



**Our Journey to Emmaus**  
**Week 6: Hearts on Fire!**  
**June 6, 2021**  
**Adult Faith Formation - Virginia Synod**

**Luke 24: 30-32**

When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, "Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?"

**Reflection**

Were not our hearts burning within us? I love this question from the disciples! I hear so many emotions and reactions in that question: hope, joy, amazement, fear, wonder, doubt, lament, and hope. So much hope. Could it really be true? Could this really be Jesus? The one everyone has been talking about. The one who will redeem us? The one in whom there is hope - real, true, hope! How did we not see it?!

And yet, how often do we also not see Jesus present with us every day? So many times I have been like these disciples, engaging in something so regular - like eating a meal together - and just not noticing that Jesus is present.

Sometimes I think we search for Jesus in major moments, in huge lightning bolt moments, in mountaintop experiences. But in this journey to Emmaus, Jesus is present in the everyday moments of life - whether we recognize him or not. Jesus is walking along with us, eating meals with us, talking about life and the scriptures with us, just hanging out with us, always present with us.

I've been in Atlanta this week with my family. We visited the Martin Luther King, Jr. National Historical Park. At the site is the MLK Jr International World Peace Rose Garden, which includes inspirational quotations from 30 young students from around the world, each reflecting on King's "I Have a Dream" speech. One young person wrote: "Martin Luther King, the King of kindness. The deeds he has done should be done every day. The words he has spoken should be spoken every day...."

Everyday acts and words of kindness - made me think of Jesus being present with these disciples just walking along together and sharing an everyday meal of bread, an everyday gift of presence and peace, and the everyday love of God. It's so simple and yet so profound! Setting our hearts on fire! Were not our hearts burning within us?

*-Submitted by Pastor Kelly Bayer Derrick, Assistant to the Bishop, 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 6 miles approximately 3 times this week
- Move a total of 6 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 might Jesus have waited to reveal himself to the disciples?
- What significance is there in revealing himself through the bread?
- What do you think is meant by “hearts burning”?
- Have you ever had the experience of your heart burning? What happened?

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

These pieces show Jesus eating supper with the disciples at Emmaus.

[Summer at Emmaus, He Qi](#)

[Jesus Appears at Emmaus, JESUS MAFA](#)

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**

This is the eternal day  
in which we live:  
a day in which  
our hearts burn within us  
in understanding,  
a day in which  
we realize that  
the risen Christ walks with us,  
a day in which  
Christ breaks bread  
and we know him  
in our hearts  
To Orthodox Christians  
the heart is where  
the whole person  
comes together:  
body  
mind  
spirit.  
The heart is  
where the ego  
cannot distract  
and dissuade us.  
The heart knows  
Christ  
as companion  
*com-panis*  
the one who breaks bread  
with us  
and we are  
sent out to  
break bread with the world.  
The heart burns with the remembering  
The heart sings with wonder.  
And joins with all creation in thousand voices.

The risen Christ is made known  
in the heart –  
the heart  
that sees  
what the eyes and the mind  
cannot.

*“Our Hearts Burn” from From Glory into Glory, Reflections for Worship, by Susan Palo Cherwien*

***Share your photos and stories with #vasyondtoemmaus.***

