

Seeing Jesus Luke 24:13-35

Each day, it's important to take your bearings. Where are you today? In the Easter season, in the scriptures, in your daily life, in your very self? Spend a few minutes getting your bearings for the day.

Let's briefly examine where we are in the scriptures and then begin our day with a prayer for living a life of freedom—for ourselves, our fraternity brothers, and all Exodus Men.

You are in the promised land before the resurrected Christ. We fought alongside Jesus in the wilderness throughout our Exodus and in Lent. Now we have entered into the true promised land: the new life that Jesus offers us in the resurrection. We begin this new exercise, therefore, before the empty tomb.

Pray that the Lord grants deliverance to you, your family, and your fraternity.

Pray for freedom for all men in Exodus, just as they are praying for you.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth. O God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy his consolations. Through the same Christ Our Lord. Amen.

A Reading from the Gospel of Luke

That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing together, Jesus himself drew near and went with them. But their eyes were kept from recognizing him. And he said to them, "What is this conversation which you are holding with each other as you walk?" And they stood still, looking sad. Then one of them, named Cleopas, answered him, "Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?" And he said to them, "What things?" And they said to him, "Concerning Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and rulers delivered him up to be condemned to death, and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since this happened. Moreover, some women of our company amazed us. They were at the tomb early in the morning and did not find his body; and they came back saying that they had even seen a vision of angels, who said that he was alive. Some of those who were with us went to the tomb, and found it just as the women had said; but him they did not

see.” And he said to them, “O foolish men, and slow of heart to believe all that the prophets have spoken! Was it not necessary that the Christ should suffer these things and enter into his glory?” And beginning with Moses and all the prophets, he interpreted to them in all the scriptures the things concerning himself.

So they drew near to the village to which they were going. He appeared to be going further, but they constrained him, saying, “Stay with us, for it is toward evening and the day is now far spent.” So he went in to stay with them. When he was at table with them, he took the bread and blessed, and broke it, and gave it to them. And their eyes were opened and they recognized him; and he vanished out of their sight. They said to each other, “Did not our hearts burn within us while he talked to us on the road, while he opened to us the scriptures?” And they rose that same hour and returned to Jerusalem; and they found the eleven gathered together and those who were with them, who said, “The Lord has risen indeed, and has appeared to Simon!” Then they told what had happened on the road, and how he was known to them in the breaking of the bread.

Reflection

In the Easter season, we will look both back and forward. In today’s scripture reading, Jesus looks back on the whole story of salvation history, including the Exodus out of Egypt. All of these things pointed forward to the salvation that he would bring and that would be remembered and celebrated in the Church. The story does not end with the great events of the Bible. Like the disciples on the way to Emmaus, we remember the great works of God in our lives and look forward to how the story continues to unfold in our lives.

We look forward, therefore, to the unfolding of our new life in Christ. In a couple of days, we will begin reading from the Acts of the Apostles, which teaches us what the fullness of the Christian life looks like. The early community was devoted to prayer, fellowship, evangelization, and service. They both knew what it meant to suffer for the faith and to celebrate the resurrection festively within their homes. Acts will provide a model for us in learning how to live the Christian life in a way that sustains the fruit of our Exodus and embodies our hard-fought freedom.

Where do we see Jesus? Our reflections will help us to stay focused on Jesus in the details of our daily life. To live the Christian life is to live with, in, and through Jesus in everything we do. That will mean continuing the path of the crucifixion—taking up our cross every day—while also rejoicing in the victory of the resurrection. There is a paradox within the Christian life, as we can never stop fighting the spiritual battle, even though we know, and celebrate, that Christ has already won the victory.

Easter will bring out this paradox as we form our plan for continuing our fight and celebrating the joy of Christ’s victory. Knowing that the war has been won helps us to enter each battle with joy and peace. We have to

fight, but the ultimate outcome does not depend merely on our own efforts.

In order to maintain this proper balance, we need to continue growing in prayer, asceticism, and fraternity. This Easter season will give us a chance to build up habits that will last.

Day 2 Action Item

Begin to form your Plan of Life. During the Easter Season, we are focused on building an Exodus way of life, which can sustain the fruit of Exodus 90 and Lent in a realistic and sustainable way throughout the year.

To accomplish this, we start with a very simple list of habits that will form a common baseline for all Exodus Men, keeping us united as a global fraternity. For the Easter Season, this baseline includes:

20 minutes of silent prayer every day

Daily Scripture Readings & Reflections from the Gospel of Luke and Acts of the Apostles

Examine your day

Abstain from meat on Fridays

Take a cold shower on Fridays

Offer up one holy hour each week

Weekly fraternity meeting

Celebrate the Lord's Day on Sundays

The purpose of this list is to provide a firm foundation for living a life of prayer, asceticism, and fraternity that still leaves room for our own needs and goals.

Here in the app on the Disciplines Tab, there is a section for creating Personal Disciplines. This is where you will add individual habits that you hope to live during the Easter Season and beyond.

The practice of building a Personal Plan of Life isn't something you do once here on Easter Monday and then stick to forever. It should be an ongoing conversation with yourself and with God. You might enthusiastically set a very high bar initially and then need to reassess. That's okay! Or you might start with just one or two habits and need to add more over time. That's okay, too. To help in this process, think back over your experience in Exodus 90 (or during Lent if you do not do Exodus 90 this year).

What did the Lord do in your life?

Where did you see the most fruit?

Where do you feel the Lord is calling you to grow?

Take a minute to write down 2 or 3 takeaways from this time and keep them as a reference for Easter. Make sure to thank the Lord for the spiritual gifts he has given you. Over the rest of the Easter Octave, we will consider a few major areas of life and propose possible habits to keep making forward progress.