Luke 24:36-48

New Living Translation

**36**And just as they were telling about it, Jesus himself was suddenly standing there among them. “Peace be with you,” he said. **37**But the whole group was startled and frightened, thinking they were seeing a ghost!

**38**“Why are you frightened?” he asked. “Why are your hearts filled with doubt? **39**Look at my hands. Look at my feet. You can see that it’s really me. Touch me and make sure that I am not a ghost, because ghosts don’t have bodies, as you see that I do.” **40**As he spoke, he showed them his hands and his feet.

**41**Still they stood there in disbelief, filled with joy and wonder. Then he asked them, “Do you have anything here to eat?” **42**They gave him a piece of broiled fish, **43**and he ate it as they watched.

**44**Then he said, “When I was with you before, I told you that everything written about me in the law of Moses and the prophets and in the Psalms must be fulfilled.” **45**Then he opened their minds to understand the Scriptures. **46**And he said, “Yes, it was written long ago that the Messiah would suffer and die and rise from the dead on the third day. **47**It was also written that this message would be proclaimed in the authority of his name to all the nations,[[a](https://www.biblegateway.com/passage/?search=Luke+24%3A36-48&version=NLT#fen-NLT-26005a)] beginning in Jerusalem: ‘There is forgiveness of sins for all who repent.’ **48**You are witnesses of all these things.