

Here's a text if you've only a minute ...

God raised Jesus from the dead, and to that fact we are witnesses.

First Reading

You alone, Lord, make me dwell in safety.

Psalm

'Peace be with you!'

He showed them his hands and his feet.

Gospel

Father in heaven, author of all truth,
a people once in darkness has listened to your Word
and followed your Son as he rose from the tomb.

Hear the prayer of this newborn people
and strengthen your Church to answer your call.
May we rise and come forth into the light of day
to stand in your presence until eternity dawns.

Old Opening Prayer

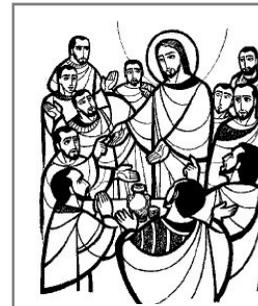
This week's texts if you want to reflect further:
Acts 3: 13–15, 17–19; Psalm 4; 1 John 2: 1–5; Luke 24: 35–48



'Touch me and see for yourselves ...'

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



Third Sunday of Easter

Year B

18th April 2021

'Peace be with you!'

In the midst of the joy and exuberance of Easter, this Sunday's readings allow us to consider our sinfulness, our doubts and our weakness. This is not to weigh us down, but to bring us peace and encourage us to live the new life won for us.

In the **First Reading** from the Acts of the Apostles, Peter is gentle with those responsible for the death of the 'Prince of life'. They must now turn back to God.

The **Psalm** is both a cry for help and a song of hope and trust.

John, in the **Second Reading**, speaks of Christ as our Advocate with the Father. Not only does he take our sins away, he fills us with God's love.

Jesus appears to his doubting disciples in the **Gospel**. He reassures them by inviting them to touch him and by eating with them, before increasing their understanding and hinting at their mission.

Let us continue our Lenten journey this week, strengthened by the gift of Christ's peace, and conscious of being his witnesses – even if, at times, we are confused and doubtful.

Opening Prayer

May your people exult for ever, O God,
in renewed youthfulness of spirit,
so that, rejoicing now in the restored glory of our adoption,
we may look forward in confident hope
to the rejoicing of the day of resurrection.

Psalm 4

R./ Lift up the light of your face on us, O Lord.

When I call, answer me, O God of justice;
from anguish you released me,
have mercy and hear me!

It is the Lord who grants favours to those whom he loves;
the Lord hears me whenever I call him.

‘What can bring us happiness?’ many say.
Lift up the light of your face on us, O Lord.

I will lie down in peace and sleep comes at once
for you alone, Lord, make me dwell in safety.

As I prepare to spend time in prayer, I take a moment to become aware of already being in the presence of my God – the God who loves me, and wishes me to spend time with him.

I breathe in his love and devote this time completely to him.
As I read this Psalm, I remember that Jesus prayed it too.
Did he pray it in his Passion ... in his Resurrection?
How does that make me feel?

Maybe I pray it in thanksgiving for having been released from any form of anguish myself, for favours received, for being heard.

I speak to the Lord and remember such times with gratitude.

Can my gratitude lead to greater trust in God? In what way?

How can I move forward in confidence, knowing that God hears me whenever I call?

I call to mind those in my family or beyond, who are suffering, who do not find safety. I entrust them into God's hands, knowing that he wants happiness for those whom he loves.

I end my prayer in gratitude and trust, praying *Our Father* ...

Gospel Luke 24: 35–48

The disciples told their story of what had happened on the road and how they had recognised Jesus at the breaking of the bread.

They were still talking about all this when Jesus himself stood among them and said to them, ‘Peace be with you!’ In a state of alarm and fright, they thought they were seeing a ghost. But he said, ‘Why are you so agitated, and why are these doubts rising in your hearts? Look at my hands and feet; yes, it is I indeed. Touch me and see for yourselves; a ghost has no flesh and bones as you can see I have.’ And as he said this he showed them his hands and feet. Their joy was so great that they could not believe it, and they stood dumbfounded; so he said to them, ‘Have you anything here to eat?’ And they offered him a piece of grilled fish, which he took and ate before their eyes.

Then he told them, ‘This is what I meant when I said, while I was still with you, that everything written about me in the Law of Moses, in the Prophets and in the Psalms, has to be fulfilled.’ He then opened their minds to understand the scriptures, and he said to them, ‘So you see how it was written that the Christ would suffer and on the third day rise from the dead, and that, in his name, repentance for the forgiveness of sins would be preached to all the nations, beginning from Jerusalem. You are witnesses to this.’

I come to my place of prayer. Maybe I light a candle, a sign of the risen Christ dispelling doubt and fear. I relax and breathe gently, aware of the breath of new life at Easter.

When I am ready, I read the text slowly, a couple of times.

I imagine the disciples gathered together, fearful, not daring to believe the reports that Jesus is risen.

Perhaps I am one of them? How do I feel?

When the Lord invites the disciples – and me – to touch him, how do I respond?

Am I silent? Am I fearful ... or full of joy? Do I speak to Jesus?

When Jesus starts explaining the scriptures, I listen. What touches me?

I hear his call to me to be his witness. I ponder: How can I do this?

I speak to the Lord from my heart, maybe asking for the grace to respond.

I bring my prayer to a close with a *Glory be* ...