

April 18, 2021

3rd Sunday of Easter

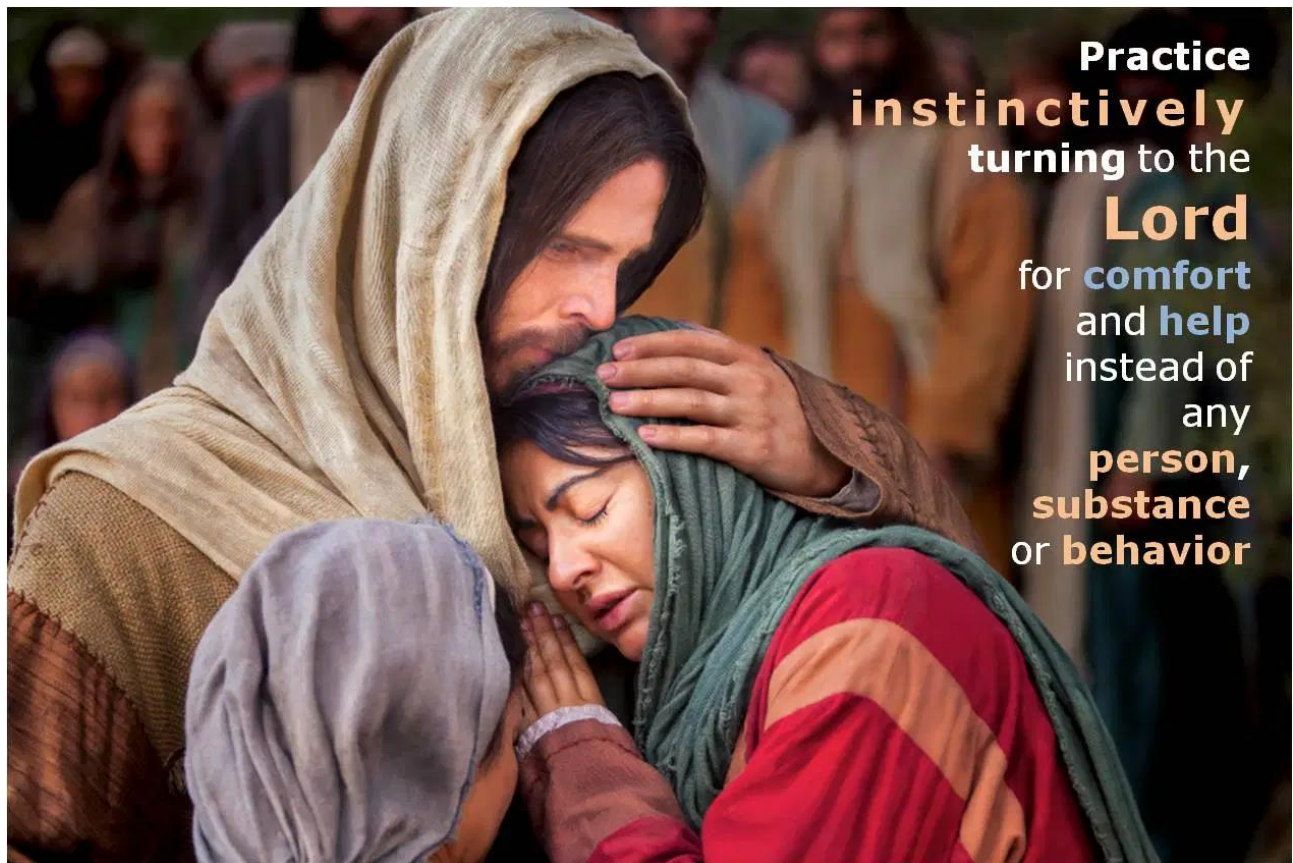
Acts 3:13-15, 17-19 \* 1 John 2:1-5a \* Luke 24:35-48

***“Why are you troubled? And why do questions arise in your hearts? Look at my hands and my feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see I have.” – Luke 24:38-39***

When we feel alone or unable to handle problems, we often rely on our own strength. But Jesus wants us to return to him with all our heart and find the strength we need in HIM. The wounds he shows us in today’s gospel remind us that he would do anything to help us. It’s hard to let go because we want to be in control and do things our way. Sometimes we must be quiet to hear Jesus answer us and give us the love that will build our trust in him.

*Dear Lord, sometimes when I am troubled, it is easier to feel sorry for myself and turn to comforts instead of you. Please give me the desire I need to turn to you in those times to receive your great love and compassion.*

**Are there times when you’ve turned to God and found comfort? Share these times with your family.**



**Practice**  
**instinctively**  
**turning to the**  
**Lord**  
for **comfort**  
and **help**  
instead of  
any  
**person,**  
**substance**  
or **behavior**