



# Praying the Scripture - a few simple steps at home

## Sunday 26<sup>th</sup> April 2020

1. Start with stillness and quietening down; then gently read the passage, noticing any feelings and connections to your own experience.
2. Read the passage again and spend understand. *The notes in your Bible may be of help at this point.*
3. Read the passage a third time - wondering how you yourself might pray the text over the next few days.
4. Over the next week, set aside times to come back more than once to the passage. You could read it all or part of it again, slowly. Perhaps there is a special word for you in this passage of Scripture? Keep this word or phrase in your thoughts and gently repeat it, bringing it to mind and allowing God to speak to you in your heart.
5. Finally, come back to the text to conclude: What is God in this scripture asking of you this week? What is the one challenge, one little change you are asked to make or the thing you have been asked to do? Then say a prayer of thanksgiving for the good news in the passage. End in quiet prayer.



### **THIS SUNDAY'S GOSPEL – Luke 24:13-35 'The Road to Emmaus'**

Now on that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him. And he said to them, "What are you discussing with each other while you walk along?" They stood still, looking sad. Then one of them, whose name was Cleopas, answered him, "Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?" He asked them, "What things?" They replied, "The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over to be condemned to death and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place. Moreover, some women of our group astounded us. They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him." Then he said to them, "Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should suffer these things and then enter into his glory?" Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures. As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, "Stay with us, because it is almost evening and the day is now nearly over." So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, "Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?" That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, "The Lord has risen indeed, and he has appeared to Simon!" Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

### **A Short Thought**

This is a story known very well but sometimes we can miss the drama, joy and meaning because of familiarity. Core to this understanding is the encounter with the risen Christ in the immediacy of human experience mediated through scripture and tradition. Christ who is present to us always, even when we are not present to Him, and whose message of love and hope transforms the darkest of desolation. We need to see and feel that suffering and death is not the end but it is the resurrection that is the fulfilment of God's plan. Jesus turned aside to remain with us and to show us that there is life beyond death and a road beyond our lost hopes. He makes Himself known to all through the love of His community, the Church – the community of faith. There is a call to the collaboration and fullness of participation of all in this mystery through the rediscovery and reclamation of baptism as the ordination to ministry which gives equality to all members of the people of God. Through the scripture, tradition and revelation of His Spirit continually at work in the world, revealing this saving plan; through the welcoming and hospitality to the stranger and through the mystery of the bread broken and wine shared, we join in the shared ministry of the risen Jesus.

## SOME POINTERS FOR PRAYER

1. This story offers a rich image of prayer. You start out on your own, perhaps quite hopeless, if life has been going badly. Jesus comes by unobtrusively; you welcome him and tell your story. He listens intently, then gently throws light on what had been bothering you. How does this story talk to your prayer?
2. Friendship grows and by the end they do not Him to leave. But Jesus leaves as the disciples now guided and driven by the Risen Lord out to proclaim the Good News to others. Know He will always be watching out for you. Pray: 'Stay with me, Lord, because it is nearly evening and the day is almost over.'
3. Can I sense the nearness of the Lord? He is near me in his word, in his personal presence in the Eucharist, and in my own conscience.
4. Where have I encountered the Risen Lord in my own life? How does this encounter compel me to bring that Good News to others? I am important to the plans of God. How do I feel sent? What is the good news I carry?

## Prayer -

God of life, you are closer to me than I know and walk in my footsteps everyway enfolding, caring and guiding me. Let your words burn within me that I may have the courage and conviction to be that good news for others.

We ask this through Jesus, who died and rose for love of us and who lives and reigns for ever and ever.

**Amen**

### Prayer in these uncertain times

*We pray for all those in our country and throughout the world suffering from the Corona Virus. May its victims and their families be strengthened by the support of our community of faith and restored soon to full health. We also pray for our leaders and medical personnel who deal with the virus. May we keep calm and may we join together in solidarity with care and compassion to tackle this emergency. This we ask in confidence through Christ Our Lord. Amen*

