



Our Journey to Emmaus
Week 5: Stay With Us
May 27, 2021
Adult Faith Formation - Virginia Synod

Luke 24: 28-29

As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, "Stay with us, because it is almost evening and the day is now nearly over." So he went in to stay with them.

Reflection

Hiking is one of my family's hobbies. My husband, dog, and I love exploring the mountains of Virginia. On a few occasions, we have gone seven miles (or more!). I often think that the hardest part of the hike is getting out of the car once we have returned home. Our bodies are tired, we are hungry, and while warm food, cool drinks, and clean clothes are close, we aren't quite there yet.

Now Jesus and the disciples have reached the end of their seven mile journey. I imagine that their feet were tired, they were ready for warm food and cool drinks too. They were at a difficult moment of their walk too. While the disciples knew where they were going,

Jesus did not yet. However, the disciples extend gracious hospitality to Jesus and invite him in with them.

Their example is an encouragement to us to show grace even when we are tired. Even when we are ready to be done for the day. Even when we are at a hard part of the journey. Many are transitioning into new normals as more adults and children over 12 have been vaccinated against COVID-19. This may be a hard process for any number of reasons. However, this is true: Jesus has been with us from the beginning and through the long months past. Jesus will remain with us through the summer. Thanks be to God!

-Submitted by Pastor Colleen Montgomery, All Places Together & Director for Digital Ministries, Virginia Synod

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 5 miles approximately 3 times this week
- Move a total of 5 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

- What does this passage say about hospitality in the Jewish culture?
- Why might Jesus have walked ahead as if to go on, and what does it mean that he stayed with the disciples at their request?
- Would you “strongly urge” a stranger with whom you journey to “stay with us”? Why or why not?
- What do you think would have happened if they reached their destination when it was still day?

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 art contrasts two interpretations of this moment in the Emmaus story. One from the 1300s and one from today.

[Duccio Di Buoninsegna - Road to Emmaus](#)

[Barry Motes - Supper at Yummas](#) (4th image on the site.)

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

Day of Arising

Day of arising,
Christ on the roadway,
unknown companion walks with his own.
When they invite him,
as fades the first day,
and bread is broken, Christ is made known.

When we are walking,
doubtful and dreading,
blinded by sadness, slowness of heart,
yet Christ walks with us,
ever awaiting
our invitation: Stay, do not part.

Lo, I am with you,
Jesus has spoken.
This is Christ's promise, this is Christ's sign:
when the church gathers,
when bread is broken,
there Christ is with us in bread and wine.

Christ, our companion,
hope for the journey,
bread of compassion, open our eyes.
Grant us your vision,
set all hearts burning
that all creation with you may rise.

Text: Susan Palo Cherwien, b. 1953

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(2) “Behold, Unveiled the Vesper Skies” from Come, Beloved of the Maker by Susan Palo Cherwien

Behold, unveiled the vesper skies:
The evening has begun,
And prayer and praise like incense rise
As sets the golden sun.

How blest are you, all-loving God,
Who weaves both day and night,
A starry mantle for our road,
The shadow and the light.

Let evening lamps enkindled flame;
The table Christ has spread,
And beckons every one by name
To breaking of the bread.

Stay with us, Christ, our rest prepare
As labor ebbs with night,
And holy dreams enwreath with prayer
Till dawns the splendid light.

Share your photos and stories with #vasyondtoemmaus.

