

THIRD SUNDAY OF EASTER (YEAR A) Sunday 19 April 2026

## EXPLORING THE SUNDAY GOSPEL

# SHARING BREAD

### EXPLORING NEXT SUNDAY'S THEME

#### *Introducing the Gospel*

*The journey to Emmaus (Luke 24: 13-25)*

The key to Luke's narrative about the journey to Emmaus concerns the way in which the two travellers eventually recognised Jesus for who he is. Jesus was recognised in one of the very ordinary events of life, sharing bread. But at the same time Jesus gave this ordinary event extraordinary significance by those characteristic four actions seen at the feeding of the five thousand and at the last supper. Jesus took the bread, blessed it, broke it and gave it to them.

The image to stimulate reflection on Luke's narrative about the journey to Emmaus is *sharing bread*, a sacramental act now so central to the Christian tradition.

#### *Core extract from the Gospel (Luke 24: 28-31; for reflection throughout the week)*

As they came near the village to which they were going,  
he walked ahead as if he were going on.  
But they urged him strongly, saying,  
'Stay with us, because it is almost evening  
and the day is now nearly over.'  
So he went in to stay with them.  
When he was at the table with them,  
he took bread, blessed and broke it,  
and gave it to them.  
Then their eyes were opened, and they recognised him.

#### *Gospel prayer (for use throughout the week)*

Risen Lord Jesus,  
you made yourself known to the disciples  
on the way to Emmaus.  
Come among us now  
and make yourself know to us  
in the breaking of bread;  
for you are our God,  
now and for ever.  
Amen.

**READING NEXT SUNDAY'S GOSPEL**

**Luke 24: 13-35**

**The Journey to Emmaus**

Now on that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him. And he said to them, 'What are you discussing with each other while you walk along?' They stood still, looking sad. Then one of them, whose name was Cleopas, answered him, 'Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?' He asked them, 'What things?' They replied, 'The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over 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 these things took place. Moreover, some women of our group astounded us. They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed 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 they did not see him.' Then he said to them, 'Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should suffer these things and then enter into his glory?' Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures.

As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, 'Stay with us, because it is almost evening and the day is now nearly over.' So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, 'Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?' That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, 'The Lord has risen indeed, and he has appeared to Simon!' Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

## **ENGAGING WITH THE THEME**

### ***Dwelling with the text (Luke 24: 13-25)***

Begin to explore Luke's account of the journey to Emmaus by employing the SIFT approach of Sensing, Intuition, Feeling, and Thinking. You may find that one of these approaches comes easier to you than the others. But it is worth trying all four.

- What details in the passage catch your attention (Sensing)?
- What big ideas in the passage spark in your mind (Intuition)?
- What most touches your heart in the passage (Feeling)?
- What most stretches your mind and makes you think in the passage (Thinking)?

### ***Thinking and talking***

Identify topics within the passage that can get you thinking and talking. Here are some ideas to get you started.

- What do you make of Jesus' way of getting into conversation with the two travellers whom he met on the road?
- What do you make of the account those two travellers gave of what had taken place?
- What did Jesus bring to the conversation?
- What is so distinctive about Jesus' actions at the table?
- What does this narrative say for us today?

### ***Using your Bible***

The encounter between Jesus and the disciples in Luke 24: 13-25 is distinctive to Luke's Gospel. Compare this narrative with two other key narratives in Luke.

- Luke 9: 12-17, especially v. 16
- Luke 22: 14-20, especially v. 19

Explore themes that are developed further in Luke's second book, The Acts of the Apostles.

- Acts 2: 22-28
- Acts 2: 42
- Acts 13: 26-33

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### *Exploring online*

Widen your exploration of Luke's account of the journey to Emmaus by looking up some of the following themes and others of your own choosing.

- Images and paintings of the journey to Emmaus
- Taken, blessed, broken, and shared
- Baking bread at home

### *Drawing on experience*

The image to stimulate reflection on Luke's account of the journey to Emmaus is *sharing bread*. Draw on your experience of sharing bread. For example:

- What are your experiences of sharing bread?
- Have you special memories of sharing bread?
- What is your image of Jesus sharing bread?

What have you learned about sharing bread?

### *Creating and making*

This section offers pointers to some creative activities that may be inspired by Luke's account of the journey to Emmaus or by the image of sharing bread.

- Bake a loaf of bread while reflecting on the journey to Emmaus.
- Make a poster displaying the journey to Emmaus.
- Make a collage setting side-by-side images of sharing bread and images of different forms of Christian communion services.
- Create a reflection, poem, or prayer on the theme of the journey to Emmaus or on the image of sharing bread.

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**Liverpool  
Cathedral**

## **EXPLORING THE SUNDAY GOSPEL**

Each week we are inviting people in their homes to look forward to those Sunday services that follow the Revised Common Lectionary Gospel readings. We employ the SIFT approach (Sensing, Intuition, Feeling, and Thinking) to encourage reflection on the Sunday Gospel. We are suggesting a variety of ways in which people of all ages, and households working together, may engage with the Gospel reading and celebrate that engagement with shared activities.

These materials have been developed by the Canon Theologian of Liverpool Cathedral working in collaboration with the staff team here at the Cathedral, and with sponsorship and support from the St Mary's Centre in Wales.



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