

# Spiritual Exercise for the Third Sunday of Easter

## A reading from the Gospel according to Luke (24:13-35)

That very day, the first day of the week,  
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.

*What do you think prevented them from recognizing Jesus? What was he trying to teach his disciples?*

He asked them,  
“What are you discussing as you walk along?”  
They stopped, looking downcast.  
One of them, named Cleopas, said to him in reply,  
“Are you the only visitor to Jerusalem  
who does not know of the things  
that have taken place there in these days?”  
And he replied to them, “What sort of things?”

*Notice how Jesus draws out insights from the disciples. How might the Holy Spirit be questioning you so that you can grow?*

They said to him,  
“The things that happened to Jesus the Nazarene,  
who was a prophet mighty in deed and word  
before God and all the people,  
how our chief priests and rulers both handed him over  
to a sentence of death and crucified him.  
But we were hoping that he would be the one to redeem Israel;  
and besides all this,

it is now the third day since this took place.

Some women from our group, however, have astounded us:

they were at the tomb early in the morning

and did not find his body;

they came back and reported

that they had indeed seen a vision of angels

who announced that he was alive.

Then some of those with us went to the tomb

and found things just as the women had described,

but him they did not see.”

And he said to them, “Oh, how foolish you are!

How slow of heart to believe all that the prophets spoke!

Was it not necessary that the Christ should suffer these things

and enter into his glory?”

Then beginning with Moses and all the prophets,

he interpreted to them what referred to him

in all the Scriptures.

As they approached the village to which they were going,

he gave the impression that he was going on farther.

But they urged 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.

*How do you encounter Jesus in the Bible? Do you have any favorite passages of the Bible? Try using them like short little prayers that help you connect with the presence of Jesus.*

*Does your celebration of the Mass lead you to wonder and awe? Are you drawn into the mystery of the Eucharist at Mass? If not, pray that the Holy Spirit will purge you of everything that keeps you from the ecstasy of the Mass.*

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?”

So they set out at once and returned to Jerusalem  
where they found gathered together  
the eleven and those with them who were saying,  
“The Lord has truly been raised and has appeared to Simon!”  
Then the two recounted  
what had taken place on the way  
and how he was made known to them in the breaking of bread.

### The Gospel of the Lord

- 1) What are you known for? What are the attributes that describe who you are?
- 2) What is Jesus known for? What are the attributes that would describe Jesus?
- 3) Do an examination of conscience. How do your attributes line up with Jesus’s attributes? In what do you need to grow? How can you be more Christ-like?

*Does your heart burn within you when you read the scripture or celebrate the sacraments? If not, pray for this desire and pray that the Holy Spirit will purge you of everything that keeps you from this sweet communion.*

Jesus \_\_\_\_\_

Me \_\_\_\_\_

Jesus \_\_\_\_\_

Me \_\_\_\_\_

Jesus \_\_\_\_\_

Me \_\_\_\_\_

Jesus \_\_\_\_\_

Me \_\_\_\_\_