

# Jesus Redeems Us

Keep these ideas in mind as you study **Unit 4, Session 18**.

Peter, James, and John witnessed the Transfiguration, when Jesus changed appearance, his face shining like the sun and his clothes as white as light.

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The word *paschal* is related to the Hebrew word *pesach*, meaning “Passover.” The Paschal Mystery is the work of Salvation that Jesus Christ accomplished through his Passion, Death, Resurrection, and Ascension. The Paschal Mystery is at the heart of our lives as Catholics.

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The Gospel of Mark tells us how to be disciples—true followers of Jesus.

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In the Gospels, Jesus tells the Apostles that the Son of Man will suffer. He predicts his Passion, or his suffering and Death, and reveals his rejection, Death, and rising after three days.

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Jesus’ Crucifixion revealed his identity as the Messiah. The Gospel of Mark tells us that the Roman centurion looked at Jesus on the Cross and recognized him as the Son of God.

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Jesus warned his disciples that people would reject them, but he would be with them through their suffering, helping them follow him.

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Crucifixion in the Roman empire was a cruel and humiliating form of execution. It put fear in the hearts of the people. Crucifixion was so horrible that people believed it was a sign that the person had been abandoned by God.

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Because of the Incarnation, we know that Jesus understands our times of hopelessness, pain, and loneliness. His ultimate sacrifice on the Cross helps us realize that doing God’s work often involves sacrifice.

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The cross is the universal sign of hope for Christians. We pray the Sign of the Cross as a reminder that we live under the sign that saved us, the Cross of Jesus. Jesus’ Cross shows us the depths of what it means to follow him.

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When we pray the Apostles’ Creed, the words “he descended into hell” mean that after Jesus died and before he had risen, Jesus gathered all the just people in the realm of the dead who had died before him. Jesus met them as the Savior, proclaiming the Good News and bringing them to heaven with him.

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