

The Mission Luke 24:36–53

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

As they were saying this, Jesus himself stood among them, and said to them, "Peace to you." But they were startled and frightened, and supposed that they saw a spirit. And he said to them, "Why are you troubled, and why do questionings rise in your hearts? See my hands and my feet, that it is I myself; handle me, and see; for a spirit has not flesh and bones as you see that I have." And when he had said this, he showed them his hands and his feet. And while they still disbelieved for joy, and wondered, he said to them, "Have you anything here to eat?" They gave him a piece of broiled fish, and he took it and ate before them.

Then he said to them, "These are my words which I spoke to you, while I was still with you, that everything written about me in the law of Moses and the prophets and the psalms must be fulfilled." Then he opened their minds to understand the scriptures, and said to them, "Thus it is written, that the Christ should suffer and on the third day rise from the dead, and that repentance and forgiveness of sins should be preached in his name to all nations, beginning from Jerusalem. You are witnesses of these things. And behold, I send the promise of my Father upon you; but stay in the city,

until you are clothed with power from on high."

Then he led them out as far as Bethany, and lifting up his hands he blessed them. While he blessed them, he parted from them and was carried up into heaven. And they worshiped him, and returned to Jerusalem with great joy, and were continually in the temple blessing God.

Reflection

If you were to give your reasons for doing Exodus 90, wouldn't you say it boiled down to what Christ is offering his disciples: peace? We went on a journey through the desert, and through Lent, to get to this place, to receive the peace that Jesus wants to give us. We can never say that we've experienced his peace enough or that the battle is over in this life. The battle continues, although it has a different feel during the joy of Easter.

Peace comes from a right ordering within. We experience moral or spiritual anguish when things are not under control or directed in the right way. In his crucifixion, Jesus took on the battle for us, and in his resurrection he won a victory over all the forces against us. On our own, however, we are part of the problem. To experience the fruits of Jesus's victory, we must accept his grace and willingly cooperate with it to bring order and peace within. He wants to fulfill his promises within us, giving us power from on high, so long as we abide with him, continuing to eat and drink with him.

We should ask, what does Christ's peace oppose in the life we left behind before our time in the desert? Distraction, drama, depression, meaninglessness, aimlessness, frenetic activity? Christ's peace takes these things away. It is this peace which we need to guard and maintain.

This is why we have to keep growing in prayer and virtue, with the support of our fraternity. Jesus also calls us to be his witnesses to the graces he has given us so that we can invite others to join us. The power on high that he bestows on us will be used for the good of others as well, leading others to freedom.

Easter is a time of joyful celebration and witness. For us, like the apostles, it will also be a time of readjustment as we ask, "what does life look like now, coming out of the wilderness?" We will continue to pray through this, forming our Plan of Life to sustain the fruit of our Exodus.

Day 3 Action Item

Set boundaries for the use of technology. As you continue building out your Plan of Life, consider the freedom of a life that is not dominated by technology. Who wants to go back to the slavery of Egypt? Technology, as a dominant taskmaster, induces anxiety, freneticism, and outrage that counterpose Christ's peace. To preserve our freedom, we need to set clear and concrete boundaries. Think about concrete guidelines for your

technology use and then stick to them. You can make these practices a part of your Plan of Life.

Here are some ideas for maintaining freedom:

Abstain from unnecessary mobile device use.

Abstain from social media.

Abstain from mobile device use in the presence of others.

Abstain from technology use on Sundays.

Create times at home each evening without technology.