



Lectio Divina for The Road to Emmaus Story in Luke 24:13-35

This resource may be used all at one time or broken into three sessions. To use in three sessions, repeat the Sign of the Cross and the opening prayer to begin each session. After the time for Contemplation, move to the Lord's Prayer and the closing prayer.

We begin our prayer:

In the name of the Father, and of the Son,
and of the Holy Spirit. Amen.

Jesus Christ, King of the Universe,
to you we turn in humble prayer.
Look with favor upon all young people,
bearers of hope for the Church and the
world.

Jesus Christ, companion of youth and young
adults, bless the paths of discovery and
discernment, through times of joy and
experiences of hardship, with the constant
love and support of your Church.

Jesus Christ, alive in the hearts
of all your people, grant that we may
"journey together, young and old...
to nourish our enthusiasm, cause dreams to
emerge, awaken prophesies and enable hope
to blossom." *

Jesus Christ, Redeemer of all humankind,
open our hearts to encounter all young
people, to accompany and be in community
together, and as one Church, embark upon
our holy mission.

Jesus Christ, in the company
of the Father and the Holy Spirit,
graciously hear our prayer
and be with us forevermore.

Amen.

*Pope Francis, *Christus Vivit*, 19

Part I: Listen

Reading (Lectio)

*Read the following Scripture two or three
times.*

Luke 24:13-24

That very day, the first day of the week, two of Jesus' disciples 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.”

Meditation (Meditatio)

After the reading, take some time to reflect in silence on one or more of the following questions:

- What word or words in this passage caught your attention?
- What in this passage comforted you?
- What in this passage challenged you?

If practicing lectio divina in a group, after the reflection time, invite the participants to share their responses.

Prayer (Oratio)

Read the Scripture passage one more time. Bring to the Lord the praise, petition, or thanksgiving that the Word inspires in you.

Contemplation (Contemplatio)

Read the Scripture again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me in my work ministering to young people?

Two of Jesus’ disciples were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. Who are the young people walking along that God is calling me to minister to? Who is accompanying me on this ministry journey? What do I hear young people “conversing about”?

Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him. Where have I encountered Jesus in my ministries to young people? What circumstances or behaviors keep me from recognizing Jesus’ presence throughout these ministries? How might young people with whom I minister be prevented from seeing God present in their stories?

“What are you discussing as you walk along?” How do I cultivate an environment of authentic listening in my ministry role? In what ways am I listening to the young people who I accompany on their own journey with Jesus? How can I be a more patient and sympathetic listener in my ministries with young people?

If practicing lectio divina in a group, after the reflection time, invite the participants to share their responses.

Part II: Teach

Reading (Lectio)

Read the following Scripture two or three times.

Luke 24:25-29

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 Christ 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.

Meditation (Meditatio)

After the reading, take some time to reflect in silence on one or more of the following questions:

- What word or words in this passage caught your attention?
- What in this passage comforted you?
- What in this passage challenged you?

If practicing lectio divina in a group, after the reflection time, invite the participants to share their responses.

Prayer (Oratio)

Read the Scripture passage one more time. Bring to the Lord the praise, petition, or thanksgiving that the Word inspires in you.

Contemplation (Contemplatio)

Read the Scripture again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?

How slow of heart to believe all that the prophets spoke! Are there circumstances or encounters that raise doubt in the hearts of our young people? When do young people struggle to believe?

Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the Scriptures. How can I draw the young people deeper into an encounter with the living Christ? How can I share the richness of the Catholic faith with the young people I minister to?

But they urged him, “Stay with us, for it is nearly evening and the day is almost over.” Where do I feel God’s presence most strongly in my ministry with young people? What renews and encourages me when I feel discouraged and burned out? How can we share the sacramental life of the Church in a way that invites young people to stay with Christ?

If practicing lectio divina in a group, after the reflection time, invite the participants to share their responses.

Part III: Send

Reading (Lectio)

Read the following Scripture two or three times.

Luke 24:30-35

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 bread.

Meditation (Meditatio)

After the reading, take some time to reflect in silence on one or more of the following questions:

- What word or words in this passage caught your attention?
- What in this passage comforted you?
- What in this passage challenged you?

If practicing lectio divina in a group, after the reflection time, invite the participants to share their responses.

Prayer (Oratio)

Read the Scripture passage one more time. Bring to the Lord the praise, petition, or thanksgiving that the Word inspires in you.

Contemplation (Contemplatio)

Read the Scripture again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?

“Were not our hearts burning within us while he spoke to us on the way and opened the Scriptures to us?” What makes my heart burn within me when I have encountered Jesus through the Scriptures, in the Sacraments, and in all the ways that He accompanies me? In what ways can I help young people’s hearts to burn within them and move them towards apostolic mission?

So they set out at once. What part of the Church’s mission am I sharing with the young people to whom I minister and with whom I minister? How can I help young people to engage as leaders in the work of evangelization, advocating for the dignity of the human person, and discerning their own vocations?

Then the two recounted what had taken place on the way and how he was made known to them in the breaking of bread. How does Jesus’ presence in the Eucharist nurture me for a life of missionary discipleship and ministry to young people? How can I more effectively bring about the joy of the Gospel in the lives of young people and others ministering in the life of the Church, so that they might enter more into apostolic mission as well?

After a period of silent reflection and/or discussion, all recite the Lord's Prayer and the following:

Closing Prayer:

We pray that young people might boldly take charge of their lives, aim for the most beautiful and profound things of life, and always keep their hearts unencumbered.

Accompanied by wise and generous guides, help them respond to the call you make to each of them, to realize a proper plan of life and achieve happiness.

Keep their hearts open to dreaming great dreams and make them concerned for the good of others.

Like the Beloved Disciple, may they stand at the foot of the Cross, to receive your mother as a gift from you.

May they be witnesses to your Resurrection and be aware that you are at their side as they joyously proclaim you as Lord.

Amen.

(Adapted from the Prayer for the Synod for Young People)

Living the Word This Week

How can I make my life a gift for others in charity?

Commit to one concrete action that you can take this week to help young people who have encountered Christ to go out and share their encounter with their peers who have become disaffiliated from the Catholic faith.

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