

April 12, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH EASTER

Photo by Tomas Williams from Pexels

WALK TO EMMAUS

By Sister Jayne Helmlinger, CSJ

Excerpts from Today's Gospel

Two of Jesus' disciples were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him. "Stay with us, for it is nearly evening and the day is almost over." So he went in to stay with them. 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.

LUKE 24:14-16, 29-31

Reflection

This passage from Luke is rich and full of meaning for all of us. I'm intrigued by the two disciples who encounter Jesus along the way; one is Cleopas and the other remains unknown. If we take this story from the beginning and through the eucharistic celebration as it concludes, we have a snapshot of these two men's own spiritual transformation. At first, they recount Jesus' life, death, and resurrection, not realizing they are speaking to the resurrected Jesus. Their eyes are opened when Jesus takes the bread, blesses, and breaks it, and gives it to them. And they say to one another, "Were not our hearts burning within us while he spoke to us ...?"

In this passage, we have the presence of Jesus, an encounter with Jesus, and an opportunity for our own personal enlightenment. One way to break open this scripture is to place yourself on the road to Emmaus and experience Jesus walking with you. What might your conversation be at this moment in your life? Is there a burning question you'd like to ask Jesus? Can you wait for Jesus' response and experience your own burning heart? Perhaps breaking bread with a spiritual mentor would help you open your heart to encounter the Risen One anew.



Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- As you reflect on the road you walk this day, how ready is your heart to encounter the presence of God?
 - Perhaps you have experienced a eucharistic moment in your life while breaking bread with friends. How were your eyes opened to a new experience of the sacred?
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For Prayer

Companion God, as we travel our own Emmaus journey, may our hearts burn with a desire for encountering you along the way. May we never weary of our walk of faith, taking each step as gift, each moment as grace. Amen.

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