



April 14th 2024 3rd Sunday of Easter Year B Luke 24: 35 – 48

²⁴⁻³⁵Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread. ³⁶While they were talking about this, Jesus himself stood among them and said to them, 'Peace be with you.' ³⁷They were startled and terrified, and thought that they were seeing a ghost. ³⁸He said to them, 'Why are you frightened, and why do doubts arise in your hearts?' ³⁹Look at my hands and my feet; see that it is I myself. Touch me and see; for a ghost does not have flesh and bones as you see that I have.' ⁴⁰And when he had said this, he showed them his hands and his feet. ⁴¹While in their joy they were disbelieving and still wondering, he said to them, 'Have you anything here to eat?' ⁴²They gave him a piece of broiled fish, ⁴³and he took it and ate in their presence.

⁴⁴Then he said to them, 'These are my words that I spoke to you while I was still with you—that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled.' ⁴⁵Then he opened their minds to understand the scriptures, ⁴⁶and he said to them, 'Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, ⁴⁷and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. ⁴⁸You are witnesses of these things.

<ul style="list-style-type: none"> ➤ Read and re-read – out loud and slowly the Gospel. ➤ Meditate - on reading as being spoken to you, an experience in your life. 	<ul style="list-style-type: none"> ➤ Pray - Thanksgiving – Repentance – Petition. ➤ Action – Attitude (Call to change / to act /to do).
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In this week's gospel Jesus interrupts the conversation of his disciples by appearing to them. He tells them that they can be at peace with themselves, one another and God. They are scared and frightened. Jesus shows them his wounds and they soon realise it is really Jesus and they are filled with joy. Jesus then takes times to explain the scriptures to them before charging them to be his witnesses in the world.

Have we the courage to show our own healed wounds in order to become a source of healing and health to others?

Prayer:

Thank you Lord for the resurrection experience of the disciples which gave them great possibilities for the future when it seemed all hope had gone.

Forgive us Lord for the times we think we can heal others with no reference to their own experience. As a result we call others to love but do not communicate love.

Lord help us to open peoples minds to understand the scriptures and the effect will transform the whole world. .