Jesus' love and victory in the resurrection.

**Reflection:** How have you experienced Jesus' **passion**? How can you share your love for Jesus by taking time to pray and be open to his friendship?

**Holy Saturday** is the third and final day of the Triduum and is a day that calls us to patiently wait for the Resurrection of Christ. Holy Saturday is a time of hope for we know that Christ rose from the dead. This is a day that the Church is silent. For many of us, silence and waiting is difficult. We are constantly surrounded by business, noise, and instantly having whatever we want. But, Holy Saturday calls us to turn all the noise off, focus our hearts on Jesus, and remain hopeful in His promises to us.

**Easter Vigil -Easter celebrates Jesus' Resurrection: Vigil means to watch and wait.** Romans 6:4

Jesus' Actions: What is Jesus Doing?

 Jesus rises from the dead and appears to friends and followers to bring peace.

The Symbol: Paschal Candle

 Symbolizes that Jesus is the Light of the World. Lighting the Paschal Candle begins the Easter Vigil.

**Reflection:** What helps you to experience happiness and joy? How will you share your Easter joy with others and keep Easter joy alive throughout the year?

**Happy Easter Sunday! Jesus is Risen!**

**Hope you enjoy the Mark Hart video about Easter!**