

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 recovery is not meant to be lived in isolation. After encountering mercy, we begin to walk differently—and we do not walk alone.

Many of us can recall times in recovery when we felt discouraged, confused, or disconnected. We may have expected that once we committed to change, things would quickly become clearer or easier. Instead, we encountered moments of struggle, temptation, or emotional discomfort that we did not know how to navigate. In those moments, it can be tempting to withdraw, return to secrecy, or question whether lasting change is possible.

This Sunday's gospel reading tells the story of two disciples walking away from Jerusalem to Emmaus (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, trying to understand what has happened.

This moment can feel familiar in recovery from lust addiction. Many of us walked in isolation for a long time, believing that our struggles had to remain hidden. Even after beginning recovery, we may still carry confusion about our emotions, our desires, or our identity. Like the disciples, we may be moving forward while still feeling uncertain.

As they walk, Jesus asks, *"What are you discussing as you walk along?"* and they stop, looking downcast. He invites them to speak openly. This is a critical part of recovery. Healing begins when we bring our experience into the light. Secrecy

fuels addiction, but honesty breaks its power. When we speak openly with a sponsor, accountability partner, or group, we begin to experience connection instead of isolation.

Jesus does not immediately correct them. Instead, He walks with them and gradually helps them understand. 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 reflects the role of sponsorship and accountability. Others help us see patterns we could not recognize on our own. They walk with us, offering perspective and support.

Over time, the disciples notice something changing within them. *"Were not our hearts burning within us while he spoke to us on the way?"* Growth often happens slowly. As we remain committed to honesty, connection, and prayer, something within us begins to shift. We begin to see ourselves differently—not as defined by our past, but as beloved children of God.

The turning point comes at the 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 connection. As we stay present, engage in recovery, and remain open, clarity begins to emerge.

One of the most important shifts in recovery is moving from secrecy to connection. Where we once hid, we begin to share. Where we once relied only on ourselves, we begin to trust others. Where we once felt divided, we begin to live with greater integrity.

The disciples return to share what they have experienced. In the same way, our willingness to share our story can help

others step out of isolation. Our experience becomes part of how God works in the lives of others.

Easter reminds us that Christ walks with us, even in the places we once tried to hide. As we continue in recovery, we are invited to remain open—to honesty, to accountability, and to the presence of God along the way.

REFLECTION QUESTIONS

- When have you experienced the pull toward isolation or secrecy in your recovery journey?

- What does bringing your experience into the light look like for you today?

- How has walking alongside others helped you grow in honesty and integrity?

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