

Open minds

Luke 24.36b-48

In which Jesus appears to two disciples on the road to Emmaus. They don't recognise him until they arrive at their destination and he breaks bread with them. They race off to tell the disciples and as they are talking, Jesus appears to them all. The disciples are terrified thinking Jesus is a ghost. But he reassures them by inviting them to touch his hands and feet and then eats with them – something a ghost couldn't do! Jesus then opens their minds to understand the scriptures and to see how he had fulfilled them.

Now read **Luke 24.36b-48** see p.2 for text.

A note on the passage

Jesus presents himself to the disciples in a physical form. This is really important as it shows them the reality of his resurrection and it changes everything. At the start of the passage they are all terrified when Jesus appears, but once they have experienced him as a resurrected reality, their fear turns to joy and doubts to understanding. Have there been times when you have felt afraid? Have you experienced the joy that faith in Christ brings? Perhaps you could tell someone your story this week to encourage them to be open to God's joy.



Create a joy banner for your house.

You will need: three sheets of A4 paper or preferably card, coloured pens and pencils, scissors, hole punch, string.

- Write the letters to spell 'Joy' in bubble writing (<https://www.lettering-daily.com/bubble-letters/>) on three separate pieces of A4 paper/card.
- Colour and decorate each letter, then cut them out.
- Using the hole punch, make holes at the top of each letter and thread the string through the top to form a bunting style banner.
- Reread the banner over the next few weeks as an encouragement.



Jesus invited the disciples to eat fish with him. Have a go at making these tuna fishcakes:

You will need: 2 medium potatoes, peeled and quartered; a knob of butter; 1½ tbsp mayonnaise; 1 lemon (finely grated zest only); 3 spring onions, sliced; salt and pepper; 1 tin of tuna, drained; 50g plain flour; 1 egg, lightly beaten; 50g breadcrumbs; a saucepan, a potato masher, three bowls, a baking tray, access to a cooker/oven.

Method:

- Preheat the oven to 200C/180C Fan/Gas 6.
- Put the prepared potatoes in a saucepan, cover with cold water and bring to the boil. Reduce the heat to a simmer and cook for 15–20 minutes, or until tender.
- Drain the potatoes and put them back in the pan with the butter, mayonnaise, lemon zest, spring onions, salt and pepper to taste. Mash together until smooth. Stir in the tuna and set aside.
- Put the flour, egg and breadcrumbs into three separate shallow bowls.
- Mould the tuna mixture into six fishcakes. Coat each first in flour, then in egg, then in breadcrumbs.
- Place on a baking tray and bake for 15 minutes, or until the breadcrumbs are just golden.

QUIZ

At first the disciples found the fact of Jesus' resurrection hard to believe. Research 10 unbelievable facts and make your own 'True or False?' quiz. For example, 'a slug has four noses – true or false?' (The answer is true!) Try the quiz on a member of your family or a friend.

SPREAD THE JOY

Make a timetable for the week and think of a way to spread joy each day: Bake the neighbours a cake, make someone a card or do some shopping for a friend. When your timetable is complete, tick off each day once you have spread some joy!



Go on a walk somewhere you enjoy walking. Take a notebook and pen and, as you walk, draw or write down everything that gives you joy on your walk.

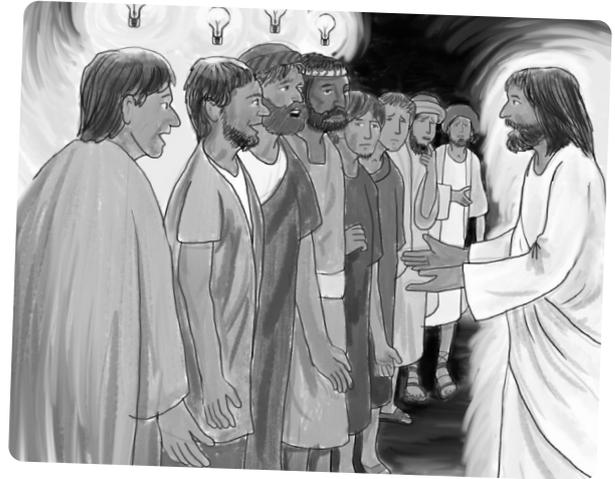
What place do feelings have in your faith?



Choose a version of the passage to read. The first is the ROOTS version for children, the second is the NRSV text which may be suitable for older children, young people and adults.

As Cleopas was telling the eleven disciples and their friends about the traveller who had talked with him on the road to Emmaus, Jesus appeared in the room with them. He said: 'Peace be with you!' They were shocked and terrified. They thought he was a ghost. Jesus said to the disciples, 'Why are you so scared and fearful? Look at the scars on my hands and my feet. It's me, Jesus! Touch me and see. A ghost wouldn't have flesh and bones.' He showed them his hands and feet. They were joyful but confused. While they were still wondering, Jesus asked, 'Do you have anything to eat?' They gave him a piece of cooked fish and he ate it in front of them.

After he had eaten, Jesus said to them, 'These are the things that I was telling you about when we were together: how everything written about me in the Scriptures – the law of Moses, the prophets and the psalms – would come true.' Then Jesus explained everything to them and opened their minds to understand. The disciples felt calm; things seemed clearer now.



He told them, 'It is written in the Scriptures that the Messiah will die, but after three days he will rise from the dead. And the good news, forgiveness of sins for those who repent, will be announced in his name to everyone, starting from here, Jerusalem.' Jesus said to his disciples: 'You are witnesses to all these things that are now happening.'

Luke 24.36b-48

Did you know?

- The word Messiah means the 'anointed one', someone chosen by God to save the Jewish people. It's also a title used for Jesus.

Luke 24.36b-48 (NRSV)

While they were talking about this, Jesus himself stood among them and said to them, "Peace be with you." They were startled and terrified, and thought that they were seeing a ghost. He said to them, "Why are you frightened, and why do doubts arise in your hearts? Look at my hands and my feet; see that it is I myself. Touch me and see; for a ghost does not have flesh and bones as you see that I have." And when he had said this, he showed them his hands and his feet. While in their joy they were disbelieving and still wondering, he said to them, "Have you anything here to eat?" They gave him a piece of broiled fish, and he took it and ate in their presence.

Then he said to them, "These are my words that I spoke to you while I was still with you – that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled." Then he opened their minds to understand the scriptures, and he said to them, "Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things."