



Our Journey to Emmaus
Week 1: On the Road
May 2, 2021
Adult Faith Formation - Virginia Synod

Luke 24: 13-14

Now on that same day, two of them were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened.

Reflection

It really happened – Jesus had been crucified and was dead!! The centurion saw what happened – the crowds standing by saw what happened and went home shocked and sad – Jesus’s followers, not least the women, they saw what had happened – then the burial – the women saw how the body was laid out in the tomb – evidence, eyewitnesses. The women, eager as they were to anoint Jesus’ body didn’t have time to do it on the Friday night because the sabbath began at sunset and they were rightly going to observe it. It would be Sunday morning before they could return. So very early on that Sunday morning, the women went to the tomb carrying the spices they had prepared (Jewish burial customs varied considerably but in Jesus’ case, the burial was to be in two stages – lay the body out on a ledge in the cave

and then later, wrap the body up with spices and ointments. This was the first time this tomb was used – it would be used again, perhaps several times – other bodies would be placed on other ledges.). When the women got to the tomb, they found the stone rolled away and when they entered the tomb, the body of Jesus wasn't there! Where was their friend, their rabbi, their teacher? They were at a loss what to make of it all when suddenly, two men in shining clothes asked them why they were looking for the living with the dead – Jesus isn't here, He's been raised! The women went back away from the tomb and told all of this to the eleven disciples and all the others. THAT VERY DAY, that very day – "the first day of the week, two of them were going to a village called Emmaus, which lay about seven miles from Jerusalem. They were discussing with each other all the various things that had taken place." (Luke 24:13-14)

-Submitted by Janet Gomez - Apostles, Gloucester

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 1 mile approximately 3 times this week
- Move a total of 1 mile 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 do you like to talk about with your friends?
- What's been happening that is important to you in your life?
- How would you explain the story of Easter to someone who has never heard?
- What sort of conversations have you had on road trips, hikes, plane, or train rides?
How are these conversations different from those you have around a meal at a table?

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 ArtFinger

Each week two pieces of visual art will be shared. You can click on the links below to visit the artists' sites.

[The Road to Emmaus, He Qi](#)

[The Resurrection of Christ, Daniel Bonnell](#)

As you view these pieces 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 Antonio Machado's Walker.

Walker, your footsteps
are the road, and nothing more.

Walker, there is no road,
the road is made by walking.

Walking you make the road,
and turning to look behind
you see the path you never
again will step upon.

Walker, there is no road,
only foam trails on the sea.

"Walker" by Antonio Machado, from Border of a Dream: Selected Poems of Antonio Machado, edited and translated from the Spanish by Willis Barnstone. © Copper Canyon Press, 2003.

Share your photos and stories with #vasyondtoemmaus.



