

April 24, 2025

Daily Reflections

Journeying through Easter



Center for Spiritual Development

"WHY ARE YOU TROUBLED?"

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Introduction

Today's reading from Luke's Gospel, which tells the story of Jesus' appearance to disciples in Jerusalem, follows the story of the disciples who met Jesus on their way from Jerusalem to Emmaus. The itinerant disciples tell those gathered "what had taken place along the way."

Read today's reading with an "eye" and "ear" to the similarities of the encounters:

- The Emmaus disciples are "downcast"; those gathered in Jerusalem are "troubled."
- When Jesus joins them "on the road," he asks them questions; similarly, he asks those gathered "Why are you troubled?"
- For the Emmaus disciples, Jesus "interpreted what referred to him in all the Scriptures," and for those gathered "he opened their minds to

understand the Scriptures.”

- In both appearances, Jesus eats.

Today's Gospel

*The disciples of Jesus recounted what had taken place along the way,
and how they had come to recognize him 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.”*

LUKE 24:35-48



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Reflection

- Where am I in this event?
 - What are my thoughts and feelings as I experience Jesus' presence?
 - How am I a witness to Jesus' life and resurrection?
-

For Prayer

*Loving God,
your Son, Jesus, died for us on the cross
and You raised Him from the dead.
We have not seen the marks of the nails in His hands
nor touched the wound in His side,
but we believe that he is alive
and present here among us.
Open our hearts to his word
and strengthen us by his presence in the Eucharist.
Make us witnesses to him, Jesus Christ our Lord.*

Amen.

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