

A Journey with Christ

The Gospel of Luke relates the story of two disciples of Jesus who were going along the road from Jerusalem to Emmaus. As these two friends were walking together, they shared their hearts' deepest concerns about the death of Jesus. An unknown person joined them and explained the scriptures as they walked. Towards the end of the day's travel, they urged the stranger to eat with them. As the stranger took bread, blessed, broke, and shared it with them, their eyes were opened and they recognised the risen Christ. Then they rushed back to Jerusalem to share the good news with others.

What is the Walk to Emmaus?

The Walk to Emmaus is an experience of Christian spiritual renewal that begins with a three-day experience which takes a New Testament look at Christianity as a lifestyle. It is a structured weekend that starts on Thursday evening and ends on Sunday afternoon. The three days are designed to strengthen and renew the faith of Christian people, and through them their families, congregations and the world. Emmaus is about renewing and strengthening the church – your local church.

What happens at Emmaus?

You will enjoy three days of singing, learning, laughing, worshipping, reflecting, praying and small group discussion. The discussions centre around fifteen talks given by lay people and clergy. These talks present the theme of God's grace, how that grace comes alive in the Christian community, and how it expresses itself in the world. You'll also discover how grace is real in your life, how you live a life of grace, and how you bring grace to others. You will have the opportunity to participate in the daily celebration of Holy Communion and to understand more fully the body of Christ. You will experience God's grace through the prayers and acts of anonymous service offered by the Emmaus community. You will leave with an experience of Christian love in action that will equip you for new levels of grace-filled service and leadership.

What happens after Emmaus?

While your weekend lasts only three days, you are invited to build on it for the rest of your life. Those who attend a Walk to Emmaus are encouraged to do two things

1. Expand your own spiritual lives through worship, study and active participation in your local church;
2. Become more active Disciples of Christ in service to the world.

To help continue your journey after the walk Emmaus offers the opportunity to participate in

1. Local reunion groups
2. Monthly community services (Gatherings)
3. Supporting future Emmaus Walks

Purpose of Emmaus

The purpose of Emmaus is to inspire, challenge, and equip local church members for Christian action in their homes, churches, and places of work. Emmaus reminds us how a grace-filled life is to be lived and shared with others.