

## THIRD SUNDAY OF EASTER

Acts 2:14, 22-23; 1 Peter 1:17-21; Luke 24:13-35  
Excerpts from *Pope Francis - Angelus - 23 April 2023*  
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Brothers and sisters, I think we know well the Gospel story of today. The two disciples of Emmaus decide on the day of Passover to leave Jerusalem and to return home. Perhaps they were a little uneasy because they had heard the women coming from the tomb and saying that it was empty... but they left. And while they were walking, sadly talking about what had happened, Jesus appeared beside them, but they did not recognize him. He asks them why they are so sad. They tell him the entire story, and Jesus lets them tell him the story.

While they are walking, he helps them re-explain the facts in a different way, in the light of the prophecies, of the Word of God, of all that had been proclaimed to the people of Israel. To re-read: that is what Jesus does with them, helping them to re-read. Indeed, for us too it is important to re-read our history together with Jesus: the story of our life, of a certain period, of our days, with its disappointments and hopes. Besides, we too, like those disciples, faced with what happens to us, can find ourselves lost in the face of events, alone and uncertain, with many questions and worries, disappointments, many things.

Today's Gospel invites us to tell Jesus everything, sincerely, without being afraid of disturbing him: he listens, without fear of saying the wrong thing, without shame at our struggle to understand. The Lord is happy whenever we open ourselves to him. Only in this way can he take us by the hand, accompany us and make our hearts burn again. We too, then, like the disciples of Emmaus, are called to spend time with him so that, when evening comes, he will remain with us.

There is a good way of doing this, and today I would like to propose it to you: it consists in dedicating some time, every evening, to a brief *examination of conscience*. What happened today within me? That is the question. It is a matter of *re-reading the day with Jesus*, re-reading my day: opening the heart to him, bringing to him people, choices, fears, falls and hopes, all the things that happened; to learn gradually to look at things with different eyes, with his eyes and not just our own.

We can therefore relive the experience of those two disciples. Before Christ's love, even what seems frustrating and unsuccessful can appear under another light: a difficult cross to embrace, the decision to forgive an offence, a missed opportunity for amends, the toil of work, the sincerity that comes at a price, and the trials of family life can appear to us in a new light, the light of the Crucified and Risen, who knows how to turn every fall into a step forward.

But in order to do this, it is important to *drop our defences*: to leave time and space for Jesus, not to hide anything from him, to bring him our miseries, to let ourselves be wounded by his truth, to let our heart vibrate at the breath of his Word. We can begin today, dedicate a moment of prayer this evening, during which we ask ourselves: how was my day? What were its joys, what were its sorrows, what were its sameness, how did it go, what happened?

What were the pearls of the day, possibly hidden, to be thankful for? Was there a little love in what I did? And what are the falls, the sadness, the doubts and the fears to bring to Jesus so that he can open new ways to me, to lift me up and encourage me?

May, the Virgin Mary help us to recognize Jesus who walks with us and to re-read every day of our life in front of him.