|  |  |  |
| --- | --- | --- |
|  | **Down and Connor**  **Catholic Schools’ Support Service** |  |
|  | | |

Did not our hearts burn within us

as he talked to us on the road and

explained the scriptures to us?



Walking his way invites an awareness of the abundance of God’s life and grace within self, others and all creation.

Christian spirituality is one response to this awakening.

It is what faith looks like in everyday attitudes, commitments and behaviours in relation to God’s gifts.

William Sultmann

**Welcome**

***Allow staff a few minutes to “settle down”.***

***Put everything down on the floor.***

***Sit comfortably.***

**Leader**

**Sign of the Cross**

In the name of the Father

and of the Son

and of the Holy Spirit

Amen

**Leader**

***Choose one person to read from the bible.***

***Read the passage slowly.***

A reading from the Gospel of St Luke 24:13-35 (The Road to Emmaus)

**Self-Reflection**

***Some ideas to help direct self-reflection. You may wish to use all of these ideas, a selection or just one to focus on. The idea is that staff have an opportunity for quiet, personal reflection and prayer. You may wish to play instrumental music for the self-reflection period.***

* How do the two disciples feel as they journey towards Emmaus?
* How do the disciples feel when the stranger joins them?

Think about the disciples’ reaction as they listen to the stranger. Are there times when you have found wisdom or learning in the strangest of places?

* The disciples are disillusioned and confused. But they are open to listening and learning from the stranger. Am I open to listening and learning from others?
* Can you picture the disciples’ facial expressions and how they might have changed as they made their way to Emmaus?
* Can you picture Jesus sitting with them? His expression?
* How do you imagine the disciples feel when Jesus leaves them?
* Imagine the conversation on the return journey to Jerusalem. What has changed for the disciples?

**Lectio Divina**

The disciples, as they are walking towards Emmaus, listen to the stranger who explains the scriptures to them; their hearts burned within them. Lectio Divina offers an opportunity, a time for personal reading of scripture, through which we come to better understand the meaning of God’s Word in our lives at this moment. You might want to use this method of prayer with your staff – a guided personal meditation on the scriptures.

**Meditatio**

* What does the gospel passage say to me?
* What has drawn my attention or struck me in some way?
* Why? Was it a person? A word? A situation? A gesture?
* What, therefore, is God saying to me through these words, here and now, today?

**Oratio**

* God has spoken to me. What do I reply?

**Silently, each respond to what God has said through this gospel passage. Take a few moments to speak to God in the quiet of your heart.**

**Concluding Prayer**

God, our Father,

we are brothers and sisters in Jesus your Son,

one family, in the Spirit of your love.

Bless us with the joy of love.

Make us patient and kind,

gentle and generous,

welcoming to those in need.

Help us to live your forgiveness and peace.

Help us to listen to your words spoken in the scriptures,

may our hearts continue to burn within us

as we learn more about and listen to Jesus the Teacher, our Teacher.

This, we ask, through Christ Our Lord,

Amen

*(Adapted from the Official Prayer for World Meeting of Families 2018)*

**Suggested Music**

Our Hearts Burn Within Us, Ephrem Feeley