

## **The Disciples Rise And Breathe**

**Intro.** The disciples were experiencing the worst week of their lives. The one they were hoping would be the one to redeem Israel had been crucified. Now they were holed up in a locked room, afraid of being arrested and crucified themselves. When the Lord appeared, that must have frightened them even worse. We might say, “The breath was knocked out of them.”

**I.** The first words he spoke were *not* to berate them for their betrayal. His words were healing: “*Peace be with you.*” It was the usual, everyday greeting, like our “Hi” or “Good morning.” But this time the greeting was meant to be a *gift* from the Lord to his friends. In that moment, peace was far from their minds and hearts. The message from the women

about the empty tomb did not reach their hearts. The Lord breathed life back into them like someone doing the old type of CPR. This is a reference to Genesis (2:7) when God created man and woman and breathed life into them. The disciples began to breathe regularly again.

For an unknown reason, Thomas was not there. Maybe he was a person who preferred being alone in his grief. But he did eventually return to the community. I find it interesting he refused to take the word of his friends. Did he not trust them after three years? Did he think they were *dreaming*? Thomas made an exaggerated statement about needing to put his fingers in the nail marks and his hand into the Lord’s side. If he was going to stake his future - *and his life* – on the risen Lord, he wanted to see for himself. He *had* faith, but there was a crack in it that

the Lord's appearance healed [M. McGlone,  
N.C.R.].

**Concl.** Thomas is not much different from us. Every now and then *we* want some proof for our belief in the risen Lord and the eternal life he promises. He didn't really need to put his *hands* on the Lord, just his *eyes*. We are those whom the Lord referred to when he said, "Blessed are those who have not seen but have believed." To see the Lord we have to look closely some days. He can be seen in the faces of family and friends, and if we look hard enough in the good works and faces of strangers. We can't put our hands on the Lord the way Thomas could have. We can reflect on the scriptures and our tradition, on our own experiences and the grace of the Lord's Divine Mercy. Rather than locked up in fear, we have received the gift of

the Spirit to continue the mission of the Lord bringing reconciliation and healing to a world that longs for His peace.