

In his book *Man's Search for Meaning*, Viktor Frankl describes the time when all of the exteriors of life—his family, job, respect, and vocation—were stripped away in the concentration camps in Nazi Germany. Frankl's answer to the search for meaning came as he confronted his relationship with God. That relationship gave meaning to everything else in his life.

Think for a moment. Would you say that God gives meaning to your life? *(pause)* to your marriage? *(pause)* to your singleness? *(pause)* to your vocation? *(pause)* to your relationships? *(pause)* Take this period of silence and get to know yourself—your hopes, *(pause)* your dreams, *(pause)* your motives, *(pause)* your feelings. *(Pause)* Be honest in your silence and, at the very beginning of this three-day Walk to Emmaus, get to know yourself.

## Lay Director

Please stand. Turn to page 16 in your worship booklet and join with me in saying the Apostles' Creed.

*(Pause for all to find.)*

I believe in God, the Father Almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, is seated at the right hand of the Father, and will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic\* church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

\* universal

Please be seated.

Let us pray. *(Pause.)*

Lord, we offer our prayers for those who live in sin. *(Pause.)*

Lord, we offer our prayers for those who resist your grace. *(Pause.)*

Lord, we offer our prayers that we will make good use of these three days.  
*(Pause.)*

Lord, we offer our prayers for those of us who need this weekend the most, and for the ones who think they need it the least. *(Pause.)*

Lord, we offer our prayers for those who are sacrificing themselves for our sake during these three days. *(Pause.)* Amen.

Please turn to page 10.

*(Pause for all to find.)*

Please pray with me.

Gracious God, give me the power  
to set my heart on things above.  
Help me to put to death the old nature,  
sexual immorality, impurity, lust, and greed.

By your Holy Spirit, enable me to put aside  
unholy words, deeds, and thoughts.

I want to die to self, that I might live in Christ.  
Give me the new self you have promised,  
which is being renewed in the knowledge and image of God:  
in compassion, kindness, humility, gentleness, and patience.

Help me to forgive, that I might be forgiven.

Help me to love as I have been loved. Amen.

*(Following the evening prayers)*

### **Lay Director**

Please close your books and listen closely. Imagine Jesus Christ speaking to you. He says: "Listen. I have chosen you, and I have called you to three days in my company. I love you and want a relationship with you. Because I love you, I want you to be holy so that you can help me bring about the conversion of your brothers and sisters. Don't be apprehensive or hesitant. I am your God, and I want to be your friend. Remember that it was not circumstance, nor a friend, nor a fellow worker, nor a

# Friday

6:00 AM Assistant Lay Directors arise.

6:30 AM Ring bell or play recorded music.

*Recordings of appropriate music may be substituted for bells as long as there are no words being sung. Silence is still in effect.*

6:55 AM Assistant Lay Directors check rooms for stragglers. Count to make sure all pilgrims are present.

7:00 AM Move to chapel for morning prayers.

## Lay Director

Good morning. Please turn to page 8 in your worship booklet. As we break the silence of last night, join me in saying together the morning prayer. *(Pause to give everyone opportunity to find the prayer.)*

Loving God, you love us—all of us—  
and ask, in return,  
that we love you with all our hearts and souls and minds.

Loving God, you love us—all of us—  
and ask, in return,  
that we love our neighbors as we love ourselves.

Loving God, you love us—all of us—  
and ask, in return,  
that we forgive and not hold grudges.

Loving God, you love us—all of us—  
and ask, in return,  
that we take up our cross and follow you.

And by your grace we will love and obey.  
Let it be so, now and forever. Amen.

*(Lay Director: Introduce the Spiritual Director who will lead the service of Holy Communion.)*

### **Liturgy of the Word and Holy Communion (Spiritual Director)**

*Prayers from the worship booklet or another appropriate source can be used. A liturgy for Communion is found on pages 26–34, worship booklet. The scripture reading and THE LOVING FATHER meditation can be part of the order of worship. If used separately, there should be no scripture and meditation during worship.*

### **Meditation #1: THE LOVING FATHER (PRODIGAL SON)**

#### **Spiritual Director**

*This meditation begins the first day of The Walk to Emmaus. Today's talks focus on the fact that God freely offers grace to all, and those who respond live a life of love. Following is the story of the loving father and the prodigal son, which presents the goodness and mercy of God. This meditation is meant to awaken pilgrims to the fact that God is already halfway down the road to meet us. It is important to share this meditation from a firsthand point of view. Rather than talking about God's mercy, tell how you have experienced God's mercy and love.*

#### **Spiritual Director**

*(Read the parable of the loving father and prodigal son, Luke 15:11-32.)*

**Then Jesus said, "There was a man who had two sons. The younger of them said to his father, 'Father, give me the share of property that will belong to me.' So he divided his property between them. A few days later the younger son gathered all he had and traveled to a distant country, and there he squandered his property in dissolute living. When he had spent everything, a severe famine took place throughout that country, and he began to be in need. So he went and hired himself out to one of the citizens of that country, who sent him to his fields to feed the pigs. He would gladly have filled himself with the pods that the pigs were eating; and no one gave him anything. But when he came to himself he said, 'How many of my father's hired hands have**

Now visualize Christ continuing on the road, becoming actively involved in your world. He is going to work for you. Catch up with him and become his voice, hands, and feet to act out his response to your life, your needs, fears, possibilities, and hopes.

### **Spiritual Director**

*End this experience with a prayer that God will send the Holy Spirit to enable Christ to work in each person's heart and life. Pray that the Holy Spirit will equip each person for the task of being Christ in the world. Allow time for silence and do not rush. Then send the pilgrims back to the conference room to discuss the talk on piety.*

- 7:30 PM                      Return to conference room.  
                                    Discussion (15 minutes)  
                                    Summary (5 minutes)  
                                    Posters, skits, poems, etc. (20 minutes)
- 8:15 PM                      Break
- 8:30 PM                      Table groups share with the larger group.

*Each table should present a one- to two-minute summary of each talk and artistic response (poster, skit, poem, etc.) to the entire group. Each table presents all five summaries and responses before going on to the next table. (Follow this procedure both Friday and Saturday nights.)*

- 10:00 PM                    Move to chapel for closing worship and the examination of conscience.  
  
                                    (Clergy should be available for spiritual direction.)

### **Lay Director**

At this time we are going to make an examination of conscience. Please turn to page 14 in your worship booklet. Follow the text as I read aloud, and listen as if God were speaking directly to you.

*(Wait for all to find. Then read the following text to the group.)*

My child, think about your attitudes and disposition. Have your thoughts, your desires, your words, and your actions been worthy of one of my apostles?

How have you handled your problems today? Have you fallen in the face of them? What was the reason? Think it over.

Think about the means of grace available to you, the ways that you may grow in my grace: morning and evening prayer, worship, Holy Communion, spiritual friends. Are you availing yourself of these means of grace? Could you be more attentive and receive more benefit?

How long has it been since you have visited your spiritual director? When will you go?

And what about your serving? Could you have been more generous, more courageous, more self-sacrificing, more cheerful?

What are the obstacles to grace in your life? Are you trying to remove those obstacles by yourself? Or are you depending upon my Spirit?

What about your time? Do you make the time to be a disciple? Listen to me. Isn't it true that you find time for the things that really interest you? I, who am your God, would almost be satisfied if you would treat me as well as you treat any of your friends.

As my disciple, what have you done today that I may be better known, that I may be better loved?

Are you with me or against me? At work in your profession or at recreation, have you been my disciple? Would you have been proud to have me accompany you through the day?

Remember that what wounds my heart most are the infidelities of the "faithful." *I count on you! On you!* And you, on whom or what do you count? What is the source of your spiritual life?

My child, don't stop halfway. I search for your whole heart, your passion, your fire, your energy, and your surrender. A Christian has a right to be enthusiastic. If you want to be, you can be. Tell me honestly, are you willing to give your all? Are you willing to live in my grace? Everything depends on your really wanting to be my disciple.

Now join me in reading the prayer at the bottom of page 15.

**All:**

I have sinned and fallen short of your grace. Today I put my trust in you, O Lord, and your mercy. Accept me in the company of your apostles, freely forgiving my offenses through Christ. Fill me with the Holy Spirit and the fire of your love. Amen.

Please close your books and listen closely. Each night on this Walk we make a special examination of conscience. The form is not important, but each of you should have an opportunity to reflect on your attitude toward what Christ asks you to be and to do. If you like, you may stay in the chapel to reflect in your own way. If you would like to speak to one of the spiritual directors, please step to the rear of the chapel. Before we go to bed, our Spiritual Director has a few comments.

*This talk takes place during the chapel time at the end of the first day. Its purpose is to review the experiences of Day One. You can make this talk as specific as you wish; you may want to review key points of each talk from this day.*

## Spiritual Director

We have completed the first day of a three-day journey. The distance from Jerusalem to Emmaus is only a few miles. Cleopas and his companion probably took only one day to make that journey. But we are taking three days. We are walking very slowly, because we do not want to miss any of the message our Lord shares with us as we walk.

Today you have been challenged to think about what is most important in your life, (*pause*) to respond to God's offer of grace and to accept God's love, (*pause*) to be intentional in cultivating your relationship with God, (*pause*) and to be a living example of God's presence in the world.

Now, there are two things I want to share with you before we go to bed. First, there is no "formula response" expected of you this weekend any more than Jesus expected a pat response from the disciples. If you have given 100 percent of yourself to the experience, then your response is authentic. The manner in which we give ourselves is in common, but the outcome is individual. If you have been honest with yourself and with those around your table, then you have made an authentic response.

Second, everything that happens during these three days can give you insight into your relationship with God. Cleopas and his companion could have resisted the

# Saturday

- 6:15 AM Assistant Lay Directors arise.
- 6:45 AM Wake-up signal
- 7:25 AM Assistant Lay Directors check for stragglers. Count to make sure all are present.
- 7:30 AM Pilgrims and team move to chapel for morning prayers.

## Lay Director

Good morning. Please turn to page 9 in your worship booklet and pray with me.

*(Wait for all to find.)*

Loving God, I am reminded that there is a time for everything in life. Help me to look at each day as a new opportunity to be your servant. Allow me to see you in the life of those who surround me. Open my eyes to look at them as you do, with love and compassion, so I can give myself in love to them.

Blessed Jesus, as my journey continues, I want you to be my companion. Teach me to overcome my sinful thoughts, my pride, and my selfishness. Open my heart to your forgiveness and strength. Lift me when I fall. Carry me when I am weak.

Holy Spirit, take away any negative attitude. Guide me into the way that leads to life. Make me sensitive to your promptings—eager for the presence and power of sanctifying grace. Allow me to be your ambassador wherever I go today. In Jesus' name I pray. Amen.

Please close your books. Now our Spiritual Director will lead a meditation called "Four Responses to Christ."

# Sunday

- 6:15 AM Assistant Lay Directors arise.
- 6:45 AM Wake-up bell or music by the Conference Room Team members (only those of the same gender as the pilgrims). Experience has shown that community singing of “Las Mañanitas” is not a good idea, and Emmaus does not do this.
- 7:25 AM Assistant Lay Directors check for stragglers. Count to make sure everyone is present.
- 7:30 AM **Morning prayers in chapel**

## Lay Director

Good morning, children of God. Please turn to page 6 in your worship booklet, and let us read Psalm 100 in unison.

*(Wait for all to find.)*

Make a joyful noise to the LORD, all the earth. Worship the LORD with gladness; come into his presence with singing.

Know that the LORD is God. It is he that made us, and we are his; we are his people, and the sheep of his pasture.

Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name.

For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations.

Join me in reading Psalm 23 on page 17 of your worship booklet.

*(Wait for all to find.)*

The LORD is my shepherd; I shall not want.

He makes me lie down in green pastures; he leads me beside still waters; he restores my soul. He leads me in right paths for his name’s sake.

Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff—they comfort me.

You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD my whole life long.