

# THIRD SUNDAY OF EASTER

Last week, we reflected on how the risen Christ meets us in our fear, entering the locked rooms of our lives and offering peace. This week, the Easter journey continues, reminding us that healing unfolds through relationship. After encountering mercy, we begin to walk differently—and we are not meant to walk alone.

Many adult children of dysfunctional homes can recall times of feeling confused, discouraged, or disconnected from themselves. We may have learned early in life to rely on ourselves, to suppress our emotions, or to stay constantly aware of our environment. Even in recovery, we may expect clarity or stability to come quickly. When it does not, we can feel frustrated or uncertain about how to move forward.

This Sunday's gospel reading tells the story of two disciples walking to Emmaus after the crucifixion (Luke 24:13-32). As they walk, we are told that *"Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him."* They are processing disappointment and trying to understand their experience.

This can reflect the experience of many adult children. We move forward in life, but often carry confusion about our past and how it has shaped us. We may not immediately recognize how God is present in our healing, especially when old patterns continue to surface.

As they walk, Jesus asks, *"What are you discussing as you walk along?"* and they stop, looking downcast. He invites them to speak openly. In recovery, this is a key step. Many of us learned to hide our feelings or minimize our

experiences. Healing begins when we allow ourselves to be honest about what we carry.

Jesus does not rush the process. He walks with them and helps them understand over time. We are told that *"beginning with Moses and all the prophets, he interpreted to them what referred to him in all the Scriptures."* In recovery, this kind of guidance often comes through safe relationships. Sponsors, groups, or trusted individuals help us see patterns and truths that we could not recognize on our own.

Over time, the disciples notice something shifting within them. *"Were not our hearts burning within us while he spoke to us on the way?"* Growth in recovery is often gradual. As we remain open and connected, we begin to experience greater awareness and a deeper sense of identity.

The turning point comes when they sit at table. Jesus *"took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him."* For us, this points to both the Eucharist and the experience of real unity, reminding us that clarity often follows connection. As we stay present in recovery and remain open to God and others, we begin to see more clearly.

One of the most important shifts for adult children is moving from isolation to connection. Where we once relied only on ourselves, we begin to trust others. Where we once suppressed our needs, we begin to express them. Where we once felt alone, we begin to experience support.

The disciples return to share what they have experienced. In the same way, our healing allows us to show up

differently in our relationships. We become more present, more aware, and more grounded.

Easter reminds us that Christ walks with us, even when we do not recognize Him. As we continue in recovery, we are invited to remain open—to connection, to growth, and to the steady presence of God along the way.

## REFLECTION QUESTIONS

- When have you noticed yourself relying only on yourself instead of allowing others to walk with you?  
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- What does it look like for you to express your thoughts and feelings more openly in recovery?  
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- How are you experiencing growth in awareness or connection in this season of your life?  
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## MASS READINGS

**FIRST READING** Acts 2:14, 22-33

**RESP. PS.** Psalm 16:1-2, 5, 7-8, 9-10, 11

**SECOND READING** 1 Peter 1:17-21

**GOSPEL** Luke 24:13-35