



TAKING THE JOURNEY TO EMMAUS

PRAYER
WEEK
2026

WELCOME TO THE JOURNEY

LUKE 24:13-35 NIV

On the Road to Emmaus

13 Now that same day two of them were going to a village called Emmaus, about seven miles[a] from Jerusalem. 14 They were talking with each other about everything that had happened. 15 As they talked and discussed these things with each other, Jesus himself came up and walked along with them; 16 but they were kept from recognising him.

17 He asked them, "What are you discussing together as you walk along?"

They stood still, their faces downcast. 18 One of them, named Cleopas, asked him, "Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?"

19 "What things?" he asked.

"About Jesus of Nazareth," they replied. "He was a prophet, powerful in word and deed before God and all the people. 20 The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; 21 but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. 22 In addition, some of our women amazed us. They went to the tomb early this morning 23 but didn't find his body. They came and told us that they had seen a vision of angels, who said he was alive. 24 Then some of our companions went to the tomb and found it just as the women had said, but they did not see Jesus."

25 He said to them, "How foolish you are, and how slow to believe all that the prophets have spoken! 26 Did not the Messiah have to suffer these things and then enter his glory?" 27 And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

28 As they approached the village to which they were going, Jesus continued on as if he were going farther. 29 But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them.

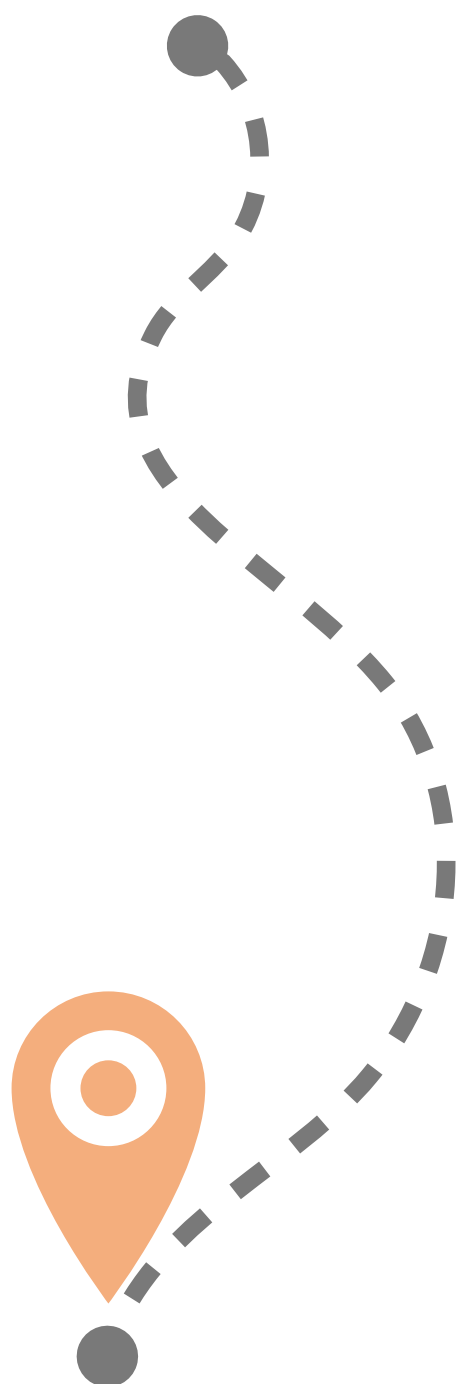
30 When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. 31 Then their eyes were opened and they recognised him, and he disappeared from their sight. 32 They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"

33 They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together 34 and saying, "It is true! The Lord has risen and has appeared to Simon." 35 Then the two told what had happened on the way, and how Jesus was recognised by them when he broke the bread.

HOW TO USE THIS JOURNAL

This short journal has been put together with love and care as an invitation to join together with our church community to take a journey into prayer.

Each day you will find a short reflection from one of our leaders. Our hope is that you will be encouraged and built up as you spend time with the Lord this week.



1 Set time aside, take a pause in the business of your day.

2 Take a moment to read the scriptures, what do you notice?

3 Read the reflection, what comes to mind as you consider it?

4 What moves you? What is on your heart just now?

5 Spend some time listening to the Holy Spirit, what might God be saying to you?

6 How will you live today in the light of this time you have spent.

MONDAY

UNRECOGNISED
PRESENCE

LUKE 24:13-18

Unrecognised Presence

At the start of this prayer devotion take the time to replay the story of the Journey to Emmaus in your imagination. Imagine you are walking along the road with Cleopas as the night is closing in. You can observe his broken body language as you listen to his heartfelt disappointment and despair at the death of his friend and you hear his confusion over the news from the women that they have seen Jesus. You too have loved Jesus as revealed to you in his teaching and His loving, generous character. But now He is gone. You are both so downhearted you hardly notice this other figure coming alongside you, in fact his head is bowed, and you cannot see his face, so you assume he is a fellow traveller uninterested in your life.

Isn't this journey like our prayer journey can be when all of life's issues are causing such disappointment and despair, we assume so much and focus on this world we do not recognise the Presence of Jesus who is already walking alongside us and already to engage with us.

Consider how this year we might be "blind" to God's work in our lives and how we can become better listeners and observers.

Pray for God to open your eyes and ears to His Presence in everyday, unexpected places and people.

Reflect on the disciples' sadness and sense of loss. Pray for opportunities to be a comforting presence for others who are suffering.

TUESDAY

THE WORD
OF GOD

LUKE 24:19-27

The Word of God

As the two disciples walked the road to Emmaus, confusion and disappointment clouded their hearts. They had hoped Jesus was the One who would redeem Israel – yet all they could see was the darkness of recent days. Into that uncertainty, Jesus gently entered their conversation and “beginning with Moses and all the Prophets, explained to them what was said in all the Scriptures concerning himself.” Before they recognised His face, they were guided by His Word.

We, too, know what it is to face moments of doubt – times when God feels distant or when the road ahead seems unclear. Yet Jesus still draws near, often unnoticed, opening the Scriptures to remind us of who He is and what He has promised. His Word anchors us when our emotions waver and lifts our eyes from our confusion to His redeeming purpose.

Today and this New Year, dedicate time to prayer and to reading the Bible. Sit with passages that bring hope, and ask the Spirit to illuminate your understanding. Pray that, like the disciples, your heart would “burn within you” as Christ speaks through His Word. May God reveal His presence when you feel lost, and may His truth steady your steps so you can believe it and live it.

Ask God to sharpen your spiritual awareness so you can recognise Christ's presence in Scripture, in prayer, and in the ordinary moments of daily life.

Seek the Holy Spirit's help to deepen your love for Scripture—so that reading it brings clarity, conviction, and renewed hope.

Invite Jesus to meet you in moments of uncertainty, to reveal Himself through His Word, and to help you trust His leading even before you fully understand the path ahead.

MY REFLECTIONS

WEDNESDAY

HOSPITALITY

LUKE 24:28-29

Hospitality

As Cleopas and his friend walked on to Emmaus carrying disappointment, confusion, and the heavy silence that follows shattered hopes. A stranger they did not recognise drew near. Still, they offered Him what they had: space on the road, room in the conversation, and as evening approached and they reached their home, and as the stranger made as if to carry on, they offered him a place at their table.

Their hospitality created the doorway for revelation.

When they invited the unknown traveler to stay the night, they were not simply being polite. They were practicing the quiet, holy work of making room—room for another person, room for mystery, room for God to move in ways they didn't expect. And it was at their table, in their home, in the ordinary act of eating together, that their eyes were opened and they experienced immeasurably more than they could have ever hoped for. So wonderful was it that they turned round and went all the way the 7 miles back to Jerusalem.

Hospitality is more than welcoming people into our homes; it is welcoming God into our moments. When we open space in our schedules, in our conversations, in our hearts for others, Jesus often reveals Himself and it is in the most ordinary places.

Today, consider how can I make room for Jesus and for others in the every day ordinary.

How can I be more hospitable? And it's not just about lavish meals, as great as they are.

You see Jesus often walks with us long before we recognise His presence—
and hospitality helps us finally see Him.

MY REFLECTIONS

THURSDAY

**THE MOMENT
OF RECOGNITION**

LUKE 24:30-32

The Moment of Recognition

Recently I met someone I haven't seen for over 30 years, at first I didn't realise it was them, we are both a bit older, a few grey hairs but then there was that aha moment! Of course I knew that face. The joy of reunion, a hug and years of life to catch up on.

I'm sure we have all had those aha moments, but in our reading today these disciples had walked with Jesus for much of their journey from Jerusalem to Emmaus, they had shared stories of all that had happened and found him to be a caring companion but they did not realise who he was.

After convincing their new companion to stay with them, their aha moment came when Jesus gave thanks and broke bread. How often as disciples they had seen Jesus do this simple act, and now in this moment it revealed his identity whilst also pointing to his body broken for them.

We are told their eyes were opened. Sometimes we cannot see, and sometimes things are hidden from us, but those moments of revelation are always precious. For us communion often provides this encounter. As we reflect we realise that although we couldn't see Jesus presence at the time, he was always there, our hearts warmed by his presence and His word.

Thank God for those 'aha' moments, providing an encounter with the risen Jesus

Pray for a fresh revelation of Jesus in our lives, for the "eyes of our hearts" to be opened.

Celebrate the joy and certainty that comes from truly recognising Christ's presence.

MY REFLECTIONS

FRIDAY

**LIVING AS
WITNESSES**

LUKE 24:33-35

Living as Witnesses

The two disciples don't stay on the Emmaus road reflecting on their encounter with Jesus. As soon as they recognise him, they "got up and returned at once to Jerusalem". Witnessing begins with movement. Our encounters with Christ send us back into our relationships, back into the places where the Good News can be shared. When the disciples arrive, they find others already sharing together: "It is true! The Lord has risen..." Their story joins a wider chorus. We rarely witness alone; faith is strengthened as our testimonies join together.

Notice how they simply share what is. A simple account of "what had happened on the way", and about the moment Jesus became clear to them – "when he broke the bread".

Living as witnesses is often less about impressive words and more about faithful attention. Learning to notice when Jesus is at work, then speaking plainly about our experience. Simply sharing what is.

And as we faithfully share these stories, they join with other stories of encounters with the Lord, and faith is encouraged in those around us.

Ask God to help you notice where he's already at work, and to give you courage to share it simply.

What has "happened on the way" for you recently, ask God how that could be shared as an encouragement to someone today?

Ask the Lord to place one person on your heart to encourage this week by sharing a small, genuine "Jesus-encounter" from your faith story?

SATURDAY

**NEXT STEPS
ON THE ROAD**

LUKE 24:13-35

Next Steps on the Road

The Emmaus account reminds us that following Jesus isn't a neat set of highlights; it's a walk, a journey. The two disciples didn't start the day feeling brave or spiritual. They were confused and disappointed. And Jesus met them right there, in the middle of it, alongside them, step by step.

As you finish the week, where did I notice Jesus? Where has God been at work? Maybe it was a sentence from scripture that stayed with you, a peace you didn't expect, a timely conversation, a strength to keep going.

Looking ahead to the week coming, the disciples didn't keep their experience to themselves; they went back to the people in their lives and shared what they'd seen.

Living as a witness is simply sharing that story of where Jesus has been at work in your life.

What is one moment this week where you have felt God at work in your life?

Who is one person you could encourage next week?

What is one small step that you can take that helps you be the person you want to be with Jesus?

