

A Time of Wilderness

Spiritual Reflections during Lockdown, #1

The Road to Emmaus

Each week I will offer a spiritual reflection and prayer resource based on the resurrection experiences and other themes of Eastertide. We might use images, poetry, scripture, or all three! I hope they will be useful to you during this time, which some have likened to a wilderness – a time when we might feel lost, a time of uncertainty, unfamiliarity, and separation. Whilst we are not together in our churches, we can still be together in prayers and reflections offered to God.

Luke 24:13-16

“¹³ Now on that same day two of them were going to a village called Emmaus, about seven miles^[a] from Jerusalem, ¹⁴ and talking with each other about all these things that had happened. ¹⁵ While they were talking and discussing, Jesus himself came near and went with them, ¹⁶ but their eyes were kept from recognizing him.”



There are lots of parallels between life at the moment and the road to Emmaus. We are now walking ‘our’

Eastertide road to Emmaus, on a road which is fearful and unsettled. During times of anxiety such as we now find ourselves, when we have so much to process and try to understand, we need to talk to each other, and share thoughts, just as the two disciples did as they walked the road after the resurrection. This is not so easy in these days of physical-distancing, even with the phone and internet. But God is with us in this. Just as Christ walked alongside the disciples and opened up the scriptures to help them, Christ walks alongside us also, and scripture can help us unfold and understand the complex, fast moving developments that we find ourselves facing. Like us, the disciples on the road to Emmaus struggled to comprehend, times had changed so suddenly, but even before they realised it, they found their friend and Lord alongside them, helping them understand.

One day we will reach our Emmaus and break bread with each other and our friend the Lord. But in the meantime, whilst we might be physically separated from our church community, and the physical touch, taste and sight of Communion, we are still spiritually connected with Christ and each other as we journey along the way.

Ideas for prayer

How can we pray our way along the road to Emmaus? Perhaps we can pray for our eyes to be opened, like the disciples, to the presence of Christ alongside us, showing us what we need to see in order to go forward? Perhaps we can pray for those who we know are walking this road alone, or those who are in great difficulty? And finally, we pray for the day when we reach our Emmaus and break bread with each other and Jesus again.