

April 13, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH EASTER

Photo by Tomas Williams from Pexels

LET US WITNESS!

By Sister Jayne Helmlinger, CSJ

Excerpts from 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.

Then he opened their minds to understand the Scriptures. And he said to them, "...You are witnesses of these things."

LUKE 24:35-40, 45, 48

Reflection

Carefully reading this passage from Luke, it is clear Jesus is using a gentler tone with the disciples. He greets them with words of peace, helping to dispel the doubt and fear the disciples were experiencing. I can only imagine how difficult it was to trust what they were seeing and experiencing as Jesus

appears in their midst shortly after his death and resurrection. It is a comforting gesture when Jesus encourages them to touch his wounds; it is a powerful way to help ease their fear and terror.

Jesus' first words to the disciples were, "peace be with you." When I hear these same words, a sense of calm and serenity comes over me. The words "all will be well" echo deep within me as I relax into God's holy presence of peace. They enable me to open myself to hear Jesus asking me, "Why do questions arise in your heart?" If I embrace the peace that Jesus offers, the questions that cloud and interfere with my own faith often recede. Likewise, I find it a bit less daunting to respond to Jesus' invitation to be a "witness" to the living Christ in my own life when I remember Jesus' presence is with us, always.

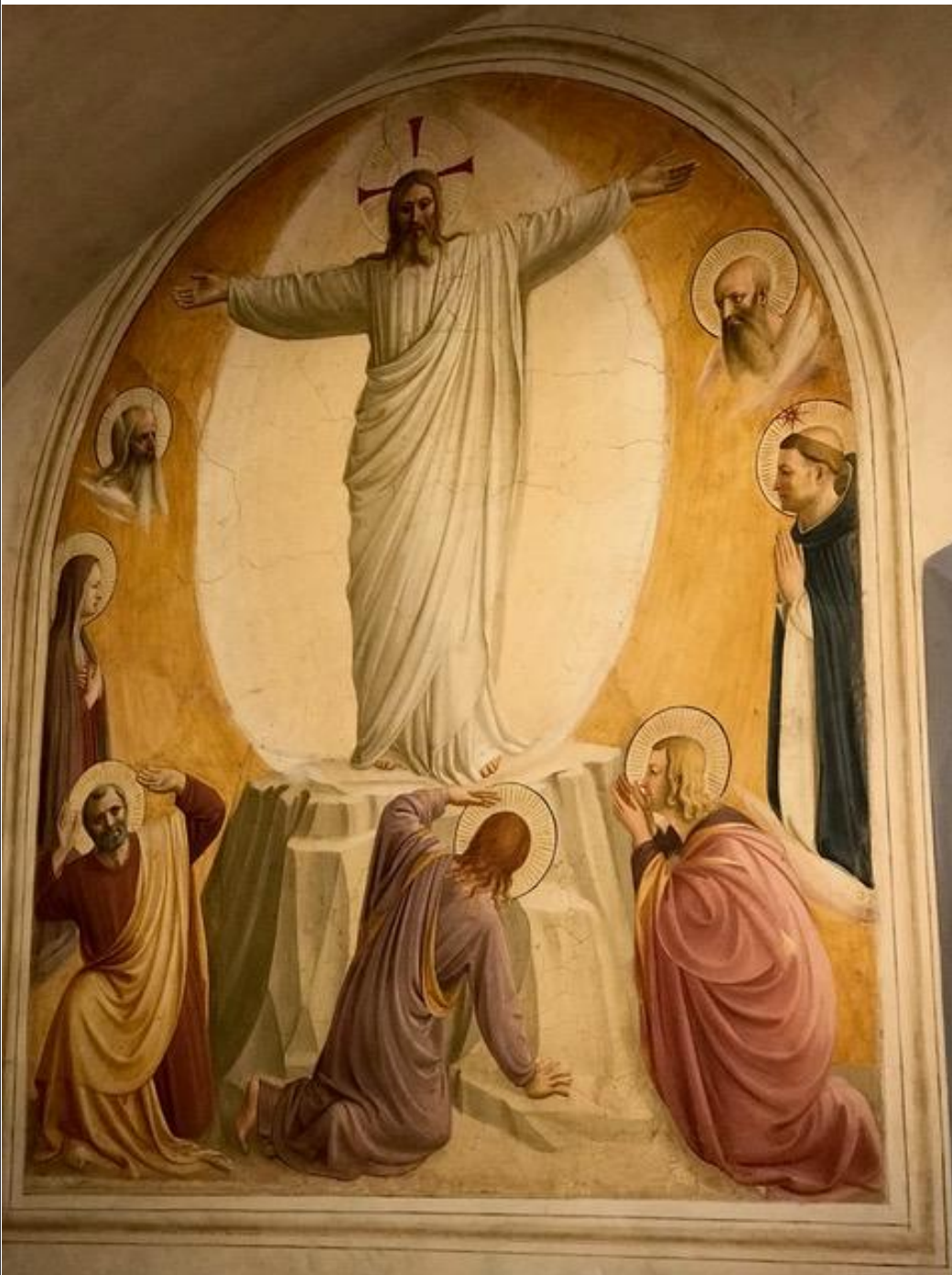


Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- Am I a faithful witness to Jesus' life, death, and resurrection?
 - Am I free enough to be swept into the daily stream of the resurrection?
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For Prayer

Ever present God, may we embrace the challenge of being a witness to our faith. May we eagerly search for your living presence in our daily lives. And may our way of being in life embody the gentle manner of Jesus as depicted in today's gospel.

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