

**DOMINICAN CENTER at MARYWOOD**  
**SPIRITUAL DIRECTION PRACTICUM**  
**YEAR 1, MODULE 3,**  
**APRIL, COMBINED SESSIONS 1 AND 2**

**On the Road to Emmaus**

Two disciples of Jesus that same day (the first day of the Sabbath) were making their way to a village named Emmaus, seven miles distant from Jerusalem, discussing as they went all that had happened. In the course of their lively exchange, Jesus approached and began to walk along with them. However, they were restrained from recognizing him. He said to them, "What are you discussing as you go your way?"

They halted in distress, and one of them, Cleopas by name, asked him, "Are you the only resident of Jerusalem who does not know the things that went on there in these past few days?"

He said to them, "What things?"

They said, "All those that had to do with Jesus of Nazareth, a prophet powerful in word and deed in the eyes of God and all the people. However, our chief priests and leaders delivered him up to be condemned to death, and crucified him. We were hoping that he was the one who would set Israel free. Besides all this, today, the third day since all these things happened, some women of our group just brought us some astounding news. They were there at the tomb before dawn and failed to find his body, but returned with the tale that they had seen a vision of angels who declared he was alive. Some of our number went to the tomb and found it just as the women had said; but him they did not see."

Then he said to them, "What little sense you have! How slow you are to believe all that the prophets have announced! Did not the Messiah have to undergo all this so as to enter into his glory?" Beginning, then, with Moses and all the prophets, he interpreted for them every passage of scripture which referred to him.

By now they were near the village to which they were going, and he acted as if he were going farther. But they pressed him: "Stay with us. It is nearly evening; the day is practically over." So he went in and stayed with them.

When he had seated himself with them to eat, he took bread, pronounced the blessing, and then broke the bread and distributed it to them. With that their eyes were opened and they recognized him; whereupon he vanished from their sight. They said to one another, "Were not our hearts burning inside us as he talked to us on the road and explained the scriptures to us?"

They got up immediately and returned to Jerusalem, where they found the Eleven and the rest of the company assembled. They were greeted with, "The Lord has been raised! It is true! He has appeared to Simon." Then they recounted what had happened on the road and how they had come to know him in the breaking of the bread.

[Luke 24: 13-35]

*(continued)*

## **THE ROAD TO EMMAUS**

p. 2

### **Luke 24: 13-35**

- ❖ I quiet myself and relax in God's presence.  
I declare my confidence in the Spirit.  
I open myself to an Easter call and an Easter blessing.

### **Blessing or Grace to be desired:**

- ❖ I ask for the grace to recognize Jesus in my life, to walk with him, and to notice when my heart is burning from his presence, his words, his actions in my life.

### **Reflection**

- ❖ I imagine myself as one of the disappointed disciples dragging myself home after the crucifixion.  
What hopes in my life have been dashed?  
Where do I think that Jesus has left me abandoned and alone?
- ❖ I imagine in great detail the dusty road, the heavy heart, the intruding stranger.  
I feel the discouragement of the disciples who wanted the Messiah to fulfill their expectations.  
I notice what it is like to share the story of Jesus' death with someone oblivious to my dreams.  
I notice how the stranger listens to me and how his knowledge of Scripture connects with my heart.
- ❖ Which Scriptures do I imagine that the stranger would emphasize in telling the Messiah's story?  
I welcome the stranger into my home, to a seat at my table. My eyes are opened to the identity of the resurrected Jesus in the breaking of the bread.
- ❖ I try to imprint the face of Jesus in my memory so that I will recognize him if he comes again.  
I try to imagine the sound of his voice, the power of his hands, the gentleness of his presence.
- ❖ When have I recognized Jesus on the journey of my life? How has my heart burned within me at the good news of Jesus?
- ❖ When has the joy of the resurrection moved me to share my faith, to claim new life?
- ❖ What do I see with eyes of faith today? Where does the resurrected Jesus lead me?

### **Closing / Response:**

I share with Jesus what his resurrection means in my life – my lack of faith and my deep desire to trust in eternal life, his and mine. I look for signs of his presence, walking with me on the journey of my life. I pray for a deep faith and a confidence to continue the journey.

### **I pray the Our Father...**

### **Review of Prayer:**

I write in a few words the reflections and feelings that surfaced during this period of prayer.