

In preparation for April 19, 2026, Third Sunday of Easter

Theme -Eyes Opened in the Breaking of the Bread

“And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him but he vanished from their sight. Then they said to each other, ‘Were not our hearts burning within us while he spoke to us on the way and opened the Scriptures to us?’” Luke 24:13-35 (Verses 30-32)



Adults

1. What are some ways that you recognize Jesus in your own life? What are some ways that you have been blinded by the presence of Jesus in your life?
2. Jesus gives us a way to encounter him every day through the Eucharist. Are you utilizing the gift the Risen Christ left you regularly? Why or why not?
3. What are some other ways that we can encounter Jesus that are not through the Sacrament of Eucharist?

Obstacles for living out the Gospel: Not recognizing the significance of the Eucharist.



Teens

1. The disciples are walking away from Jerusalem after Jesus' death. When things don't turn out how you hoped, where do you tend to "walk away" from God, prayer, Church, people? Jesus is walking with them but they don't recognize him. Why do you think it's sometimes hardest to see God when we're hurting or disappointed?
2. The moment they recognize Jesus, He disappears. Why do you think God doesn't always stay in the obvious moments? The disciples recognize Jesus in the breaking of the bread. How does the Eucharist or Mass help you recognize Jesus—why might that be hard sometimes?
3. Where do you think Jesus is trying to reveal Himself in your life right now—but you might be missing it?

Obstacles to living out the Gospel: "Walking away" from prayer, Mass, or faith when it feels confusing, boring, or hard.

Children

1. Share about a time when you realized Jesus was present only when you looked back on your day and thought about that moment. Why do you think you didn't recognize Jesus' presence at the time it was happening?
2. In which part of the Mass is Jesus revealed to you the most? Why?
3. When we receive Jesus in Holy Communion, He gives us himself and fills us with his love and gives us courage. How can we share the good news about Jesus with others like the two friends did in today's Gospel?

Obstacles to living out the Gospel: Lack of awareness, not fully understanding that Jesus is present in the Eucharist and we are called to share our love for Jesus with others.