

Lord, Show Us the Path of Life

3rd Sunday of Easter
Cycle A | April 19, 2026

WISDOM FROM THE CELLS

I remember a time that I felt peace when there was chaos around me. It was during my first retreat... I had never been guided on how to get closer to Jesus.

I remember how sometimes I felt like I couldn't believe in God. It occurred more frequently when I was put in prison. I really felt like completely giving up on God, but I was constantly reminded of his presence by a lot of random occurrences. Those little gestures really kept me going and gave me strength. Without my parents, I wasn't sure I would find my way towards the light.

But the first time I experienced a meditation, it was such a relief to me. I felt like, for the first time in five years, that I could forgive and become a better person.

These retreats will forever be instilled in my heart. I have made a promise to not only myself, but Jesus too, that I will let this experience change my life for the better.

-Mike, who is in a California State Prison.



PENITENTIAL RITE

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

May almighty God have mercy on us, forgive us our sins and bring us to everlasting life.

R. Amen.

OPENING PRAYER

Let us pray:

Lord,

Our road in life is often tiresome and difficult. May we feel the presence of your Son Jesus who journeys with us each day of our lives and may we feel the warmth of his love in our hearts.

We ask this through Christ, our Lord. **R. Amen.**



LITURGY OF THE WORD

First Reading: Acts 2:14. 22-44

Then Peter stood up with the Eleven, raised his voice, and proclaimed: "You who are Jews, indeed all of you staying in Jerusalem. Let this be known to you, and listen to my words. You who are Israelites, hear these words. Jesus the Nazarene was a man commended to you by God with mighty deeds, wonders, and signs, which God worked through him in your midst, as you yourselves know. This man, delivered up by the set plan and foreknowledge of God, you killed, using lawless men to crucify him. But God raised him up, releasing him from the throes of death, because it was impossible for him to be held by it. For David says of him: *I saw the Lord ever before me, with him at my right hand I shall not be disturbed. Therefore my heart has been glad and my tongue has exulted; my flesh, too, will dwell in hope, because you will not abandon my soul to the netherworld, nor will you suffer your holy one to see corruption. You have made known to me the paths of life; you will fill me with joy in your presence.*" My brothers, one can confidently say to you about the patriarch David that he died and was buried, and his tomb is in our midst to this day. But since he was a prophet and knew that God had sworn an oath to him that he would set one of his descendants upon his throne, he foresaw and spoke of the resurrection of the Christ, that neither was he abandoned to the netherworld nor did his flesh see corruption. God raised this Jesus; of this we are all witnesses. Exalted at the right hand of God, he received the promise of the Holy Spirit from the Father and poured him forth, as you see and hear."

The Word of the Lord.

R. Thanks be to God.

Responsorial Psalm: Psalm 16:1-2, 5, 7-8, 9-10

R. Lord, you will show us the path of life.

Keep me, O God, for in you I take refuge;
I say to the LORD, "My Lord are you."

O LORD, my allotted portion and my cup,
you it is who hold fast my lot.

R. Lord, you will show us the path of life.

I bless the LORD who counsels me;
even in the night my heart exhorts me.

I set the LORD ever before me;
with him at my right hand I shall not be disturbed.

R. Lord, you will show us the path of life.

Therefore my heart is glad and my soul rejoices,
my body, too, abides in confidence;
because you will not abandon my soul to the netherworld,
nor will you suffer your faithful one to undergo
corruption.

R. Lord, you will show us the path of life.

Second Reading: 1 Peter 1:17-21

Beloved: If you invoke as Father him who judges impartially according to each one's works, conduct yourselves with reverence during the time of your sojourning, realizing that you were ransomed from your futile conduct, handed on by your ancestors, not with perishable things like silver or gold but with the precious blood of Christ as of a spotless unblemished lamb. He was known before the foundation of the world but revealed in the final time for you, who through him believe in God who raised him from the dead and gave him glory, so that your faith and hope are in God.

The Word of the Lord.

R. Thanks be to God.

Gospel: Luke 24:13-35

That very day, the first day of the week, two of Jesus' disciples were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him. He asked them, "What are you discussing as you walk along?" They stopped, looking downcast. One of them, named Cleopas, said to him in reply, "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?" And he replied to them, "What sort of things?" They said to him, "The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him. But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place. Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women had described, but him they did not see." And he said to them, "Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Christ should suffer these things and enter into his glory?" Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the Scriptures. As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, "Stay with us, for it is nearly evening and the day is almost over." So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, "Were not our hearts burning within us while he spoke to us on the way and opened the Scriptures to us?" So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, "The Lord has truly been raised and has appeared to Simon!" Then the two recounted what had taken place on the way and how he was made known to them in the breaking of bread.

The Gospel of the Lord.

R. Praise to you, Lord Jesus Christ.



MEDITATION: EMMAUS

*(through the eyes of
cleopas and joseph)*

the rain was falling
gently on the two
of them with
their bags of
belongings as
they made their way
to emmaus

passing in front
of the top
of the hill where
a few days ago
they had tortured jesus
to death
how do you find hope
in this hopelessness?
they had put all their trust
in the one who was
put to death

cleopas was
twenty-four
all his youth
he had looked for
someone who was
passionate about
helping the poor
someone who wanted
to see something
different happen
in the country

cleopas remembered
the first time he heard
jesus speak
he was now
executed and buried
those hours of watching
jesus die on the cross
had shattered any hope
for a better future

something had died
within him
so cleopas gave up
below the cross
what good had
all their struggling done?

they continued walking
slowly along the road

it was so late in the day
cleopas and joseph
were surprised
when a stranger
suddenly caught
up to them
they did not
recognize this man
but they welcomed him
to walk with them
this stranger asked them
why were they so sad
cleopas said
we can't understand
why someone so good
could be killed
they arrested him
without cause
they put him in a cell
had a trial
there was no justice

they sat down
by the side of the road
with heavy feelings
passing through them

it was better to let
all this settle in emmaus
this stranger said
do you remember
going to the synagogue
and studying
the prophets?
can't you both see
that our faith
makes demands
that we have
to make sacrifices
and not only take
the easy road?
there is a price
in striving
to be faithful
when it is not easy

when you walk

in darkness
you stumble
you get hurt
didn't both of you see
when you stood
below that cross?
this was the price
for creating
a more just world
there is no easy way

they stood up
and began walking
again slowly
cleopas and joseph
could see what
this stranger was
explaining to them
they were beginning
to understand
that suffering is a part
of the struggle
that jesus did not
die in vain
even though
it might seem that way

so they began
to make good progress
now walking quickly
all of a sudden
their walk was
more enjoyable
with the company
of this stranger

it was starting
to get dark
cleopas and joseph
said to this stranger
it is getting late
here is the inn
do you want to rest
here with us?
soon the three of them
put their bags down
and sat around a table

cleopas and joseph
were starving
then the stranger

took the bread
they were going to eat
and began to break it
as he did this
they both saw
that it had been jesus
the stranger with whom
all along they were
speaking to

their eyes were opened
with his hands
breaking the bread
as jesus did this
blood flowed along
the table blood
from the wounds
in his hands
the blood flowing
connecting to
everything
that had happened
during these last
two weeks

joseph and cleopas
put their hands
on the table
feeling the power
in the blood
feeling the suffering
of his friends
who are now
in the roman prisons

this was strong
but connected
to jesus' blood
they were feeling hope
that everything
jesus had explained
along the way
made sense
their hearts had
been burning
feeling hope
that one day
his friends would
no longer
be prisoners



REFLECTION: I remember a time I felt alone during a difficult time in my life and later realized I was not alone... I remember... I remember...

OUR FATHER

Let us pray with confidence to the Father
in the words our Savior gave us:

**Our Father, who art in heaven,
hallowed be thy name;
thy Kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.**

**R. For the kingdom, the power and the glory
are yours, now and for ever. Amen.**

SIGN OF PEACE

Jesus, you said to your apostles: "I leave you
peace, my peace I give you. Look not on our
sins, but on the faith of your Church, and
grant us the peace and unity of your kingdom
where you live forever and ever. **Amen.**

The peace of the Lord be with you always.
R. And with your spirit.

LAMB OF GOD

Lamb of God, you take away the sins of the world:
Have mercy on us.

Lamb of God, you take away the sins of the world:
Have mercy on us.

Lamb of God, you take away the sins of the world:
Grant us peace.

This is Jesus, the Lamb of God, who takes away
the sins of the world. Happy are we who are called
to his supper.

**Lord, I am not worthy that you should enter
under my roof, but only say the word and my
soul shall be healed.**

COMMUNION

CLOSING PRAYER

Let us pray:

Jesus,

When I am down about how my life is going, walk
with me just as you walked with the disciples to
Emmaus. Open the Scriptures for me as I read
your Holy Word, help me understand what you
want from me, feed me your precious Body and
Blood and send me to help others find you too.

We ask this through Christ, our Lord. **R. Amen.**

