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## Resolve

By the time the two disciples arrived at Emmaus, their hearts were lifted and their minds were enlightened. Now they needed strength of will, the resolve to remain close to Christ. They achieved this when they begged Him, “Stay with us.” We too must say to Christ, “Stay with me. I want to do Your Will.”

This resolution of the two disciples was repaid by Our Lord with the greatest of gifts. “And it came to pass whilst He was at table with them, He took bread and blessed and broke and gave it to them.” Then their eyes were opened and they recognized Him. Having received such wondrous graces from their Divine Master, “they said one to the other, was not our heart burning within us whilst He spoke in the way and opened to us the Scriptures?” In other words, their hearts now burned with love for Him.



## Hope

With the approach of the glorious feast of the Resurrection, let us renew our hope and courage. As Our Lord taught the two disciples fleeing to Emmaus, so He wishes to teach us not to be overwhelmed by

the cross. It is through the cross that we obtain our salvation. Let us then patiently and peacefully bear our crosses – whether physical, mental or spiritual – and prove ourselves to be His true followers. We will then enjoy with Him for all eternity the happiness and glory of Heaven.



In the Sacred Heart,

*Mother Mary Bosco, F.M.*

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