

The Road to Emmaus Meditation

Use this complete prayer service with Chapter 5 of Meeting Jesus in the Sacraments. You may also choose to use only individual parts of the prayer service.

Needs:

- copies of the Gospel for each student
- index cards and pens for each student

Introduction

(Before you begin, encourage the students to free themselves from distractions, get situated, even have them slow their breathing and close their eyes if that will help them enter into the story. Hand out the copies of the Gospel reading for students to follow along.)

Leader: Today you will be taking some quiet time to hear, reflect, and meditate on the story of the two disciples who met Jesus on the road to Emmaus.

Gospel Reading

Reader: A reading from the Holy Gospel according to Luke (Lk 24:13–35),

Now that very day, two of them were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him.

He asked them, “What are you discussing as you walk along?” They stopped, looking downcast. One of them, named Cleopas, said to him in reply, “Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?” And he replied to them, “What sort of things?” They said to him, “The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him. But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place. Some

women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women had described, but him they did not see.”

And he said to them, “Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Messiah should suffer these things and enter into his glory?” Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the scriptures. As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, “Stay with us, for it is nearly evening, and the day is almost over.”

So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight.

Then they said to each other, “Were not our hearts burning [within us] while he spoke to us on the way and opened the scriptures to us?” So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, “The Lord has truly been raised and has appeared to Simon!” Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the bread.

The Gospel of the Lord.

All: Praise to you Lord Jesus Christ.

Reflection

Leader: *(Pass out the index cards and pens.)* In a moment I am going to read through a portion of the road to Emmaus Gospel reading again. Listen for one short phrase that you would like to keep with you today. On the blank index card I’ve given you, write the short phrase. I encourage you to keep this card with you today as a reminder of Jesus’ great love for you in the Eucharist.

(Slowly re-read Lk 24:28–32, 35.)

As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, "Stay with us, for it is nearly evening and the day is almost over." So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, "Were not our hearts burning [within us] while he spoke to us on the way and opened the scriptures to us?" Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the bread.

(Allow some time for students to write their verse.)

Leader: Lord, you have given us the gift of your body, blood, soul, and divinity in the Eucharist. Stay with us Lord, as we go about our day, and give us the courage to love as you do. Grant that our hearts may always burn with your grace, and help us to know you more deeply in the breaking of the bread. In your name we pray.

All: Amen.