

Trusting in Jesus' Resurrection

“Why are you troubled? And why do questions arise in your hearts?”

Luke 24:35-48 (verse 38)



Adults

1. We hear another post-Resurrection account today, from the Gospel according to Luke. Cleopas and his companion encounter Christ on the Road to Emmaus. The two disciples invite him to dine with them, not realizing he was Jesus. What keeps us from recognizing Jesus in our midst? How can our senses be opened through prayer, sacred encounters, and acts of service, so we are ready to greet Christ when he comes again?
2. In his appearance, Jesus does three things: he greets them with peace, he shares a meal, and he teaches them. What is significant about this?
3. Throughout the centuries, humanity has often fallen short of the love and purpose for which we are made. Yet God never walks away from us. God remains faithful to the covenant. Why is it so hard sometimes for us to imagine the world as God intends and desires it to be? Is it possible for us to grasp the extent of God's love for humanity and for all of creation?

Obstacles for living out the Gospel: Human minds versus God's essence; lack of openness and awareness of God's presence.

Teens

1. When Jesus appeared to the disciples that day they were frightened and thought they were seeing a ghost. Jesus had told them that he would come back to them but they were in disbelief that it was Him. Has there ever been a time in your life when something incredible happened, but you had a hard time believing or trusting in it?
2. Do you feel God's presence in your life, more in good times or in bad times? Reflect on that.
3. Jesus told the disciples that they were to be witnesses to the Good News of the Lord, holding them responsible to spread the news to others. How are you called to be a witness to the risen Christ?

Obstacles: Not being aware of the times that Christ is present in our lives. Not having faith that God keeps all of His promises and not feeling comfortable spreading the Good News with others.

Children

1. Jesus responds to his disciples' fears by offering them his peace. Imagine you lived during the time of Jesus' resurrection, how do you think you would feel? Would you trust that it is really Jesus standing before you? Would you be afraid of those who crucified Jesus? What would give you courage to go out and proclaim the Good News?
2. Jesus shows his disciples his wounds-even though they are still visible they are healed. Do you or someone you know who has wounds that need healing? Do you think it would be easier to carry our sufferings or trials if we offer them up as a prayer to Jesus and ask for his help?
3. Do you take time each morning to pray the Morning Offering -which we offer up all our prayers, works, joys and sufferings of the day? If you do not pray the morning offering, challenge yourself to pray it each day this week and see if it makes a difference in your day.

Obstacles: Not realizing our sufferings and trials can be made beautiful when we offer them to Jesus. Not realizing that Jesus had suffered in his life on earth and that we can ask him to give us strength in our own suffering.