

**Crossroads Daily Guide**  
**Week of July 24, 2016**  
**A Week Walking with Jesus**



This week we will use the very familiar story of Jesus on the road to Emmaus, Luke 24:13-35 (see below) as the focus of our Study Guide. In that story, which takes place on the evening of the resurrection, two followers of Jesus, one named (Cleopas) and one unnamed, are joined by a third person while walking to the village of Emmaus. Emmaus was on a road one would take when walking to Jerusalem and the Bible says it was about seven miles from Jerusalem where our story takes place.

You'll remember that this third person asks them what they are talking about and they are incredulous that he is the "only one in Jerusalem that doesn't know the things that have taken place." And, of course, as we read the story, eventually after breaking the bread and blessing it, their eyes are opened to the fact that this third person is Jesus. The followers of Jesus didn't realize he was with them all along—they had missed seeing Jesus even though he was with them the better part of a whole day.

Our walk this week will help us acknowledge that there are many times when we don't "see Jesus" when he is right in front of us. We will "walk" with Jesus this week in seven different ways (there are more ways than one to "walk" with someone) and in so doing hopefully begin to develop a greater sense of awareness about what is going on in our life, and become more mindful of the presence of God in everything we do. The Bible says the distance was seven miles from Emmaus to Jerusalem, so we will walk one "mile" each day in seven different ways.

We will use only the story of the walk to Emmaus for scripture this week and you are encouraged to make a commitment to make this walk with Jesus and the rest of our Crossroads Community by dedicating some time each day to dip into the Study Guide and explore the many ways we can "walk" with Jesus. You will note there is space available each day for you to make notes about when you see Jesus during that day.

**This week's scripture: Luke 24:13-35**

*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.*

### **Sunday, July 24, 2016**

#### Mile 1 - Walking with Jesus

We start our walk by, well, walking. Read the story again, especially verse 13, which the Bible tells us makes Emmaus seven miles from Jerusalem. During your day today you are going to walk somewhere and if for some reason you aren't, then get up and go for a walk! Make a point of really being present when you walk, really see the sidewalk in front of you, the trees on the side of the road, the people you pass. We have to believe the men walking with Jesus were so absorbed in the story they were just putting one foot in front of the other, without thinking. Don't do that on your walk today. Be aware of what you are experiencing. Be aware of your feet moving one in front of the other, the physical nature of walking's impact on your body. Be attentive and mindful of the physical nature of your walk.

Thoughts on my walk today:

### **Monday, July 25, 2016**

#### Mile 2 - Talking about and with Jesus

In the next part of our story the two men are talking with each other and eventually with Jesus. Do you speak with Jesus? More than when you are praying? Is he a companion, someone you can confide in, someone you can talk to about anything? And do you talk to *other people* about Jesus? Today make a point of doing two things: actually having a conversation with Jesus that isn't a prayer-talk to him! Have a conversation...we know, this sounds strange, but try it, talk to him. And secondly talk to your family or a friend or your kids about this story, about this walk to Emmaus and the walk you are having. Talking about something gives it meaning, sometimes. Talk to Jesus and about Jesus today.

Thoughts during my talk today:

### **Tuesday, July 26, 2016**

#### Mile 3 - Thinking about Jesus

How often do you think about Jesus and your relationship? We're not talking praying to him or with him, but thinking about him. Who is he in your life? What does he mean to you? What is your relationship like? Do you do enough serious thinking about Jesus' importance in *your* life? Is your relationship a priority? Does it matter or is just something you worry about on Sunday then go about your business on Monday? Today, on this one mile walk, spend time thinking about your relationship with him, his presence in your life. Don't pray about it, think about it...really ponder it. Do you feel good about the relationship? Does it need work? What might you do to make it better?

Thoughts on my thinking about Jesus today:

### **Wednesday, July 27, 2016**

#### Mile 4 - Praying with Jesus

Ok, yesterday we thought about our relationship, today let's pray about it. There are many forms of prayer, the one we use the most probably being petition, asking Jesus to intervene. But today on this mile of the walk let's pray with Jesus by doing nothing—literally doing nothing—but sitting still and imagining him in your presence. This form of prayer, or meditation, might sound to like a not very productive exercise, but in our

story remember there had to have been a period of time when they were just walking and he was just with them. Spend this day, this mile, setting aside some time to just be with him, in silence. Let your prayer be intentional—find a time and make a point of doing it—and mindful, feel his presence, feel him sitting there with you. You don't have to talk to him, or ask him for anything, just be.

Thoughts on my praying with Jesus today:

#### **Thursday July 28, 2016**

##### Mile 5 - Reading with Jesus

Now it might not be easy to walk and read at the same time (though e-readers might make it possible), today our walk will be stationary and we will read about Jesus. We suggest you read the Emmaus story again...yes again. But this time read very, very slowly, so slowly you read in a way where you don't care if you get to the end. What word sticks out? What stops you as you are reading? Is it something Jesus said? Do you think about the breaking of the bread—our communion—and stop and think about how important that is in your life (or not important enough). The ancients (and many today) read the Bible using what is called lectio divina—prayerful reading. In lectio you aren't reading to finish a chapter or a book. You are reading to hear what God is saying to you in the passage... you are taking your time to really let the words sink in and 'speak to you.' In your walk today, read the passage and listen to what the Bible is saying to you in the words.

Thoughts on reading today on my walk:

#### **Friday July 29, 2016**

##### Mile 6 - Serving with Jesus

Few aspects of our discipleship, the commitment we make as followers of Jesus, are more unequivocal than his commandment that we love and serve one another. In service we too are transformed. Make a point during your week to pick a day when you will serve and do the serving with Jesus present. You don't have to work in a soup kitchen (though that would be great, of course); your service might be something you do for a spouse or child or a parent. But this time when you drop the kids off at school, do it with intention and awareness, do it with Jesus and think about what this small act of service has done for you. When you call your Mother to say hi, make sure the conversation is meaningful, make it an act of service. Experience Jesus' presence in your life today in what you do for others.

Thoughts on servicing with Jesus today:

#### **Saturday July 30, 2016**

##### Mile 7 - Following Him

Finally, we know the two on the road with Jesus were followers of Jesus. We know little about them (even the one who is named, Cleopas) but we do know as followers they heard the message, saw the life he lived and said "I want a part of that... I want to do what he asked me to do." What does following him mean to you? Is it a serious commitment like the men on the road must have made? Are you intentional about it? Mindful of the requirements for what you have signed up for? Spend time on this walk to consider your commitment to follow him and how that impacts your life.

Thoughts on following Jesus today: