

Can I Be Sad?

Scripture: Luke 24: 15-35

Date: April 19, 2020

SADNESS - STRUGGLES

TEACHING

Last week the global church celebrated Easter Sunday proclaiming the triumphant resurrection of Jesus Christ. But we also recognize and remember that we are still in Covid 19 lockdown and it's hard to celebrate when life is heavy – when life is hard. Our world is filled with the emptiness of what we once had, the hopelessness of what we once wanted, the weight and burden of trying to move forward. This sadness is compounded by the struggle of trying to make sense out of it. Who is responsible? How did we get here and how do we get out? Why is this happening?

REFLECTING

What parts of your life are a struggle to succeed in right now?

What parts of your life are filled with sadness right now?

SAVIOUR - SURPRISED

TEACHING

Jesus – the stranger – enters the world of these two disciples. Walking alongside of them engaging them – inviting them. Walking with them and talking with them about their needs and His offer of life. Matthew 11: 28-30 reminds us of Jesus' offer to be a presence in our lives. An offer of His presence with us that gives us comfort and an offer of His presence for us that gives us hope.

Jesus' offer of life is revealed in the scriptures and in the sacraments and in those moments of grace and glory He is also recognized. Recognized as being alive and as such Easter becomes more than a moment in time but a movement through time.

REFLECTING

Where do you see Jesus' offer revealed in scripture for you?

What parts of Jesus' offer of hope and encouragement do you see in your world?

What parts of Jesus' offer of hope and encouragement do you see needed *through you* – to the world around you?