



CELEBRATING AT HOME

## THIRD SUNDAY OF EASTER

*Strangers share a journey, hearts begin to burn  
and they recognised him (Lk 24:13-35)*



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### Sign of the Cross

In the name of the Father, and of the Son,  
and of the Holy Spirit.

**Amen.**

The Lord is here, present among us.

**We are gathered with the whole Church in this moment of prayer.**

### Preparing to hear the Word

Lord Jesus, when we feel crushed by life,  
**walk with us and gently heal us.**

In the midst of sadness and despair  
**may we never lose sight of you.**

Nourish us with Word and Sacrament  
**to be God's heart in our world.**

Risen Christ,  
you are our companion on the journey of life.  
Constantly rebuild our faith, hope and love  
and shape us into your living presence.  
**Amen.**

### Scripture Reading *(Luke 24:13-35 abridged)*

Two of the disciples of Jesus were on their way to a village called Emmaus, seven miles from Jerusalem, and they were talking together about all that had happened. Now as they talked this over, Jesus himself came up and walked by their side; but something prevented them from recognising him. He said to them, 'What matters are you discussing as you walk along?' They stopped short, their faces downcast.

Then one of them, called Cleopas answered him, 'You must be the only person staying in Jerusalem who does not know the things that have been happening there these last few days.' 'What things?' he asked. 'All about Jesus of Nazareth' they answered, 'who proved he was a great prophet by the things he said and did in the sight of God and of the whole people; and how our chief priests and our leaders handed him over to be sentenced to death, and had him crucified. Our own hope had been that he would be the one to set Israel free. And this is not all: two whole days have gone by since it all happened; and some women from

our group have astounded us: they went to the tomb in the early morning, and when they did not find the body, they came back to tell us that they had seen a vision of angels who declared he was alive...'

Then he said to them, 'You foolish men! So slow to believe the full message of the prophets. Was it not ordained that the Christ should suffer and so enter into his glory?' Then, starting with Moses and going through all the prophets, he explained to them the passages throughout the Scriptures that were about himself.

When they drew near to the village to which they were going, he made as if to go on; but they pressed him to stay with them. 'It is nearly evening,' they said, and the day is almost over.' So he went in to stay with them. Now while he was with them at the table, he took the bread and said the blessing; then he broke it and handed it to them. And their eyes were opened and they recognised him; but he had vanished from their sight. Then they said to each other, 'Did not our hearts burn within us as he talked to us on the road and explained the scriptures to us?'

They set out that instant and returned to Jerusalem ... Then they told their story of what had happened on the road and how they had recognised him at the breaking of the bread.

### Reflection - *Two stories of transformation*

Luke's wonderful story of the two disciples on the way to Emmaus is another story of transformation through personal encounter with the risen Jesus.

It is a heart-warming story and we can easily identify with the two disciples feeling crushed by the weight of their shattered dreams. They don't believe the story of the women that Jesus is alive.

They don't recognise the stranger when he walks beside them. Perhaps that's because they are so involved in their own hurt and disappointment, and doesn't that sometimes happen to us, too?

What does Jesus do? First, he invites them to share with him their story, he lets them talk it out. Then he draws them into the bigger story of his life, death and resurrection by unfolding the scriptures for them. In

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other words, he gives them a sense of perspective. He puts their story in touch with the bigger story of God's purpose.

Their hope is being rebuilt and their hearts are beginning 'to burn' as Jesus talks. They are beginning to 'catch fire' again. When they arrive at Emmaus, Jesus makes as if to go on, but the disciples beg him to stay.

At table Jesus takes the bread, says the traditional Jewish blessing (like Grace Before Meals) and breaks the loaf and the eyes of these faithful, yet blind, disciples are opened to recognise him.

The disciples can scarcely contain themselves and set out immediately to return to Jerusalem, eager to share their story. To travel at night in the ancient world was to risk robbery and death, but, they just can't wait.

From being two sad, depressed, down-hearted, grieving men the disciples have been transformed into impatient, enthusiastic heralds of good news through their encounter with Jesus.

It is the same Jesus whom we encounter in our hearts and in the Eucharist.

Maybe we could spend a little time sharing with Jesus our story and listening more deeply to his.

### Prayers of Intercession

Lord, help us to really listen to you  
**and to one another.**

Keep us strong in faith, hope and love  
**so that the face of Jesus may be seen in us.**

We pray for all health workers and researchers.  
**Bless their work to keep us safe and well.**

We pray for all those mourning loved ones:  
**bring them comfort and peace.**

Bless all those working in creative ways  
**to care for us and for others.**

### Lord's Prayer

Formed by the teaching and example of Jesus, we pray:

**Our Father, who art in heaven,  
hallowed be thy name.  
Thy kingdom come.  
Thy will be done on earth  
as it is in heaven.  
Give us this day our daily bread  
and forgive us our trespasses  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.**

### Closing Prayer

Lord, God,  
in the resurrection of Jesus  
you share with us his risen life.  
Transform our darkness, fear and isolation  
with your comforting presence  
so that we can be your calm, loving,  
healing presence to each other.  
Through Christ our Lord.  
**Amen.**

### Blessing

May your blessing be upon us, O Lord,  
**and remain with us for ever.**

We go in the peace of the risen Christ!  
**Alleluia! Alleluia!**



# Journey into the Light

This resource is presented by the Carmelites for use by individuals, families and small groups as a prayerful celebration of the Word of God to help prepare us to celebrate the Eucharist with our worshipping communities. We are conscious that Christ is present not only in the Blessed Sacrament but also in the Scriptures and in our hearts. We are also conscious of the many people who, for various reasons including sickness and infirmity, cannot physically attend the Eucharist. Even when we are on our own we remain part of the Body of Christ.

In the room you decide to use for this prayer you could have a lighted candle, a crucifix and the Bible. These symbols help keep us mindful of the sacredness of our time of prayer and can help us feel connected with our local worshipping communities.

This text is arranged with parts for a leader and for all to pray, but the leader's parts can be shared among those present.

As you use this prayer know that the Carmelites will be remembering in our prayer all the members of our family.



The  
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