

Families in Mission: Giving witness to Jesus

Third Sunday of Easter



1.-Introduction:

In today's Gospel, Jesus appears to his disciples again. He looks familiar in some ways. They see his' hands, feet and wounds. He seems normal. He even asks for something to eat. Yet - they do not understand and are afraid. Didn't he suffer and die? Jesus calms their fears. He reminds them of what is written in the scriptures - that Christ would suffer and rise from the dead. Jesus tells them that they are his witnesses and are called to spread his love.

2.-Opening Prayer:

Dear Jesus, there is much that we too don't understand about your life, death, and resurrection. We bring our fears and our doubts to you. Calm our fears just as you did for the disciples. May we desire to know you better and although we can't see you in person like the disciples did, help us to recognize you in the joy we see around us and when we witness people help, support, and love each other.

3.-Sharing the Good News:



Read the Gospel
LK 24:35-48

5.-Take action as a family:

- Look at what Jesus did to help his apostles overcome their fears: he listens and talks with them, he eats with them, and helps them understand what is in the scriptures (bible). Who do you know in your school, neighborhood, or workplace who eats alone? Make a plan to invite him or her to eat with you and then just start by listening and asking how they are.
- When you gather as a family, share what you did, how you feel and what you learned after reaching out to the person you had lunch with.
- Be a witness. Catch somebody in your family doing good e.g. helping or being kind to someone. Write them a note to tell them what you witnessed and how proud you are of them. When the family is gathered for dinner, make it a point to tell everyone about the good thing you caught the person doing.

4.-Reflect Together:

Discuss some or all of these questions as a family

- What are you afraid of or troubled about? Listen carefully without judging anyone's answers.
- What might help you get over your fears? What helped you in the past to get over your fears?
- Who is a faith-filled person you know and how do they inspire you to grow in faith?
- What could you do as a family to give witness to Jesus?
- Where in my life do I need greater faith and how can we grow in faith as a family?



6.- Closing Prayer:

Prayer of St. Francis:
Lord make Me an instrument of your peace this week
Where there is hatred let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness, joy. Amen