

Walking the road to Emmaus...

On the road to Emmaus, two sad and frightened disciples meet the risen Jesus. At first they do not recognise him, but as they open their hearts in faith - to the scriptures, to community and the breaking of the bread - Jesus is revealed! Their sadness is transformed into Easter joy.

Where are YOU on your own road to Emmaus?

- Are you racing back to Jerusalem, excited at having 'seen the Lord!'?
- Are you still in the doldrums, feeling confused and despairing?
- Is there a flicker of hope in your heart that hasn't quite got a name yet?

Wherever you find yourself, this prayerful exercise invites you to walk the dusty road...

- with a friend
 - with Jesus
 - with an open heart...



- Read the story of the two disciples on the road to Emmaus.
Luke 24:13-35

- What disappointment weighs on your mind and heart?
I feel sad because... I had thought... I had hoped... If only...
Speak to Jesus openly and honestly about how you feel.

- Return again to the Emmaus story. Read it again - slowly.
Allow a single word or phrase to resonate in your heart.

- What is Jesus saying to you through this passage?
I hear... I feel... I experience...

- Share some of your reflections with a trusted friend or prayer partner. Together, re-read the Emmaus story. What fresh insights emerge? How is Jesus speaking through each other?

- Celebrate whatever fruits of joy and peace you have experienced during this prayer time. Continue your prayer together through a celebration of the Eucharist. If for some reason you cannot go to the same Mass, then pledge to remember one another in prayer at your next Eucharistic celebration.

- What Good News is finding a home in my heart?
I see... I hear... I feel... I experience...

