



## Emmaus Road

### Week 1 – Purpose and Journey

*Heavenly Father, we thank you for the opportunity to gather here tonight in your holy Name.  
We ask your blessing upon our Emmaus Group and upon the time we will spend together.  
Draw us closer to You through each other. Give us the ability to search our own  
hearts and know ourselves ever more, so we might better know You.*

**Emmaus** (Greek: Ἐμμαούς, Latin: **Emmaus**, Hebrew: חממת Hammat, **meaning** "warm spring", Arabic: سلومع Imwas) was likely an ancient town located approximately 7 miles (11 km) northwest of present day Jerusalem.

**Read Luke 24:13-35 out loud together.**

**Discuss:** What are your initial thoughts and questions about this story?

Look at the text again.

**Discuss:** What leaps out at you?

**“But where two or three are gathered in my name there I am in the midst of them.”**

**-Matthew 18:20**

**Discuss:** What is the role of *community* in this story?

**Discuss:** How does this story relate to our own Emmaus groups?

**Discuss:** How does community both help and hinder our faith? Who helps and holds you back in your own life? (i.e. Parish Life, Roommates, Co-workers)



**Read the excerpt below from Bishop Barron aloud together.**

“The story opens with two people going the wrong way. In Luke’s Gospel, Jerusalem is the spiritual center of gravity: it is the locale of the Last Supper, the cross, the resurrection and the sending of the Spirit. It is the charged place where the drama of salvation unfolds. So in walking away from the capital city, these two erstwhile disciples of Jesus are going against the grain.”

**Bishop Barron, *Walk with Sinners, Open the Book, Break the Bread***

**Re-read: Luke 24:15-16**

**Discuss:** Much like ourselves, the disciples find themselves in the presence of Christ, yet unaware of His presence. When does this most occur in your own life?

**Read the excerpt below from Pope Benedict XVI aloud together.**

“The location of Emmaus has not been identified with any certainty. There are different hypotheses, and this fact is not without its significance because it leaves us to think that in reality Emmaus represents every place: The road that leads there is the journey of every Christian, indeed, of every man. Along our roads the risen Jesus is our companion on the journey, to reignite in our hearts the warmth of faith and hope and the breaking of the bread of eternal life.”

**Pope Benedict XVI, April 6, 2008**

**Discuss:** What is your faith journey like at the moment?

**Discuss:** How do you identify with any of the stages of the Road to Emmaus? (Confusion, disappointment, discipleship, renewed zeal)

**Read the excerpt below from Bishop Barron aloud together.**

“This drama of the disciples of Emmaus is as a mirror of the situation of many Christians of our time. It seems that the hope of faith has failed. Faith itself enters into crisis because of negative experiences that make us feel like we are abandoned by the Lord. But this road to Emmaus on which we travel can become a way of purification and maturation of our believing in God.”

**Pope Benedict XVI, April 6, 2008**

**Discuss:** Where does this Emmaus Group fit into your faith journey?

**Discuss:** How do you hope to grow through this experience?





## Emmaus Road Study

### Week 2 – Spirit and Scripture

*Heavenly Father, we thank you for the opportunity to gather here tonight in your holy Name.  
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**Sacred Scripture (CCC 131)** “And such is the force and power of the word of God that it can serve the Church as her support and vigor, and the children of the Church as strength for their faith, food for the soul and a pure and lasting fount of spiritual life. Hence access to Sacred Scripture ought to be open wide to the Christian faithful.”

**Read Luke 24: 18-27 out loud together.**

**Read the passage again silence. Take a moment to place yourself in the scene.**

**Discuss:** What was the most vivid image or phrase that resonated with you in this passage?

**Discuss:** What type of emotions were the disciples experiencing? What emotions did you experience in your meditations?

“In the disciples' conversation with the unknown traveler the expression that the evangelist Luke puts in one of their mouths is striking: “We were hoping...” (24:21). This past tense verb says everything: We believed, we followed, we hoped ..., but now it is all over. Even Jesus of Nazareth, who had shown himself to be a powerful prophet in deeds and words, failed, and we are disappointed.”

**Pope Benedict XVI, April 6, 2008**

**Discuss:** What has been your response to disappointments in life?

**Reread Luke 24: 30-32.**

**Discuss:** How does Jesus breaking open Scripture inspire or change the two disciples?



**All scripture is inspired by God and is useful for teaching, for refutation, for correction, and for training in righteousness, so that one who belongs to God may be competent, equipped for every good work.**

**- 2 Timothy 3:16-17**

**Discuss:** Last session, we talked about our own faith journeys. Where does Scripture fit into your faith journey?

*“Were not our hearts burning within us, while he spoke to us on the way?”* said those happy pilgrims of Emmaus, speaking of the flames of love with which they were touched by the word of faith. But if divine truths be so sweet, when proposed in the obscure light of faith, O God, what shall they be when we shall contemplate them in the light of the noonday of glory!”

**St. Francis de Sales, *Treatise on the Love of God Chapter IX***

**Discuss:** How do you approach Scripture – with confidence, fear, reverence, timidity, awkwardly, etc? Are there reasons that you feel unqualified or disqualified to read the Bible?

“Without revealing to them any new detail about himself, Jesus shows them the form, the overarching design, the meaning—and through this process they begin to “get” him: their hearts are burning within them. This is the second great evangelical lesson. The successful evangelist uses the Scriptures in order to disclose the divine patterns and ultimately the Pattern who is made flesh in Jesus.”

**Bishop Barron, *Walk with Sinners, Open the Book, Break the Bread***

**Discuss:** Responding to the quote by Bishop Barron, what can you say about the importance of Scripture? Can you think of a time when Scripture truly spoke to you?

“Stay with us, Lord, for it is almost evening” (cf. Lk 24:29). This was the insistent invitation that the two disciples journeying to Emmaus on the evening of the day of the resurrection addressed to the Wayfarer who had accompanied them on their journey. Weighed down with sadness, they never imagined that this stranger was none other than their Master, risen from the dead. Yet they felt their hearts burning within them (cf. v. 32) as he spoke to them and “explained” the Scriptures. The light of the Word unlocked the hardness of their hearts and “opened their eyes” (cf. v. 31). Amid the shadows of the passing day and the darkness that clouded their spirit, the Wayfarer brought a ray of light which rekindled their hope and led their hearts to yearn for the fullness of light.”

**John Paul II, *Mane Nobiscum Domine***

**Discuss:** After hearing Jesus interpret the Scriptures to them, the disciples implored, “Stay with us, Lord.” How do you plan to incorporate Scripture in to your daily life- continually inviting Jesus to remain with you?





## Emmaus Road

### Study 3 – Sacrament and Mission

*Heavenly Father, we thank you for the opportunity to gather here tonight in your holy Name.  
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**Eucharist - Source of Mission** “The Eucharist is the “summit” of Christian initiation and all apostolic activity, because the Sacrament presupposes membership in the communion of the Church. At the same time, it is the “source,” because the Sacrament is nourishment for her life and mission. For this reason, the Encyclical of Pope John Paul II, *Ecclesia De Eucharistia*, referring to the Apostolic Letter *Novo Millennio Ineunte* in which he made the appeal for people to know, love and imitate Christ, states that “a renewed impetus in Christian living passes through the Eucharist.”

**Synod of Bishops, *The Eucharist: Source and Summit of the Life and Mission of the Church***

**Read Luke 24:28-35 out loud together.**

**Discuss:** How does this reading reflect the celebration of the Mass?

**Discuss:** The two disciples recognize Christ in the breaking of the bread. In what ways do you recognize Christ in your own life?

“Is this not the same movement as the Paschal meal of the risen Jesus with his disciples? Walking with them he explained the Scriptures to them; sitting with them at table ‘he took bread, blessed and broke it, and gave it to them.’”

**Catechism of the Catholic Church 1347**

**Discuss:** Have you had a profound realization of Christ in the Eucharist? Have you stopped to think about what it means to believe in the “real presence”? How has this affected your life?



**Mass** The celebration is called ‘Mass’ because of the ‘mission’ or ‘sending’ with which the liturgical celebration concludes. *Ite, missa est* in Latin literally means “Go, it has been sent”. “In antiquity, *missa* simply meant ‘dismissal’. However in Christian usage it gradually took on a deeper meaning. The word ‘dismissal’ has come to imply a ‘mission.’ These few words succinctly express the missionary nature of the Church.” (Pope Benedict XVI, *Sacramentum Caritatis*, 51)

**Reread Luke: 24:33-35 out loud together.**

“The two disciples of Emmaus, upon recognizing the Lord, ‘set out immediately’ in order to report what they had seen and heard. Once we have truly met the Risen One by partaking of his body and blood, **we cannot keep to ourselves the joy we have experienced.** The encounter with Christ, constantly intensified and deepened in the Eucharist, issues in the Church and in every Christian *an urgent summons to testimony and evangelization.*”

**Pope St. John Paul II, *Mane Nobiscum Domine***

**Discuss:** Pope Francis declares: “With Christ joy is constantly born anew.” Have you had a recent experience of joyful encounter with Christ?

**Discuss:** Just as the disciples were given strength to evangelize following their meal with the Risen One, we too are equipped with the graces for mission through meeting Christ in the Mass. When was the last time you shared a personal encounter with Christ with friends, family, or co-workers?

**Discuss:** What are the biggest obstacles keeping you from ‘setting out immediately’ to share your joy in the Resurrection and your faith in Christ with others?

“The sacred Scriptures are the very source of evangelization. Consequently, we need to be constantly trained in hearing the word. The Church does not evangelize unless she constantly lets herself be evangelized. It is indispensable that the word of God ‘be ever more fully at the heart of every ecclesial activity’. God’s word, listened to and celebrated, above all in the Eucharist, nourishes and inwardly strengthens Christians, enabling them to offer an authentic witness to the Gospel in daily life.”

**Pope Francis, *Evangelii Gaudium*, 174**

**Discuss:** Last session, we discussed incorporating Scripture into our daily lives. Scripture and the Eucharist go hand-in-hand, and each strengthens us for mission. How do you plan to incorporate a devotion to Christ in the Eucharist into your daily life?

