

FAITH @ Home

19TH APRIL 2026: YEAR A: 3RD SUNDAY OF EASTER

Diocese of Waterford & Lismore
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Celebrating and supporting faith, hope and love in the heart of the family!

"TO THE HEIGHTS" YOUTH EDITION ALSO AVAILABLE

Sunday Mass Readings

First Reading:

Acts 2:14, 22-33

Responsorial Psalm:

Psalm 15(16): 1-2, 5, 7-11

Second Reading:

1 Peter 1:17-21

Gospel:

Luke 24:13-35



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Hear



Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings online [HERE](#).

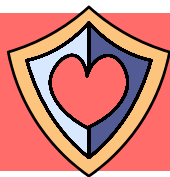
Reflect



In the Gospel today we hear the familiar story of the Road to Emmaus.

- What is the Holy Spirit saying to you through this piece of Scripture? How do these words resonate with you personally?
- "Something prevented them from recognising him": have you ever struggled to see the presence of Jesus in your life? Have you been so weighed down with your own struggles that you've forgotten to look up and into the face of Jesus?
- Has your heart ever burned within you when reading a passage of Scripture? Spend some time reflecting on this week's Gospel: is there a word or phrase that really stands out for you and speaks into your heart right now?

Family Prayer



Lord Jesus, let our hearts burn within us as we recognise your presence in the Holy Eucharist and in Sacred Scripture. Walk with us each day and draw us closer to you. Amen

Chat



In today's Gospel we hear about the two disciples who met Jesus on the Road to Emmaus.

- Have you ever not recognised someone because they changed their hair or looked different, or because they were too far away?
- Why do you think the disciples didn't recognise Jesus even though He was talking with them on the road for a long time?
- How does this story remind us of what we do when we go to Mass? What happens during the Liturgy of the Word and the Liturgy of the Eucharist?
- Jesus disappeared from their sight after he handed the bread he had broken and blessed to them: even though we can't see Jesus in the Eucharist, we believe He is fully present!

Family Challenge!



The disciples set out immediately to share their story with the Apostles: what ways can we share the joy of the Easter message with other people this week? What can we say? How can we act? How should we treat others?



COMPELLED TO SHARE THE STORY

On most Sundays during the Easter season in Cycle A, our Gospel is taken from the Gospel of John. This week's Gospel, however, is taken from the Gospel of Luke. As in last week's Gospel, today's Gospel shows us how the first community of disciples came to believe that Jesus had risen from the dead. In these stories we gain insight into how the community of the Church came to be formed.

When we read today's Gospel, we may be surprised to learn that these friends of Jesus could walk and converse with him at some length yet not recognize him. Again we discover that the risen Jesus is not always easily recognized. Cleopas and the other disciple walk with a person whom they believe to be a stranger; only later do they discover that the stranger is Jesus. We learn that the first community met and recognized Jesus in the breaking of the bread, just as we meet Jesus in the Eucharist.

We can imagine the feelings of the two disciples in today's reading. They are leaving their community in Jerusalem. Their friend Jesus has been crucified. Their hope is gone. They are trying to make sense of what has occurred, so that they can put the experience behind them.

Jesus himself approaches the two men, but they take him for a stranger. Jesus asks them what they are discussing. He invites them to share their experience and interpretation of the events surrounding his crucifixion and death. When the two disciples have done so, Jesus offers his own interpretation of his crucifixion and resurrection, citing Jewish Scripture. In that encounter we find the model for our Liturgy of the Word—what we do each time we gather as a community for the Eucharist. We reflect upon our life experiences and interpret them in light of Scripture. We gather together to break open the Word of God.

In the next part of the story, we find a model for our Liturgy of the Eucharist. The disciples invite the stranger (Jesus) to stay with them. During the meal in which they share in the breaking of the bread, the disciples' eyes are opened; they recognize the stranger as Jesus. In the Eucharist too we share in the breaking of the bread and discover Jesus in our midst. Just as the disciples returned to Jerusalem to recount their experience to the other disciples, we too are sent from our Eucharistic gathering. Our experience of Jesus in the Eucharist compels us to share the story with others.

taken from [Loyola Press Sunday Connection](#)

CHECK IT OUT: SUPERBOOK

Superbook teaches children timeless moral truths and life lessons through the captivating, Bible-based adventures of two time-traveling children and their robot friend. Travel back with Chris, Joy, and Gizmo and get ready for the journey of a lifetime!

The familiar and the futuristic interact with ancient people, places and events to create a sense of wonder, anticipation, empowerment, and personal breakthrough as the children witness God's interaction with man. Superbook is always an exciting journey, full of discovery - with a transformational outcome.



CARLO'S CORNER

EYE-OPENING, LIFE-CHANGING

It's a long Gospel passage, it spans a fourteen mile round trip from Jerusalem to Emmaus! We can easily find ourselves on that journey with two of Jesus' disciples also. We can often get so caught up in our own worries and what's



happening around us that we don't even recognise Jesus with us in our lives. Yet this story shows us how powerfully Jesus is present in both Sacred Scripture and the Holy Eucharist. It was only when Jesus had taken, blessed, broken and shared the bread (the Eucharist) that the disciples recognised Him, and understood why their hearts burned with excitement as He explained the Scriptures to them on the road there. Jesus vanished at that moment: He was no longer physically with them in his human body, but He was truly present with them in the Holy Eucharist.

There are incredible stories of Eucharistic Miracles out there for us to read: inexplicable manifestations of God's power at work through the Holy Eucharist. Read them! St Carlo Acutis managed to catalogue them in a website he created before he passed away at age 15: www.miracolieuucaristici.org

But more important than that, if we want to get to know Jesus and really understand His Eucharistic presence, we need to spend time with him. At Mass Catholics have the incredible privilege of receiving Jesus, Body, Blood, Soul and Divinity through Holy Communion. We can also sit or kneel in His presence in a Church, maybe even read a passage from the Gospels, or just pray in silence. We can ask Jesus to show us that He is really there... and He will!

Is there Eucharistic Adoration available in your parish? If not, find a time when you can visit the church this week to pray in the presence of the Blessed Sacrament in the Tabernacle.

Speak to Jesus as you would speak to a friend. Ask Him to show you that He is really there, and that He really wants to be close to you, and to help you in every area of your life.



Fr Mike Schmitz: How the Eucharist changed my life



Chris Muglia:
Our God is Here



To the Heights Youth Resource also available



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- Faith@Home / Let's Dive In (faithathome@waterfordlismore.ie)
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