

What is the Resurrection of the Body?

In the Apostles' Creed, Christians for nearly two millennia have expressed their belief in "the resurrection of the body."

Just as Christ is truly risen from the dead and now lives forever, so after death the righteous will live forever with the risen Christ, and He will raise them up at the end of the world.

The resurrection of the body does not simply mean that our immortal souls will live on after death. Rather, even our mortal bodies will come to life again.

God, in His almighty power, will definitively grant incorruptible life to our bodies by reuniting them with our souls, through the power of Jesus' own Resurrection.

--[*Catechism of the Catholic Church, nos. 997-1001*](#)