



**Acknowledge him in the breaking of bread**

**3rd Sunday of Easter.**

On this Third Sunday of Easter, the well-known story of Emmaus enlightens us with a great catechesis on the Eucharist, inviting us to encounter the Risen One in our daily life and to make His living presence our nourishment of life. Let us listen to some verses of the Gospel in which Jesus shares. Some are very significant gestures with two of his disciples, whose lives will change completely after this encounter.

## **Gospel: Cfr. Luke 24, 13-35**

That same day, two of the disciples were going to a small village called Emmaus, about ten kilometres from Jerusalem. On the way they were talking sadly about what had happened. "Jesus came and walked with them, but something prevented their eyes from recognising Him. [And beginning with Moses and all the prophets, he interpreted to them from all the Scriptures the things concerning Himself. When they came near the village where they were going, Jesus made a gesture to go on. But they urged him, "Stay with us, for it is evening and the day is almost over. So he went in to stay with them, and when He was sitting at table with them, He took bread, blessed it, broke it, and gave it to them. Then their eyes were opened and they recognized Him, but He had disappeared from their sight. And they said to one another, "Were not our hearts burning within us as He spoke to us on the road and explained the Scriptures to us? And immediately they set out on their journey and returned to Jerusalem



## **Let us reflect:**

- 1** Faith in the Risen Jesus is not born in the empty tomb, but in the personal encounter with him. Luke focuses this encounter on the Scriptures (which prepares the heart) and on the Eucharist (in which Jesus is recognised in the breaking of the bread).
- 2** The Eucharist is food and not just any food, it is the Bread of Life. Bread, culturally, is synonymous with all food, since the word "bread" not only indicates the material from which we prepare the food we need to live, but also the bread of the family table where together we share the same bread. Thus, in the Eucharist we all eat of the same bread in order to enter into communion with the Lord and form one body in him (cf. CEC 1328).
- 3** God speaks to us through visible Creation. In the Eucharistic bread, concretely, he reveals Himself to us in a piece of matter: the bread. From here we understand that in the Eucharist Creation finds its highest elevation, as well as its destiny of divinisation (cf. LS 236). St. Hildegard of Bingen, who has delved deeply into this mystery: "As the fruit of the earth and of man's labour, bread and wine represent the creation entrusted to us by our Creator. The Eucharist, a spring of living waters, unites Heaven and Earth and permeates all creation".
- 4** Like the disciples of Emmaus, we too are called to recognise this. We need to sit at table with the Lord and become His guests, so that his humble presence in the Eucharistic Bread may restore our eyes of faith and enable us to see everything and everyone with God's eyes and in the light of his love. He is also our light and our motivation to be guardians of all Creation (cf. LS 136).

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## **Let us pray:**

We thank you, Lord, for remaining and becoming food for us. By recognising you in the Eucharistic bread, you bring us back to our brothers and sisters and impel us to proclaim you and to tell and tell of your love.