

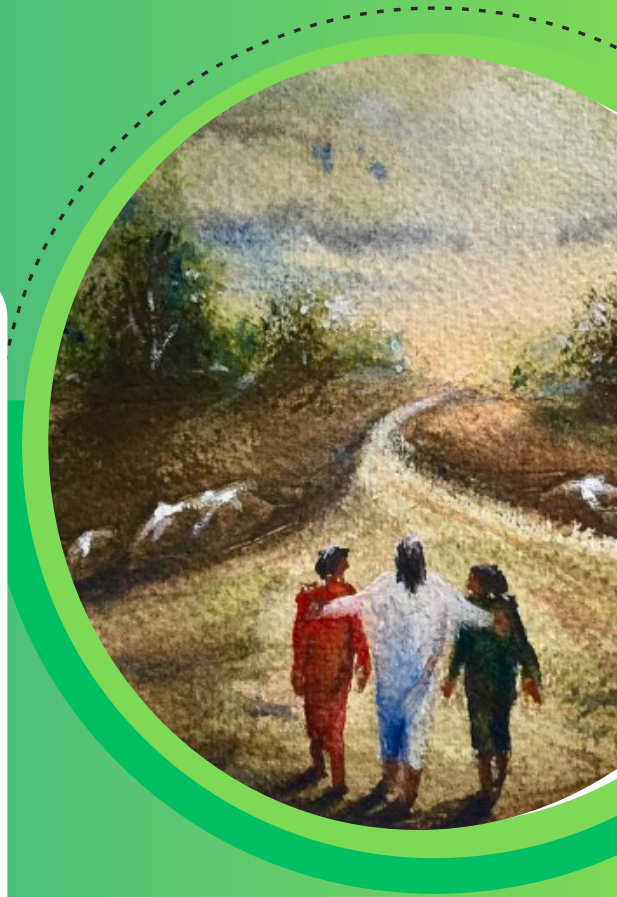
HOLY CROSS AND ALL SAINTS MONDAY MISSION

THIS WEEK'S WORD:

On the same day that Jesus rose from the dead, two of His friends were walking to a village called Emmaus. It was a long walk, and they were talking about everything that had happened – how Jesus had died, and how sad and confused they felt.

As they walked, someone came and joined them. It was Jesus, but they didn't recognise Him. Jesus asked, "What are you talking about?" They stopped walking because they were so sad. One of them, named Cleopas, said, "Are you the only person who doesn't know what has happened in Jerusalem?" Jesus said, "What things?" So they told Him all about Jesus of Nazareth – how He had been a great teacher, how people had hoped He was the one sent to save them, and how He had been put to death. They also told Him that some women had gone to Jesus' tomb that morning and found it empty, and that angels had said Jesus was alive. Jesus listened, and then He began to explain the Scriptures to them. He helped them understand that everything that had happened was part of God's plan, and that the Messiah had to suffer before rising to glory. When they reached Emmaus, Jesus walked ahead as if He were going to continue His journey. But the two friends said, "Stay with us. It's getting late." So Jesus stayed with them. At supper, Jesus took the bread, blessed it, broke it, and gave it to them. At that moment, their eyes were opened – they suddenly knew it was Jesus! And then He disappeared from their sight. The two friends said to each other, "Weren't our hearts burning inside us while He talked to us on the road and explained the Scriptures?"

Even though it was late, they rushed back to Jerusalem. They found the other disciples and told them everything that had happened – how Jesus had walked with them, talked with them, and how they finally recognised Him when He broke the bread.



REFLECT

Have you ever had a day when you felt sad, confused, or unsure what to do next? That's exactly how the two friends in Sunday's Gospel felt as they walked to Emmaus. They thought Jesus was gone forever, and their hearts felt heavy.

As they walked, someone joined them. They didn't know it was Jesus – not yet. But something special started to happen. Jesus listened to them. He walked beside them. He talked to them about God's plan. And slowly, their hearts began to feel lighter. Sometimes we don't notice Jesus walking with us either. We might be too busy, too worried, or too upset to see Him. But He is always there – just like He was on the road to Emmaus.

When the friends invited Jesus to stay for supper, He took the bread, blessed it, broke it, and gave it to them. And suddenly, they knew it was Him. Their eyes were opened, and their hearts were full of joy.

This story reminds us that:

- Jesus walks with us every day
- He listens when we talk to Him
- He helps our hearts feel lighter
- We can recognise Him in kindness, in prayer, and in the breaking of the bread
- And when we feel His love, we can't help but share it with others

Just like the disciples ran back to tell the Good News, we can go out today and share Jesus' love through our words, our smiles, and our actions.

Jesus, open our eyes to see You, open our hearts to love You, and help us walk with You every day
Amen.

LET US PRAY

Dear God,
Thank you for loving us and caring about everything we feel.
Thank you for the story of Martha, Mary, and Lazarus, and for showing us who Jesus is.
Help us to trust you, even when we are sad or confused, and to be honest with you, knowing you listen.
Thank you, Jesus, that you are always with us and understand our pain.
When we feel alone, remind us that you care.
Help us to see you in everyday life and take away our fear and worry, so we can live with joy and courage.
Amen.

MISSION

Just as Jesus walked with the disciples on the road to Emmaus, He walks with us too. Let's go out into our day with hearts full of His love.

To walk with Jesus by choosing kindness, even when it's hard.

To listen to Jesus by paying attention to His words in the Bible and in our hearts.

To share Jesus by being a friend to those who feel lonely or left out.

To recognise Jesus in the breaking of the bread, in our families, and in our school community.

To bring joy just as the disciples did when they ran to tell the Good News.

Jesus, stay with us on our journey today. Help us to bring Your light, Your peace, and Your love wherever we go.

Amen.