

The Road of Life

Read the story of the two disciples of Jesus on the Road to Emmaus. Listen to their hurt and frustration. Hear what Jesus has to say to them. Walk with them and go with them on the table where they break bread with Him. Pause and sit to be with the powerful presence of love among these three who are gathered at the table. Then proceed with the following reflections on your woundedness, grief, hurt and frustration on your own road of life.

Luke 24:13-35 (ESV)

On the Road to Emmaus

¹³ That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, ¹⁴ and they were talking with each other about all these things that had happened. ¹⁵ While they were talking and discussing together, Jesus himself drew near and went with them. ¹⁶ But their eyes were kept from recognizing him. ¹⁷ And he said to them, "What is this conversation that you are holding with each other as you walk?" And they stood still, looking sad. ¹⁸ Then one of them, named Cleopas, answered him, "Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?" ¹⁹ And he said to them, "What things?" And they said to him, "Concerning Jesus of Nazareth, a man who was a prophet mighty in deed and word before God and all the people, ²⁰ and how our chief priests and rulers delivered him up to be condemned to death, and crucified him. ²¹ 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 happened. ²² Moreover, some women of our company amazed us. They were at the tomb early in the morning, ²³ and when they did not find his body, they came back saying that they had even seen a vision of angels, who said that he was alive. ²⁴ Some of those who were with us went to the tomb and found it just as the women had said, but him they did not see." ²⁵ And he said to them, "O foolish ones, and slow of heart to believe all that the prophets have spoken! ²⁶ Was it not necessary that the Christ should suffer these things and enter into his glory?" ²⁷ And beginning with Moses and all the Prophets, he interpreted to them in all the Scriptures the things concerning himself.

²⁸ So they drew near to the village to which they were going. He acted as if he were going farther, ²⁹ but they urged him strongly, saying, "Stay with us, for it is toward evening and the day is now far spent." So he went in to stay with them. ³⁰ When he was at table with them, he took the bread and blessed and broke it and gave it to them. ³¹ And their eyes were opened, and they recognized him. And he vanished from their sight. ³² They said to each other, "Did not our hearts burn within us while he talked to us on the road, while he opened to us the Scriptures?" ³³ And they rose that same hour and returned to Jerusalem. And they found the eleven and those who were with them gathered together, ³⁴ saying, "The Lord has risen indeed, and has appeared to Simon!" ³⁵ Then they told what had happened on the road, and how he was known to them in the breaking of the bread.

Time of Solitude and Prayer

1. Reflect upon your own road of life. Make a list of your wounds and hurts. List as many as you can remember. As you look at your own list, do the following:



Draw a heart next to the ones that have been cared for and seemed to be healed.

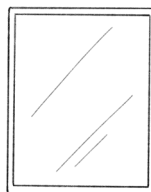


Place a star next to the ones that seem to be partially healed.



Place a cross next to the ones that are still quite raw and hurtful.

2. Choose one of your wounds that has been healed. Reflect on how the healing happened for you. Ask this old wound to tell you about the wisdom you have gained from it. Offer your prayer of gratitude for being healed.



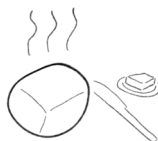
3. Choose one of your wounds that still needs to be healed. Ask it to tell you what you need in order to obtain greater healing. Pray to be healed of this hurt.



4. Walk with Jesus as the two did on the road to Emmaus. Talk to Him about your life struggles, what still hurts and is still in pain. Pour out your story of woundedness to Him. Let Jesus be your listening companion.



5. Go sit at the table with Jesus. Let Him break bread with you. Experience the blessedness of His presence. Let Him bless you and give you what you need to continue to be healed of your old wounds.



Blessing Prayer for Healing

May you* desire to be healed.

May what is wounded in your life be restored to good health.

May you take good care of yourself.

May you extend compassion to all that hurts within your body, mind and spirit.

May you be patient with the time it takes to heal.

May you be aware of the wonders of your body, mind and spirit and their amazing capacity to heal.

May the skills of those who are caring for you be used to the best of their ability in returning you to good health.

May you be open to receive from those who extend kindness, care and compassion to you.

May you rest peacefully under the sheltering wings of divine love, trusting in this gracious presence.

May you find little moments of beauty and joy to sustain you.

May you keep hope in your heart.

Hold your hands over your own heart and remember the power of love within you. Then, extend your hands of love toward the one who needs healing. Give this healing love to the one being blessed. If blessing oneself, recognize and accept this power of love within you.

—Joyce Rupp