

Reflection for April 18, 2021

The Third Sunday of Easter

from Jon Metz

“Why are you troubled? And why do questions still arise in your hearts?” This is the question Jesus asks his disciples. Today’s Gospel from Luke is sandwiched in-between the Road to Emmaus and the Ascension. It is the last time Jesus’ disciples saw him before his Ascension, and just like us today... they struggled. Even though the disciples have now witnessed the risen Christ a couple of different times, they still have a difficult time understanding. They are still “troubled.”

I find comfort in this, because it reminds me to go easy on myself when I struggle. I say to myself, “See, even the disciples, in the midst of the risen Christ, struggled.” We are in good company. When I witness the disciples becoming vulnerable, struggling to understand, I can lean into my understanding of the Mystery of Faith more. We don’t always understand. Sometimes we just have to embrace the mystery. We take a leap, and say “God, I don’t totally understand. My heart is troubled, but be with me as I sit in your mystery.”

- Do you ever feel “troubled” in faith?
- Can you think of a time you embraced “the mystery of faith?”
- How can you comfort someone else who is struggling with faith?