

An Emmaus Walk

Adapted from the work of Brother Ramon SSF

The Emmaus Walk provides a simple way of sharing with another that prayerfully recognizes Christ as present.

Invocation

Lord Jesus Christ: Grant us now a sense of your loving presence, and by the light of your Holy Spirit open our minds to your love. As the hearts of the Emmaus walkers burned within them so long ago, so may your loving presence be the source of warmth and light to us as we walk with you and reflect on your word. And to you be thanks and praise, in the glory of the Father and the unity of the Holy Spirit. Amen.

Scripture

Listen together to text below or another of your choosing. Scripture reading is followed by few moments of shared silence.

Luke 24:13-35

The Walk

The outward walk will be for 20-25 minutes. You might set a timer on your phone for 10-12 minutes. The aim is to take turns of up to about 5 minutes each. One person shares, while the other listens, about their prayerful reflection on the text. There is freedom to move into any other areas of common concern.

When the outward point (10-12 minutes away) has been reached, the pair will pause, turn, and retrace their steps together, but now in silence (steady pace!) Allow an open awareness of one another and of the risen Christ's promised presence.

Concluding Reflection & Prayer

Return to the quiet place. If desired, re-read the scripture.

As time allows, there may be an open sharing of any experiences that any of the participants may have felt during the walk.

Collect

All: The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us evermore. Amen.

Luke 24:13-35 NLT

That same day two of Jesus' followers were walking to the village of Emmaus, seven miles from Jerusalem. As they walked along they were talking about everything that had happened. As they talked and discussed these things, Jesus himself suddenly came and began walking with them. But God kept them from recognizing him.

He asked them, "What are you discussing so intently as you walk along?"

They stopped short, sadness written across their faces. Then one of them, Cleopas, replied, "You must be the only person in Jerusalem who hasn't heard about all the things that have happened there the last few days."

"What things?" Jesus asked.

"The things that happened to Jesus, the man from Nazareth," they said. "He was a prophet who did powerful miracles, and he was a mighty teacher in the eyes of God and all the people. But our leading priests and other religious leaders handed him over to be condemned to death, and they crucified him. We had hoped he was the Messiah who had come to rescue Israel. This all happened three days ago.

"Then some women from our group of his followers were at his tomb early this morning, and they came back with an amazing report. They said his body was missing, and they had seen angels who told them Jesus is alive! Some of our men ran out to see, and sure enough, his body was gone, just as the women had said."

Then Jesus said to them, "You foolish people! You find it so hard to believe all that the prophets wrote in the Scriptures. Wasn't it clearly predicted that the Messiah would have to suffer all these things before entering his glory?" Then Jesus took them through the writings of Moses and all the prophets, explaining from all the Scriptures the things concerning himself.

By this time they were nearing Emmaus and the end of their journey. Jesus acted as if he were going on, but they begged him, "Stay the night with us, since it is getting late." So he went home with them. As they sat down to eat, he took the bread and blessed it. Then he broke it and gave it to them. Suddenly, their eyes were opened, and they recognized him. And at that moment he disappeared!

They said to each other, "Didn't our hearts burn within us as he talked with us on the road and explained the Scriptures to us?" And within the hour they were on their way back to Jerusalem. There they found the eleven disciples and the others who had gathered with them, who said, "The Lord has really risen! He appeared to Peter."

Then the two from Emmaus told their story of how Jesus had appeared to them as they were walking along the road, and how they had recognized him as he was breaking the bread.