Luke 24:36-53

36 As they were saying these things, He Himself stood in their midst. He said to them, "Peace to you!" 37 But they were startled and terrified and thought they were seeing a ghost. 38 "Why are you troubled?" He asked them. "And why do doubts arise in your hearts? 39 Look at My hands and My feet, that it is I Myself! Touch Me and see, because a ghost does not have flesh and bones as you can see I have." 40 Having said this, He showed them His hands and feet. 41 But while they still were amazed and in disbelief because of their joy, He asked them, "Do you have anything here to eat?" 42 So they gave Him a piece of a broiled fish, 43 and He took it and ate in their presence.

44 He told them, "These are My words that I spoke to you while I was still with you—that everything written about Me in the Law of Moses, the Prophets, and the Psalms must be fulfilled." 45 Then He opened their minds to understand the Scriptures. 46 He also said to them, "This is what is written: The Messiah will suffer and rise from the dead the third day, 47 and repentance for forgiveness of sins will be proclaimed in His name to all the nations, beginning at Jerusalem. 48 You are witnesses of these things. 49 And look, I am sending you what My Father promised. As for you, stay in the city until you are empowered, from on high."

50 Then He led them out to the vicinity of Bethany, and lifting up His hands He blessed them. 51 And while He was blessing them, He left them and was carried up into heaven. 52 After worshiping Him, they returned to Jerusalem with great joy. 53 And they were continually in the temple praising God.