

THE ROAD TO EMMAUS

DISCIPLES ON THE WAY



DISCOVER JESUS

Encounter

FOLLOW JESUS

Accompaniment

WORSHIP JESUS

Community

SHARE JESUS

Mission

We, the Diocese of Green Bay, are “Disciples on the Way.” The Road to Emmaus illustrates the process of discipleship formation as revealed by Jesus himself. Two downtrodden disciples set out to Emmaus, talking about the recent events in Jerusalem, namely, the death and resurrection of Jesus. As they were journeying along they were joined by a stranger who gradually reveals to them in stages who he is.

It is Jesus who draws near to them and then accompanies them on their journey. As he does so, he breaks open the Scriptures and finally breaks bread with them. It is only when Jesus connects them with the Last Supper (blessed, broke, gave the bread), that they recognize fully his presence. From this encounter, they are transformed and go out to share the Good News.

DISCOVER JESUS - THE ENCOUNTER

- Scripture: Jesus “himself drew near to them...” - Luke 24:15
- Uncover, discover, and rediscovering the person of Jesus and his plan for my life.

FOLLOW JESUS - ACCOMPANIMENT

- Scripture: “...and went with them.” - Luke 24:15
- Taking steps to follow Jesus and allowing Him to guide my life.

WORSHIP JESUS - COMMUNITY

- Scripture: “...he took the bread and blessed, and broke it, and gave it to them.” - Luke 24:30
- Giving thanks with a prayerful heart by worshipping Jesus in His body, the Catholic Church through our parish community.

SHARE JESUS - MISSION

- Scripture: “Then they told what had happened on the road, and how he was known to them in the breaking of the bread.” - Luke 24:35
- Sharing how my life has been transformed by Jesus and sharing Jesus with others.



THE ROAD TO EMMAUS | LUKE 13-35

¹³ That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, ¹⁴ and talking with each other about all these things that had happened. ¹⁵ While they were talking and discussing together, Jesus himself drew near and went with them. ¹⁶ But their eyes were kept from recognizing him. ¹⁷ And he said to them, "What is this conversation which you are holding with each other as you walk?" And they stood still, looking sad. ¹⁸ Then one of them, named Cle'opas, answered him, "Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?" ¹⁹ And he said to them, "What things?" And they said to him, "Concerning Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, ²⁰ and how our chief priests and rulers delivered him up to be condemned to death, and crucified him. ²¹ But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since this happened. ²² Moreover, some women of our company amazed us. They were at the tomb early in the morning ²³ and did not find his body; and they came back saying that they had even seen a vision of angels, who said that he was alive. ²⁴ Some of those who were with us went to the tomb, and found it just as the women had said; but him they did not see." ²⁵ And he said to them, "O foolish men, and slow of heart to believe all that the prophets have spoken! ²⁶ Was it not necessary that the Christ should suffer these things and enter into his glory?" ²⁷ And beginning with Moses and all the prophets, he interpreted to them in all the scriptures the things concerning himself. ²⁸ So they drew near to the village to which they were going. He appeared to be going further, ²⁹ but they constrained him, saying, "Stay with us, for it is toward evening and the day is now far spent." So he went in to stay with them. ³⁰ When he was at table with them, he took the bread and blessed, and broke it, and gave it to them. ³¹ And their eyes were opened and they recognized him; and he vanished out of their sight. ³² They said to each other, "Did not our hearts burn within us while he talked to us on the road, while he opened to us the scriptures?" ³³ And they rose that same hour and returned to Jerusalem; and they found the eleven gathered together and those who were with them, ³⁴ who said, "The Lord has risen indeed, and has appeared to Simon!" ³⁵ Then they told what had happened on the road, and how he was known to them in the breaking of the bread.

LECTIO DIVINA | PRAYING WITH SCRIPTURE

This ancient tradition is a beautiful way of praying with the Bible. Pope Benedict says that "the diligent reading of Sacred Scripture accompanied by prayer brings about that intimate dialogue in which the person reading hears God who is speaking, and in praying, responds to him with trusting openness of heart. If it is effectively promoted, this practice will bring to the Church – I am convinced of it – a new spiritual springtime."

Thus, lectio divina is critical to the New Evangelization, so that our members are energized continuously on the Word of God, both at Mass and also in our own personal or group prayer.

THE STEPS INVOLVED IN LECTIO DIVINA:

- *Lectio* – Reading
- *Meditatio* – Meditation
- *Oratio* – Praying
- *Contemplatio* – Contemplation

STEP 1: LECTIO: READING

- Select a passage from Scripture.
- Read through this passage a few times and allow the words to capture your attention and your being. In this way, you begin to listen as God speaks to your heart.

STEP 2: MEDITATIO: MEDITATION

- During this phase you seek to acquire the mind of Christ and learn what He wants to reveal to you.
- As you read, certain words, phrases or even thoughts might have jumped out at you. Take some time during this stage to consider why these phrases and words might have jumped out at you.
- You might imagine yourself as an observer in the Scripture passage, reflecting on what you see, hear, taste, touch and to what and whom you are drawn to.
- Consider how the words relate to your life today. At the end of your prayer, stop writing and speaking. Focus on the Lord, rest in Him and enjoy being close to him in love.

STEP 3: ORATIO: PRAYING

- During this phase you pray from your heart and respond to what Jesus has spoken to you in the Holy words of Scripture.
- Allow the grace of these words, images and thoughts to move you to a heartfelt prayer. During this time, you personally ask Jesus for help, guidance, insight and direction and find yourself talking to Him naturally.

STEP 4: CONTEMPLATIO: CONTEMPLATION

- During this time you find yourself resting with and in the Lord. Rest in His presence so that the very core of your being is stilled.
- Center your attention on God.
- Allow the Word to stir within you the courage, strength, energy and guidance for a fresh start and a new beginning.

