

Introduction to the day

The gospel for the third Sunday of Easter is always one in which the risen Christ shares food with the disciples, meals that are the Easter template for the meal we share each Sunday. In today's gospel, Jesus both shares the disciples' food and shows them the meaning of his suffering, death, and resurrection through the scriptures, the two main elements of our Sunday worship.

PRAYER OF THE DAY

Let us pray.

Holy and righteous God, you are the author of life, and you adopt us to be your children. Fill us with your words of life, that we may live as witnesses to the resurrection of your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

Amen.

FIRST LESSON: Acts 3:12-19

After healing a man unable to walk, Peter preaches to the people, describing how God's promises to Israel have been fulfilled in Jesus. Through the proclamation of Christ's death and resurrection, God is offering them forgiveness and restoration in Jesus' name.

PSALM: Psalm 4

The LORD does wonders for the faithful. (Ps. 4:3)

SECOND LESSON: 1 John 3:1-7

God has loved us in order to make us children of God. Though we do not yet know the full details of our future existence, we trust that God will reveal it just as God revealed Jesus to take away our sins.

GOSPEL: Luke 24:36b-48

In this account of an appearance after his resurrection, Jesus opens the minds of the disciples to understand him as Messiah. Jesus convinces them that he has been raised and sends them on a mission to proclaim the message of repentance and forgiveness.

GOSPEL MESSAGE

From Fear to Faith

Fight, flight, or freeze: that's how our bodies tend to react when we perceive danger. Our heart rate increases, our breathing speeds up, and even our vision changes to take in our surroundings quickly so we can protect ourselves. When Jesus appeared to the disciples on the evening of his resurrection, they seemed to be in the middle of a fight, flight, or freeze response. Their Lord had been crucified. They didn't know what to do next. When Jesus suddenly stood among them, they froze in shock and fear. Jesus overcame the disciples' fright by showing his hands and feet and by eating a piece of fish. As they looked at the scars and watched him eat, the truth of his resurrection dawned on them. The disciples' inclination to fight, flee, or freeze melted away.

Once Jesus had brought the disciples back to a calm resting state, he opened their minds to understand how he had accomplished God's plan to save the world. Jesus told the disciples that now that he was risen, it was their turn to tell his story in Jerusalem and to the ends of the earth. Joy started to flicker in the

disciples' hearts as Jesus freed them from fear. He gave them a purpose: to be his witnesses. They were to free others by sharing the good news that Jesus had died and risen again to forgive their sins and give the gift of eternal life to all who believe.

In our world today, many voices spread fear. It's easy to focus on those voices, feel overwhelmed, and freeze. But Jesus came to free us *from* fear and to free us *for* faith. Receiving the bread and wine of his supper reminds us that Jesus lived, died, and rose again for our salvation. We don't have to be afraid of anything. Holy communion strengthens us to be his witnesses and to do his work in the world so others can be set free by the good news of Jesus' love.

THE PRAYERS OF INTERCESSION

Rejoicing that Jesus is risen and love has triumphed over fear, let us pray for the church, the world, and all those in need of good news.

O God our holy one, as the risen Christ opened the minds of the disciples to understand the scriptures and gave them power through the Holy Spirit to walk boldly in the world, open your people today to the healing, wisdom, and faith given in your Word. God of grace, **hear our prayer.**

O God our creator, you bring forth all life on earth. Calm storms, bring water to parched places, and protect the climate, that this planet would sustain life in all its variety. God of grace, **hear our prayer.**

O God our savior, you offer wisdom and guidance beyond all human knowledge. Instruct lawmakers, judges, and elected officials to make decisions grounded in your justice and care for all people. God of grace, **hear our prayer.**

O God our elder, you care for all your children. Encourage those who are in times of transition, facing the loss of old ways and routines and anticipating change. Guide those who journey in grief, hope, and uncertainty; especially Sandra Gagnon, Karen Weigold, Keith Weckwerth, Karen O'Day, Shirley Glickman, Marilyn Schneider, Denita Wolfgram, Stephanie Yourth, Christopher Yourth, Linda Boland, Peter Howell, Glenda Panke, Mark Bimm, Harold Yourth, Irene Churchill, Debbie Thom, Donna L Hoffman, Walter Hobden, Doug Holly, Gary Churchill and those in long term care facilities and senior residences. In this moment of silence we name out loud or in the quiet of our hearts those who need your healing touch. God of grace, **hear our prayer.**

O God our center, you bring all people together in you. Help us to remember our identity and purpose in our ministries. Move us to love our neighbors as ourselves and to share in beloved community. God of grace, **hear our prayer.**

O God our resting place, your Son Jesus promised that we are held in your love forever. We remember our beloved who have died and who now rest with you. As we remember and share their love, comfort those who mourn. God of grace, **hear our prayer.**

Into your hands, most merciful God, we commend all for whom we pray, trusting in your abiding love; through Jesus Christ, our resurrected and living Lord. **Amen.**

BLESSING

Almighty God, Father, ✠ Son, and Holy Spirit, bless you now and forever.

Amen

DISMISSAL

Page | 3

Go in peace. Serve the Lord.

Thanks be to God.

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