



Our Journey to Emmaus
Week 3: We Had Hoped
May 16, 2021
Adult Faith Formation - Virginia Synod

Luke 24: 18-24

Then one of them, whose name was Cleopas, answered him, "Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?" He asked them, "What things?" They replied, "The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over to be condemned to death and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place. Moreover, some women of our group astounded us. They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him."

Reflection

How many times have you known someone who was super late to the game? Late to the party? Everyone else is talking about something this person has clearly never heard of.

Man, that's what these disciples must have thought about this "stranger". Where have you been hiding?! Under a rock?!

We know, of course, that the "stranger" was Jesus, concealing his true self from these men. The narrator is kind enough to clue us in on this from the beginning of the story. But imagine being these disciples! Who IS this guy who hasn't heard about the prophet, Jesus of Nazareth?!

They compose themselves, though, and start to tell the tale of Jesus's prophecies, his betrayal, his death and now his resurrection. They were incredulous at first at this guy's lack of knowledge, but I think the point here is that they do, in fact, recover themselves, and start to tell the all important tale.

And to me, that's a really powerful lesson, right? I have never been blamed for keeping my reaction in check, let's just say that. I can be reactionary and not make the best of starts, sometimes. The best of impressions. BUT

That doesn't mean I can't still be faithful, and fulfill God's work, in the end.

These men are faithful. They are followers of Christ. And boy can't they wait to spread this good news!

It's important to note here that they're not just spreading gossip, like you or I might. Ok, maybe just like I might. Because that conversation would have gone a bit like this: "Yeah man - we're going to see what all this craziness is about because people are saying that this guy who called himself a "prophet" and got himself killed is mysteriously not in his tomb anymore.. Can you believe that bologna?!"

But that's not what they say - they tell the faithful story of Jesus' good works. His promise to redeem Israel and its people, about how he is a mighty prophet, of both word and deed, and about how he has risen and overcome death.

It may have taken them a moment, but they got there in the end.

Now just imagine that you've passionately and faithfully told the story of Jesus' life and death ... to Jesus himself.

-Submitted by Kayley Greenday of Christ, Richmond

Stroll, Roll, Run

Who are you going with?

- Just me and Jesus
- With family or friend - in person or digitally
- With pet

How are you going to move?

- Walk
- Pushing stroller
- Hike
- Run
- Swim
- Bike
- Other?

What is your movement goal?

- Aim to move 3 miles approximately 3 times this week
- Move a total of 3 miles cumulatively throughout the week
- 20 minutes of movement
- Other?

Engage

Read or listen to the verses above before beginning.

Listen to the audio file on the way. [Access here.](#)

Reflect

- Why do you think that Jesus chooses to reveal himself to the women at the tomb, but not the disciples on their journey?

- How might Jesus have felt while hearing the explanation of his own crucifixion and resurrection story from these men?
- What does the text “we had hoped that he was the one to redeem Israel” mean to these men and/or say about their faith in Jesus’ resurrection?
- If you were journeying to Emmaus with a stranger, how might you portray the events of Christ’s crucifixion to someone hearing it for the first time?
- What are things that you “had hoped” for you in your own life?
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If you are moving more than once a week, engage the same passage / story each time you *journey* and notice how your reflections differ from day to day. Jot down how your reflections change throughout the week and how you are transformed.

You may utilize the [Emmaus Playlist on Spotify](#) some jams for the journey.

Finger Labyrinth

The creation and experience of labyrinths are ancient spiritual traditions that span both time and religious practice. Many Christians find the practice of walking a labyrinth to be a powerful prayer discipline and a way of intentionally connected oneself to God for reflection. However, many circumstances may prevent a person from going to a labyrinth. The development of finger labyrinths allows the labyrinth to come to you.

You are invited to either print or create a finger labyrinth for use during this journey. Depending on how you wish you engage in this spiritual practice you may want one to use for the whole time or you may choose you to use a different labyrinth each week. You may repeat the same type of practice each week or try a different way each week. There is no right or wrong way.

The Practice:

- Print a labyrinth out from the main website.
- Breath Prayer: Inhale: God is with me. Exhale: as I journey. Repeat.
- Engage the story. If you read, read the passage at least twice before entering the labyrinth. If you listen, you may listen either before or during the time in the

labyrinth. If you write, you may write along the path of the labyrinth, on a different part of the paper, or on an entirely different piece of paper.

- Trace the path of the labyrinth with your finger, pencil, coloring tool, or stylus. You may meditate on a particular phrase that stood out to you from the passage, you may listen to music, you may pray either spontaneous or memorized prayers.
- Ending Breath Prayer: Inhale: God has been with me. Exhale: God goes with me now. Repeat three times. Amen.

Artistic

Visual Art

This week's piece [Carl Deaville](#) contrasts Good Friday and Easter Sunday.

As you view this piece of art, what are your initial thoughts, reactions, and feelings?

- What do you think the artist is trying to represent?
- What elements of this piece are most poignant to you?
- What is different about this piece than the image of “The Road to Emmaus” story that you had in your mind?
- What emotions do you feel when looking at this piece?
- How does this piece differ from other artworks you have seen depicting the Emmaus story?
- How does this piece inspire you spiritually?

Now that you have reflected on this art, ask why three times.

1. Why is this reflection important or meaningful to me?
2. Why is my answer to the question important or meaningful?
3. Why is that insight important or meaningful?

Written Art

Open your heart and mind to the experience of Susan Palo Cherwien's We Do Not Always See.

We do not always see what we see.

We look upon things and see an outward form, a sketch, an outline.

We do not actually look at trees and see the leaves, the serrations, the veining,
much less the chlorophyll, the light processors,
the oxygen escaping to merge with our breath.

We do not look upon the faces of people and see the genetics,
the hurts, the common source,
that binds us to them.

We see an outward form – male, female, Asian, white, adult, child;
oak maple, cottonwood, birch.

We do not always see what we see.

We do not always see the essence of things.

We do not always see the divine
in the ordinary of life.

We do not see God in the night sky as the psalmist did.

(Now we see through a mirror darkly.)

But here is a reminder:

Here is a sign:

 This is my body

 This is by body –

That we may see.

“We Do Not Always See” – Crossings, Meditations for Worship by Susan Palo Cherwien

Share your photos and stories with #vasyondtoemmaus.



