

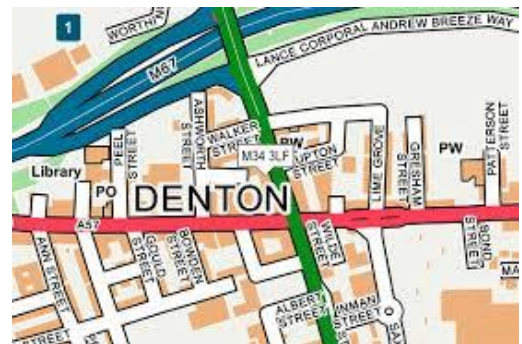
Road to Emmaus Prayer



Redeeming God, gather us in,
whether we are feeling happy or confused,
whether we are bouncing with delight or battling tiredness.
Inspire our minds, reignite the fire in our hearts,
restore our hopes as we come together today.
Amen.

Active Prayer

In our scripture reading today Jesus met with his followers while they were on the road.



Why not plan a route you can walk in your community. Think of places you would like to pray for that you could be on your route.

If you are currently allowed out of the house, you could walk your actual route during allowed exercise time - remember to keep at a safe distance from anybody you meet.

If you are unable to leave the house, why not use google maps "street view" and travel your route from inside your home.

Pray for the people and places you pass on your walk.

Footprints in the Sand



One night I dreamed I was walking along the beach with the Lord.
Many scenes from my life flashed across the sky.
In each scene I noticed footprints in the sand.
Sometimes there were two sets of footprints,
other times there were one set of footprints.

This bothered me because I noticed
that during the low periods of my life,
when I was suffering from
anguish, sorrow or defeat,
I could see only one set of footprints.

So I said to the Lord,
"You promised me Lord,
that if I followed you,
you would walk with me always.
But I have noticed that during
the most trying periods of my life
there have only been one
set of footprints in the sand.
Why, when I needed you most,
you have not been there for me?"

The Lord replied,
"The times when you have
seen only one set of footprints in the sand,
is when I carried you."

Mary Stevenson