

April 26, 2020

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**Reading:** Luke 24: 13-35

**The Message:** The Rhythm of the Risen Life

[Video](#)

How to talk about a journey, the journey of the disciples on the road to Emmaus, when we seem to be sidelined from all our journeys. But in a way, we are on a spiritual journey. Wandering through this wilderness time, looking at what has been stripped away from our lives, and what we are left with -- like the disciples after the resurrection.

It was Easter Sunday evening and the resurrected Jesus had been busy. Jesus had appeared to women in the early dawn. Later that day, he had appeared to two disciples walking about ten kilometres to the village of Emmaus.

The two disciples didn't recognize Jesus when he first joined them. Jesus asked them what they were talking about. They couldn't begin to understand why he hadn't heard. The most incredible event of their lives, of their time, and this man hadn't heard about it. They told him all about Jesus. And they told him about the empty tomb.

Jesus took them back to the scriptures interpreted to them the things about himself in all the scriptures from Moses on.

The stranger on the road to Emmaus took the fear, wonder, skepticism, curiosity, and the joy of the disciples and wove them into the fabric of scripture, teaching them once more what he had spent his life teaching them.

They invited him to join them for a meal when they arrived at Emmaus, and in the breaking of the bread, they recognized him. Again he taught them, and then left them.

And the reactions of his inner circle are intense: **shock, terror, fear, doubt, disbelief, wonder, and joy.**

Jesus appears again, this time to all eleven disciples in Jerusalem, which meant that the two who had seen him in Emmaus ran back to Jerusalem to tell their friends..He hears all these intense emotions.

"Peace be with you," he tells them. 'Calm down. Why are you frightened? Why do you doubt?' He reassures them ... and then asks for . . . breakfast!

While in their joy they were disbelieving and still wondering, he said to them, 'Have you anything here to eat?' They gave him a piece of broiled fish,

Intense emotion ... then the ordinariness of breakfast.

The rhythm of life as the risen Jesus demonstrates seems to involve a balance of these moments of intensity, an encounter with scripture and then back to the mundane.

We have to get on with everyday life in the light of the resurrection even with all these emotions we have.

I don't know about you, but I feel this pattern. Intense anxiety, moments of prayer and uplift as I connect with others, read about the self sacrifice of so many, and then what to make for dinner.

The disciples are totally not ready for this. Jesus tells them everything about himself and opens to them the promise of eternal life.

Here's how it goes:

- an encounter with the risen Christ
- Turn to the scriptures, look back to the teachings
- go out into the world to witness this intense experience.

We modern disciples can be weighed down by cynicism, stress, worry, grief, guilt. We may feel we have some competence to deal with our daily lives, until something happens that startles us, that shakes us to the very core, that shakes our understanding of the world to the core.

And if we discuss and debate the idea of God, when we are yearning for the living presence of God -- sometimes we miss God's presence in our midst. The disciples were yearning for Jesus to come to them, but as they discussed and debated what had happened, they didn't even recognize him in *their* midst.

Jesus' appearances tell us that the Good News of his Resurrection is for everyone. God's salvation has come for all people. But it's a hard message to believe for anyone.

There are so many obstacles to us truly seeing: we can be too preoccupied, too suspicious, too busy to actually recognize God. So all this time we have, it can be in some way a gift

Garrison Keillor describes his people, Minnesota Lutherans:

"My people are not Paradise people. We've lived in Minnesota all of our lives and it has taken a lot out of us. My people aren't sure they'll even like paradise: not sure perfection is all it's cracked up to be. My people will arrive in heaven and stand just inside the gate, shuffling around. 'It's a lot bigger than I thought it was going to be,' they might say. We'll say, "No thank you, we can't stay for eternity, we'll just sit and have a few minutes of bliss and then we have to get back!"

But in moments of grief, perhaps all that reserve is stripped away and we can see our way to God a little clearer.

Jesus takes time to help the disciples.. 'Don't be afraid and don't doubt,' Jesus tells those disciples gathered together around the dinner table in a home in Jerusalem. 'Look at me. Touch me. Go ahead. You'll see that I'm no ghost, I'm real. I am the same person that walked with you and taught you; that cried and laughed with you; that scolded you but also affirmed you. It is I.'

Even in this time, we are blessed. We can feast on scripture every week. We can hear Jesus meeting our needs, regularly. We can practice moving through the emotions of our life with the risen Jesus, hearing him connect them to the scriptures and then getting on with breakfast -- the mundane aspects of our lives, with renewed understanding that we are children of God through the risen Christ.

We come to the well, and drink deeply. And in joy and obedience we leave able to love others deeply from the heart.