



“*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**.

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**.



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.
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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!”



“Christus Resurrexit!” The Pope’s Triple Cry of Victory at Easter—and the Transformative Power Behind It | 4

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