



The Holy Scriptures
are our letters
from home

3rd Sunday of Easter, Yr B

Lectio Divina

Lectio: After the Resurrection Luke recalls how the women found the empty tomb at dawn on the Sunday. They were puzzled. Two men in dazzling clothes told them he was risen. They also told them to remember Jesus' words when he predicted his death at the hands of sinful men (Lk 24: 3-8). When the women reported this to the Eleven, they were not believed and the women's story was thought to be just a nonsensical vision (Lk 24:11).

Two of the disciples went for a walk to Emmaus. They talked about the events that had happened in Jerusalem in the past few days. But they made no connections to the scriptures; they had thought that Jesus might bring about the overthrowing of the Romans and so redeem Israel. They had no idea what the empty tomb meant (Lk 24: 13-24). Unrecognized, Jesus walked with them and explained the connections to the scriptures. It was only when Jesus broke bread with them that they recognized Him (Lk 24: 25-32). Understanding the scriptures had led them to belief.

Our gospel text for this Sunday has these two disciples telling their story to the other disciples. Before the other disciples can react to this story, Jesus appears in their midst. Is he really there or just a vision or a ghost? Jesus showed them his hands and his feet.¹ Then to unequivocally prove his reality, he eats a piece of grilled fish.

As he did for the two disciples on the way to Emmaus, Jesus explains to the rest of the disciples the meaning of the scriptures and thus how to understand his life, death and resurrection; "*He then opened their minds to understand the scriptures*". Understanding the scriptures is integral to believing in Jesus.

Read: **Luke 24: 35 - 48**

Meditatio: What is my story of finding Jesus in my life? Do I recognize Jesus' presence in the Eucharist? How have I experienced the peace that Jesus gives? What would be my reaction if the Risen Jesus became visible in my presence? How do I deal with superstitions or ghostly sightings? Do I only believe in what I can see and touch? Do I believe in the power of love and the importance of relationships (both invisible)²? Do I believe that God speaks to me through Scriptures? Do I really understand that God loves me with an infinite love? Am I filled with joy that my Saviour, Jesus, has risen? Do I just keep to myself the joy I have at being so loved by God? Have I expressed my joy through singing to God's praise? When I say/sing: "Alleluia"³, is it a joyful expression of my praise of God? Do the Scriptures help me understand suffering, especially Jesus' sufferings? How do I understand the connections between life, death and resurrection? Do I turn to Jesus repenting of my sins knowing he has won the forgiveness of my sins? How have I spread the Good News of forgiveness?

Oratio: Pray that we may recognize Jesus in our lives and especially in the Eucharist. Pray for people caught up in superstitions and/or ghostly apparitions. Pray for an understanding of the Scriptures. Pray that the Readings at Mass may be listened to as a real presence of Jesus in our midst. Pray that all people may know Easter joy and peace. Pray for those who suffer in mind or in body. Pray that the Lord may bring healing of soul and body. Pray for the spread of the Good News. Pray that our Parishes may be missionary communities of faith. Pray for a healing of the world.

Contemplatio – Dwell in stillness, simply aware of the boundless expanse of mercy that surrounds you.

After your prayer – Say/sing "Alleluia" with joy.

✍ Fr Joe

Luke 24: 35 - 48

The disciples told their story of what happened on the road and how they had recognized Jesus at the breaking of bread.

They were still talking about all this when Jesus himself stood among them and said to them, 'Peace be with you!' In a state of alarm and fright, they thought they were seeing a ghost. But he said, 'Why are so agitated, and why are these doubts rising in your hearts? Look at my hands and feet; yes it is I indeed. Touch me and see for yourselves; a ghost has no flesh and bones as you can see I have.' And as he said this he showed them his hands and feet. Their joy was so great that they could not believe it, and they stood dumbfounded; so he said to them, 'Have you anything here to eat?' And they offered him a piece of grilled fish, which he took and ate before their eyes.

Then he told them, 'This is what I meant when I said, while I was still with you, that everything written about me in the Law of Moses, in the Prophets and in the Psalms, has to be fulfilled.' He then opened their minds to understand the scriptures, and he said to them. 'So you see how it is written that the Christ would suffer and on the third day rise from the dead, and that, in his name, repentance for the forgiveness of sins would be preached to all the nations, beginning from Jerusalem. You are witnesses to this.'

Notes:

1 This showing of Jesus' hands and feet is probably Luke's recounting of John's doubting Thomas scene as in last Sunday's gospel text (Jn 20: 19-31).

2 Some other invisible realities are: joy, peace, life etc.

3 'Alleluia' means: 'Praise the Lord!'