

Crossroads Daily Guide
Week of May 29, 2016
How We Remember



Sunday May 29, 2016

Luke 24:13-14 *On that same day, two disciples were traveling to a village called Emmaus, about seven miles from Jerusalem. They were talking to each other about everything that had happened.*

Reflection: This story from the Gospel of Luke begins with Jesus' friends and followers on a journey together. They are walking and talking among themselves, remembering all that had happened to them. Memories are important. They are what make up our life story. They help us to remember how we got to where we are. Sharing our memories with others helps us to process our life experiences. Think about the most powerful memories in your life. When you were experiencing those times, good or bad, were you aware of God's presence with you? Looking back, how would you describe God's presence in the experiences of your life?

Breath Prayer: Inhale: *I will remember...* Exhale: *wherever I am, there is God.*

Monday May 30, 2016

Luke 24:15-16 (CEB) *While they were discussing these things, Jesus himself arrived and joined them on their journey. They were prevented from recognizing him.*

Reflection: Jesus followers were walking along remembering and telling stories of the past. Telling stories about Jesus and when Jesus comes alongside them they didn't even recognize him. Luke, the writer of the story, doesn't give us any reason for this. Did he look different? Were they so caught up in their own memories of the past that they couldn't be present in the moment? We don't know. We do know that each of us can get so caught up in the past or the future that we fail to see what is happening in the moment. Jesus promised that he would be with us always; not physically but through relationships, in our experiences, in every moment of life. What keeps you from recognizing the great gift of Jesus' presence with you at all times – worries of the past, anxieties about the future? One way of recognizing God's presence is the practice of gratitude. Try to practice it today. If and when you find yourself worried or anxious, take a deep breath and think of just one positive thing in your life and give God thanks for just that one thing in that one moment. One positive remembrance in the moment can change the direction of your brain in the remaining moments of your day.

Breath Prayer: Inhale: *I will rejoice in gratitude...* Exhale: *for God's many gifts.*

Tuesday May 31, 2016

Like 24: 17-24 (CEB) *He said to them, "What are you talking about as you walk along?" They stopped, their faces downcast. The one named Cleopas replied, "Are you the only visitor to Jerusalem who is unaware of the things that have taken place there over the last few days?" He said to them, "What things?" They said to him, "The things about Jesus of Nazareth. Because of his powerful deeds and words, he was recognized by God and all the people as a prophet. But our chief priests and our leaders handed him over to be sentenced to death, and they crucified him. We had hoped he was the one who would redeem Israel. All these things*

happened three days ago. But there's more: Some women from our group have left us stunned. They went to the tomb early this morning and didn't find his body. They came to us saying that they had even seen a vision of angels who told them he is alive. Some of those who were with us went to the tomb and found things just as the women said. They didn't see him."

Reflection: It is interesting that when Jesus joined his followers he didn't jump in and try to change or dominate their conversation by saying, "Hey, I'm right here. I'm not dead. I have been resurrected." He simply walked with them and listened to their stories. That is a powerful image. As you share your stories of past pain and hurt, joy and hope, can you imagine that Jesus is right there with you, listening, and honoring your story? Remember that although Jesus isn't there with you physically he is there with you in the others. In the conversation the Spirit of Christ is seen and experienced in others who listen and honor your story. At the end of the day take a moment to close your eyes while remembering and reflecting back on all that happened during the day. You may not have been able to name it then, but can you name now those as times when others revealed to you the compassion of Jesus? In doing this you will see the great value of practicing what is called the practice of "Examen". If you were in worship on Sunday maybe you can refer back to the card you were given that outlines the practice.

Breath Prayer: Inhale: *I will review...* Exhale: *my day with Jesus.*

Wednesday June 1, 2016

Luke 24:25-27 (CEB) *Then Jesus said to them, "You foolish people! Your dull minds keep you from believing all that the prophets talked about. Wasn't it necessary for the Christ to suffer these things and then enter into his glory?" Then he interpreted for them the things written about himself in all the scriptures, starting with Moses and going through all the Prophets.*

Reflection: When Jesus did jump into the conversation he didn't tell them that they were wrong. He simply reminded them that in their pain, in the immediacy of all that they had experienced there was a bigger picture that they were not seeing. He reminded them that all that had happened was part of an older and deeper story, and they were part of it. He reminded them that their stories of pain, disappointment, failure and grief were all integrated into this old, old story that is ultimately about hope, grace, justice and love. It is the story of God's unconditional love. The same older, deeper, more profound story Jesus shared then is also our own story of God's love. How has God's story of unconditional love helped to shape your story? How hard is it for you to see your own story as part of God's big love story with humankind?

Breath Prayer: Inhale: *I will reflect...* Exhale: *on God's unconditional love.*

Thursday June 2, 2016

Luke 24:28-29 (CEB) *When they came to Emmaus, he acted as if he was going on ahead. But they urged him, saying, "Stay with us. It's nearly evening, and the day is almost over." So he went in to stay with them.*

Reflection: After this conversation in which Jesus tried to help them integrate their small story into God's richer, more complex story, he was about to leave them. Even when they reached their destination Jesus made no attempt to take over the party. He was about to go on his way and allow them to process what they had experienced on their own. But, then they offered him hospitality. Even though they didn't recognize that he was Jesus, they were practicing what he taught them; they were offering hospitality to a stranger. They recognized that moment as an opportunity to share what they had with someone else, someone outside their little group and in so doing they saw the very face of Jesus. What does this say to you about opportunities to show hospitality to a stranger? What fears, some of them legitimate, do you have in showing hospitality to strangers? Do you have a story about a time you showed hospitality to a stranger and in the end you were blessed by it?

Breath Prayer: Inhale: *I resolve to seek...* Exhale: *and find God in all things and all people*

Friday June 3, 2016

Luke 24:30-32 (CEB) *After he took his seat at the table with them, he took the bread, blessed and broke it, and gave it to them. Their eyes were opened and they recognized him, but he disappeared from their sight. They said to each other, "Weren't our hearts on fire when he spoke to us along the road and when he explained the scriptures for us?"*

Reflection: Jesus joined the group for a meal and a time of community around the table. Only when he took the bread, blessed it and broke it, and gave it to them did they recognize him as their beloved master and teacher and friend. In that moment they recognized him. They knew for certain that he was right there with them and yet in the next moment he was physically gone. His work at this meal was finished. He warmed their hearts with his words and through his actions of compassion and forgiveness. Those words and actions are what they remembered from that day on. The reality of Jesus was still alive and with them even though he was physically gone. What words of compassion and forgiveness have you heard spoken to you or others that keeps Jesus' presence for you? How do those moments help you to believe in an unwavering hope of transformation?

Breath Prayer: Inhale: *I will remember...* Exhale: *God's unconditional love for me.*

Saturday June 4, 2016

Luke 24:33-39, 48 (CEB) *They got up right then and returned to Jerusalem. They found the eleven and their companions gathered together. They were saying to each other, "The Lord really has risen! He appeared to Simon!" Then the two disciples described what had happened along the road and how Jesus was made known to them as he broke the bread. While they were saying these things, Jesus himself stood among them and said, "Peace be with you!" They were terrified and afraid. They thought they were seeing a ghost. He said to them, "Why are you startled? Why are doubts arising in your hearts? Look at my hands and my feet. It's really me! You are witnesses of these things."*

Reflection: This may be the end of Luke's telling of the story but it's not really the end of the Story. Instead of keeping this wonderful experience to themselves Luke says they got right up and returned to Jerusalem where they shared this wonderful, unbelievable, experience with others. As they shared the story, Jesus joined them once again. Isn't it interesting that every time people are sharing their sacred story with another Jesus shows up? If this doesn't accentuate the power and sacredness of our own stories what else can? People everywhere are leaning the power of personal story. Pay attention today to how many stories you hear told. Listen deeply and see if you hear either the need for or the reality of Compassion and forgiveness. How might you offer that to those who tell you their story? In doing so you can offer the same unlimited welcome that Jesus did.

Breath Prayer: Inhale: *I will remember...* Exhale: *to listen deeply to the stories I hear today.*