



Our Journey to Emmaus
Week 2: On the Road
May 9, 2021
Adult Faith Formation - Virginia Synod

Luke 24: 15-17

While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him. And he said to them, “What are you discussing with each other while you walk along?” They stood still, looking sad.

Reflection

Is seeing believing or is believing seeing?

The past week for the disciples has been nothing short of an emotional rollercoaster. They have witnessed Jesus’s triumphant ride into Jerusalem, his crucifixion, and now they have heard rumors of his resurrection. Is it any wonder the two disciples do not recognize Jesus when he joins them? Deep in discussion and their own heads trying to make sense of it all. When asked what they are discussing they stop, stand still, and look sad. They are still suspended in grief. We all know grief. Grief can be both blinding and illuminating. It blinds us

to our present surroundings while opening our eyes to the infinite unknowns and that fear that goes along with all that is unknown. For us entering Jerusalem for Holy Week is reflective and even somber as we approach Good Friday. However, we already know even in the darkest hour of Good Friday that resurrection is coming. Resurrection has in fact already come and it is still happening. As we continue our journey this week let's try and set aside all that we know and join the disciples in their uncertainty on that dirt road to Emmaus.

-Submitted by Joy Edmonds, St. Paul, Rural Retreat Lutheran Parish, Rural Retreat

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 2 miles approximately 3 times this week
- Move a total of 2 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 were their “eyes kept from recognizing him”?
- What does this say about our faith and/or relationship with Christ?
- What do you think your reaction would be if Christ joined you while you were traveling?

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 first piece of art is an illusion art piece by Octavio Ocampo. It is a striking and intense portrayal of Jesus. If sharing with children, you may want to preview it first.

[Jesus Christ, Octavio Ocampo](#)

Icons invite us into the writer's contemplation of God. (Yes, you read that correctly. Icons are written, not drawn or painted.) Traditional icons usually focus on just one or two saints. This modern icon by Ivanka Demchuk pushes the genre with both movement and scenery.

[Road to Emmaus, Ivanka Demchuk](#)

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 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.



