



## Gospel Reflections

### Third Sunday of Easter

Gospel for Sunday, April 18, 2021 - Luke 24: 35-48

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**Reading:** The two disciples recounted what had taken place on the way, and how Jesus was made known to them in the breaking of bread.

While they were still speaking about this, he stood in their midst and said to them, “Peace be with you.”

But they were startled and terrified and thought that they were seeing a ghost.

Then he said to them, “Why are you troubled?

And why do questions arise in your hearts?

Look at my hands and my feet, that it is I myself.

Touch me and see, because a ghost does not have flesh and bones as you can see I have.”

And as he said this,

he showed them his hands and his feet.

While they were still incredulous for joy and were amazed,

he asked them, “Have you anything here to eat?”

They gave him a piece of baked fish;

he took it and ate it in front of them.

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 and in the prophets and psalms must be fulfilled.”

Then he opened their minds to understand the Scriptures.

And he said to them,

“Thus it is written that the Christ would suffer and rise from the dead on the third day and that repentance, for the forgiveness of sins,

would be preached in his name  
to all the nations, beginning from Jerusalem.  
You are witnesses of these things.”

**Meditation<sup>1</sup>: What does this text say to me, today, and to my life?**

*“Jesus was made known to them in the breaking of the bread.”*

How can I make the Eucharist and the Mass more central in my life?

- What word or words in this passage caught my attention?
- What in this passage comforted me?
- What in this passage challenged me?

**Prayer**: What can I say to the Lord in response to His word? I bring to the Lord the praise, petition, or thanksgiving that the Word inspires in me.

**Contemplation<sup>2</sup>**: What conversion of the mind, heart, or life is the Lord asking of me? I spend quiet time in God’s presence.

*Where do I see Jesus acting in my life?*

**Action**: How can I make my life a gift for others in charity?

Suggested actions to consider – *Can I try to participate in the Mass on at least one other day than Sunday? Can I volunteer to spend some time praying before the Blessed Sacrament? Can I review and study what the **Catechism of the Catholic Church** says about the true presence of Jesus in the Eucharist – body, blood, soul, and divinity? [See #1373-1381]*

<sup>1</sup> Meditation Question is from *Lectio Divina of the Gospels for the Liturgical Year 2020-2021. United States Conference of Catholic Bishops. 2020, p. 111*

<sup>2</sup> Contemplation and Action focus are chosen from *Lectio Divina of the Gospels for the Liturgical Year 2020-2021. United States Conference of Catholic Bishops. 2020, p. 112*