



## *Why Are You So Troubled?*

Luke 24: 35-48

Reflection, The Word Among Us, Easter Season, 2020

Despite Jesus' seeming surprise, we can easily understand the disciples' reaction. Jesus, their beloved friend and Messiah, had been nailed to the cross and laid in a tomb—but now he was standing right in front of them! Who wouldn't be terrified? Who wouldn't doubt?

Doubt is a human reaction. Even the saints had doubts. The great Doctor of the Church St. Thomas Aquinas once sighed to God, "I do not know if you love me, or if I love you. . . . I do not even know if I live by faith!" Or recall the other "doubting Thomas" who wouldn't believe unless he could put his finger into the wounds of the risen Christ (John 20:25).

Jesus sometimes questioned his disciples' lack of faith. But he never rejected them because of it. Instead, he always made sure to give them the help they needed. Consider his response to his disciples in today's passage: "Touch me and see" (Luke 24:39). He even ate in front of them to dispel their suspicion that he might be a ghost! Jesus was more than willing to help his friends put their fears to rest and trust in him more deeply.

Like the disciples, we don't have to be ashamed of our doubts and hesitation to believe. Jesus will never condemn us for questioning. He understands how conflicted our hearts can be, and he wants to help us resolve every question or conflict that arises. He invites us to bring our questions to him so that he can show us the answers and give us his peace.

So be encouraged! Jesus doesn't want you to keep your "silly questions" to yourself as you try to go it alone.

Reflection...

Why not bring some area of unbelief in your heart to Jesus today? Trust that he already knows your heart and your needs. Believe that he always welcomes those who come to him in honesty and humility. Remember, he is gentle, merciful, and patient beyond measure.

*"Thank you, Lord, for not condemning me for my doubts. Send your Spirit of peace where there is confusion. May your perfect love for me cast out every fear in my heart."*