“Christ is risen!” — “He is truly risen!” This liturgical exchange, repeated **three times** by the Pope during Easter Mass, is not just a ritual. It is a **victory cry** echoing through the centuries, a proclamation that changed history forever. But why three times? What mystery lies behind this solemn tradition?

In this article, we will explore **the profound theological, historical, and spiritual meaning** of this unique moment in the papal liturgy. We will discover how this triple proclamation not only celebrates the Resurrection but **invites us to live it out in our own time**.

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1. The Historical Origin: A Cry from the Early Christians

The tradition of the triple *“Christus resurrexit”* has its roots **in the early Church**. The first Christians, following Jewish liturgical customs, used repetitions to **emphasize fundamental truths**.

- **In Byzantine liturgy**, the deacon proclaims: *“Christ is risen from the dead!”* and the people respond: *“Indeed, He is risen!”*
- **In the West**, this practice became formalized in the **papal Mass**, where the Pope, as Peter’s successor, **solemnly announces the Resurrection** as the core of Christian faith.

The number **three** is no coincidence:
 It symbolizes the Trinity (Father, Son, and Holy Spirit).
 It recalls Jesus’ three prophecies of His Resurrection (Mt 16:21; 17:22-23; 20:18-19).
 It echoes Peter’s three denials and his threefold affirmation of love (Jn 21:15-17).

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2. The Meaning Behind Each Repetition: A Journey of Faith, Hope, and Love

The Pope does not repeat this phrase merely out of tradition—**each proclamation carries deep spiritual significance**.

✝ First Proclamation: “Christus resurrexit!” – The Faith That Overcomes the World

“This is the day the Lord has made; let us rejoice and be glad in it” (Ps 118:24).

The first cry is an **act of faith**. In a world that doubts God, the Church declares with certainty: **Christ is alive!** This is not a myth, nor a distant memory—it is a reality that **transforms history**.

✝ **For Today:** In an age of relativism, the Resurrection is **our anchor**. How do we live this faith? **By rejecting despair**, knowing that Christ has already conquered.

✝ Second Proclamation: “Christus resurrexit!” – The Hope That Renews

“We are witnesses of these things” (Acts 5:32).

The second cry is **a call to hope**. The Resurrection is not just a past event—**it is a promise of eternal life for us**.

✝ **For Today:** Amid chaos, war, and crisis, the Church proclaims: **Christ is stronger!** How do we live this hope? **By being bearers of light**, even in darkness.

✝ Third Proclamation: “Christus resurrexit!” – The Love That Compels Us

“If Christ has not been raised, our preaching is useless” (1 Cor 15:14).

The third cry is **a summons to love**. The Resurrection is not just for contemplation—**it must be proclaimed**.

✝ **For Today:** The world needs **witnesses of the Resurrection**, not just theorists. How do we live this out? **By loving like Christ**, serving, forgiving, and being **messengers of His victory**.

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3. Why Does the Pope Sing It? Liturgy as a Living Experience of the Resurrection

The **solemn chant** of *Christus resurrexit* is not theater—it is **theology in action**.

- **Song elevates the soul**: Sacred music transcends words, **touching the heart**.
- **The Pope as herald**: Just as Mary Magdalene ran to announce the Resurrection, the Pope **proclaims to the world** that Jesus lives.
- **Unity of the Church**: When the people respond *“He is truly risen!”*, **the whole Church affirms its faith**.

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4. How to Live “Christus Resurrexit” Today

Easter does not end with Mass. **It must resonate in our lives**.

† Practical Ways to Be Witnesses of the Resurrection:

✔ **Renew your baptismal promises** (as done during the Easter Vigil).
✔ **Live with joy**—a sad Christian is a poor witness.
✔ **Proclaim Christ** through words and deeds, especially to those who have lost faith.

Conclusion: Christ Is Alive—and He Wants Us Alive in His Love!

The Pope’s triple *Christus resurrexit* is not just tradition—**it is a call to believe, hope, and love boldly**. In a world drowning in despair, **the Church shouts with strength: Christ is risen!**

And you… are you ready to respond with your life?

“He is truly risen!”

Did you enjoy this article? Share it and **spread the proclamation of the Resurrection to others**. Happy Easter!