



EYES OPENED AND HEARTS ON FIRE

Where are we going today?

Jesus opened the friends' eyes to see him alive in front of them, but he also set their hearts on fire to show them himself in the Bible.

Ready? (optional)

- Something to use as a blindfold. Make sure there are ten or more items on the table/floor. It doesn't matter what they are.

Open your Bible to Luke 24:30-35

Pray: Dear Heavenly Father, let us share the thrill of those two friends as we realize that Jesus really is alive. In Jesus' name we pray, AMEN.

Activity for families:

- Spread ten or so items all over a table or on the floor.
- Blindfold one of your family, while the rest of you take one item away or add a new item. If this is too easy, you could just move one item to a different place.
- Take off the blindfold. Can you tell what we changed?
- *If you can't do this activity, ask this question: Can you remember what it's like when you take the blindfold off?

Say: In today's story, it is as if Jesus takes the blindfold off his friends' eyes. They finally can see the surprise with their own eyes.

This week's story

- Two of Jesus' friends have just had the world's most incredible Bible time with a total stranger as they walked along a road. They enjoyed it so much that they begged him to have a meal with them.
- Look out for the moment when they realize that it is Jesus-alive!

Luke 24:30-35

On the Road to Emmaus

³⁰When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. ³¹Then their eyes were opened and they recognized him, and he disappeared from their sight. ³²They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?" ³³They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together ³⁴and saying, "It is true! The Lord has risen and has appeared to Simon." ³⁵Then the two told what had happened on the way, and how Jesus was recognized by them when he broke the bread.

Questions for us all

- What happened to Jesus as soon as they had understood what was? That must have been a shock!
- What was their mood after they realized that Jesus was alive? What is our mood when we think about Jesus being alive?

Questions for younger children (ages 3-8)

- What did the two friends want to tell Jesus' disciples in Jerusalem?
- Have you ever done something that makes your heart feel like it is on fire? You're so excited that you can hardly sit still. Which story in the Bible makes you most excited?

Questions for older children

- The two friends had spent the day walking away from Jerusalem sad, disappointed and confused. They finished the day by rushing back to Jerusalem. What do you think they would say has changed? Don't just say, "Jesus is alive!" That's too easy. What else has changed for these two friends? (Their mood has changed. How? Their hopes have change. How? Their thoughts have changed. How? Their plans have change. How?)
- Do you believe that Jesus was dead for days and then rose from the dead, never to die again? Do you believe in the resurrection of Jesus? How can you live your day, life living into the change that this good news brings to us?

Think/Share/Pray

*Thank God for the change that Jesus' resurrection makes in you. Does it change how you think about death or your priorities? Talk to God about these things and about how Jesus makes you feel.

Got More Time?

As we enter Palm Sunday and Passion week, try to take a moment in your busy life that could be changed to help you intentionally remember all that Jesus did while he was here on earth, the way he interacted with the people and the messages he left for us to remember. Think about what Palm Sunday celebrates and prepares us for during Passion Week. How can you and your family prepare your hearts for a Holy encounter with a living God this Passion week?

Activity: Print out the Alleluia coloring page and have your children color it, then take it outside and bury your alleluia's. Then on Easter morning, dig up your paper and have everyone shout Alleluia, Jesus is alive!

MORE FOR ADULTS....

Something to think about:

From Guests to Hosts

In a beautiful reversal of roles, Jesus—the invited guest—becomes the Host. He takes the bread, blesses it, and breaks it. This familiar rhythm was the "aha!" moment. It wasn't just His teaching that convinced them; it was His scars and His service.

The moment they recognized Him, He vanished. Why? Because the physical presence was no longer the point—the internal fire was. They didn't need to see Him with their eyes anymore because they finally "saw" Him with their souls.

The Immediate Response

Note the urgency in verse 33: "They got up and returned at once to Jerusalem." It was late, the roads were dangerous at night, and they had just walked seven miles. But you cannot sit still when your heart is on fire. Their weariness was swallowed up by their witness. They ran back to the very city they had fled in fear, because good news is meant to be shared.

Application: Living with Open Eyes

How do we move from "knowing about" Jesus to "recognizing" Him in our daily lives?

- Look for the "Bread Breaking": Jesus often reveals Himself in the ordinary—a shared meal, a moment of gratitude, or a simple act of service. Look for God in the "mundane" today.
- Acknowledge the Burn: Don't ignore that stirring in your chest when you hear truth or see a need. That "burning heart" is the Holy Spirit's GPS, guiding you toward God's will.
- The "At Once" Principle: When God gives you a breakthrough or a word of encouragement, don't store it for a "better time." Share it. Who in your life needs to hear that the Lord is risen indeed?

Response: A Commitment to Action

Take a moment to move to reflection into a specific response:

1. Identify one "Jerusalem" in your life—a place or person you've been avoiding out of fear or fatigue.
2. Commit to sharing one way God has "opened your eyes" this week with a friend or colleague.

A Prayer for Burning Hearts

Lord Jesus, thank You for being the Host at our tables and the Companion on our roads. We confess that our eyes are often clouded by our own worries. Open them! Let us see You in the breaking of the bread and the faces of our neighbors. Set our hearts on fire with the joy of Your resurrection, and give us the strength to run toward others with the Good News. Amen.

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Where are we going today?

예수님은 친구들의 눈을 열어 그들 앞에 살아 계신 당신을 보게 하셨을 뿐만 아니라, 성경을 통해 자신을 나타내심으로 그들의 마음을 뜨겁게 하셨습니다.

Ready? (optional)

창문 가리개(안대)로 쓸 수 있는 것입니다. 테이블이나 바닥에 10개 이상의 물건을 준비하세요. 어떤 물건이든 상관없습니다.

Open your Bible to Luke 24: 30-35

Pray: 하나님 아버지, 예수님이 정말 살아 계신다는 것을 깨달으며 그 두 친구가 느꼈던 전율을 저희도 함께 나누게 해주세요. 예수님의 이름으로 기도드립니다, 아멘.

Activity for families:

- 열 개 정도의 물건을 테이블 위나 바닥에 펼쳐 놓으세요
- 가족 중 한 명의 눈을 가리고, 나머지 가족들이 물건 하나를 치우거나 새로운 물건을 추가하세요. 만약 너무 쉽다면, 물건 하나의 위치만 다른 곳으로 옮겨보세요.
- 이제 안대를 벗으세요. 무엇이 바뀌었는지 말할 수 있나요?
- *이 활동을 할 수 없다면, 이 질문을 나누어 보세요: 안대를 벗었을 때 어떤 기분이었는지 기억나나요?

Say: 오늘 이야기에서 예수님은 마치 친구들의 눈에서 안대를 벗겨주시는 것과 같습니다. 그들은 마침내 자신들의 눈으로 그 놀라운 사실을 직접 보게 됩니다.

This week's story

오늘 이야기에서 예수님의 두 친구는 길을 걷는 동안 전혀 모르는 사람과 함께 세상에서 가장 놀라운 성경 공부 시간을 가졌습니다. 그 시간이 너무나 즐거웠던 나머지, 그들은 그 낯선 사람에게 함께 식사하자고 간청했습니다. 그들이 바로 이분이 살아 계신 예수님이라는 사실을 깨닫는 순간을 잘 살펴보세요.

Luke 24: 30-35

엠마오로 가는 길에서

³⁰예수께서는 두 사람과 함께 음식을 드시려고 식탁에 앉으셔서, 빵을 들어 하나님께 감사 기도를 드리셨다. 그런 다음 그 빵을 나누어 두 사람에게 주셨다. ³¹그 순간 두 사람은 눈이 열려 예수를 알아보았다. 그러나 두 사람이 예수를 알아보자 예수는 그 자리에 계시지 않았다. ³²두 사람은 서로 이런 말을 주고받았다. "그분이 길에서 우리에게 말씀하실 때, 그리고 성경을 풀어 설명해 주실 때, 우리의 마음이 뜨겁게 타오르지 않았던가?" ³³두 사람은 곧바로 일어나 예루살렘으로 돌아왔다. 두 사람이 예루살렘에 와 보니, 열한 사도와 다른 사람들이 모여 있었다. ³⁴두 사람을 보자 그들은 이렇게 말하였다. "정말입니다! 주께서 살아나셔서 시몬에게 나타나셨습니다." ³⁵두 사람도 길에서 일어났던 일을 말해 주었다. 그리고 예수께서 빵을 나누어 주실 때 자기들이 그분을 알아보게 되었던 일을 이야기하였다.

Questions for us all

- 그들이 예수님이 누구인지 깨닫자마자 예수님께 어떤 일이 일어났나요? 정말 깜짝 놀랄 일이었겠네요!
- 예수님이 살아 계신다는 것을 깨달은 후 그들의 기분은 어땠나요? 우리도 예수님이 살아 계신다는 것을 생각할 때 어떤 기분이 드나요?

Questions for younger children (ages 3-8)

- 두 친구는 예루살렘에 있는 예수님의 제자들에게 무엇을 말해주고 싶었나요?
- 여러분의 마음이 불타오르는 것처럼 느껴지는 일을 해본 적이 있나요? 너무 설레서 가만히 앉아 있기조차 힘들 정도로요. 성경의 어떤 이야기가 여러분을 가장 설레게 하나요?

Questions for older children

- 두 친구는 슬픔과 실망, 그리고 혼란에 빠진 채 예루살렘을 떠나 온종일 걸었습니다. 하지만 그날의 끝에 그들은 다시 예루살렘으로 급히 달려갔습니다. 무엇이 변했기 때문이라고 생각하나요? 단순히 "예수님이 살아나셨어요!"라고만 답하지 마세요. 그건 너무 쉽잖아요. 이 두 친구에게 그 외에도 무엇이 변했을까요?
- 기분이 변했습니다. 어떻게 변했을까요?
- 희망이 변했습니다. 어떻게 변했을까요?
- 생각이 변했습니다. 어떻게 변했을까요?

Think/Share

*예수님의 부활이 여러분의 삶에 가져온 변화에 대해 하나님께 감사하려고. 부활을 믿는 것이 죽음에 대한 생각이나 삶의 우선순위를 어떻게 바꾸어 놓았나요? 이러한 생각들과 예수님을 떠올릴 때 느끼는 감정들을 하나님께 솔직하게 이야기해 보세요.

Got More Time?

종려주일과 고난주간을 맞이하며, 바쁜 일상 속에서 잠시 시간을 내어 변화를 시도해 보세요. 예수님께서 이 땅에 계시는 동안 행하신 모든 일들, 사람들과 나누신 교제, 그리고 우리에게 남겨 주신 메시지들을 의도적으로 기억하는 시간을 갖는 것입니다. 종려주일이 무엇을 축하하며, 고난주간 동안 우리를 어떻게 준비시키는지 생각해 보세요. 이번 고난주간에 여러분과 가족은 살아 계신 하나님과의 거룩한 만남을 위해 어떻게 마음을 준비할 수 있을까요?

활동: "할렐루야" 문고 다시 찾기

1. 색칠하기: "할렐루야(Alleluia)" 색칠 공부 페이지를 인쇄하여 자녀들과 함께 예쁘게 색칠합니다.
2. 문어두기: 색칠한 종이를 밖으로 가지고 나가 땅에 묻습니다 (혹은 상자 안에 보관하여 숨겨둡니다).
3. 부활의 기쁨: 부활절 아침, 문어두었던 종이를 다시 꺼내며 모두 함께 크게 외칩니다. "할렐루야, 예수님이 살아나셨다!"

ALLELUIA

JESUS IS ALIVE

