



# Emmaus Time

## Recognising Christ in the Hour of Uncertainty

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Dear Friends,

There is something profoundly tender about the Emmaus Road. It is not a place of certainty, but of confusion. Not a place of strength, but of quiet disappointment. Two disciples walked away from what they thought would be the fulfilment of everything—and instead found themselves carrying questions, grief, and unmet expectations. And yet... it was there that Jesus drew near.

Emmaus time is the space we are living in right now. Across the world, there is unrest, uncertainty, and a deep sense that things are not as they should be. People are searching, questioning, even withdrawing—like those two disciples. There is noise, fear, and division, and many hearts are quietly asking: *Where is God in all of this?*

But Emmaus reminds us of something vital: **Jesus comes closest when He seems most hidden.** He walks beside us in the conversations we are having, in the burdens we are carrying, in the questions we cannot yet answer. He does not always interrupt immediately—He listens, He draws near, He begins to open truth slowly, patiently.

And then comes the turning point. **“Were not our hearts burning within us...”**

This is the call for us today. In a world overwhelmed by information, outrage, and fear, God is not first calling us to react—He is calling us to *recognise Him again*. To become people whose hearts burn with truth, not with anxiety. People who discern His voice in the midst of many voices.

Emmaus time is not the end of the story—it is the ***awakening***.

It is where:

- disappointment becomes revelation
- confusion becomes clarity
- weariness becomes commission

Because those same disciples who walked away...**ran back**. They returned with urgency, with fire, with renewed vision. This is what God is doing now.

He is drawing near to His people in quiet, personal ways—reigniting hearts, restoring vision, and preparing a people who will not be shaken by the instability of the world, because they have encountered the risen Christ.

In this hour:

- We are called to **walk with Him**, even when we do not yet understand
- To **listen deeply**, beyond the noise
- To **recognise Him in the breaking of the bread**—in the simple, sacred places

And then to **rise and go**, carrying hope into a world that is searching. Emmaus is not a place of retreat—it is a place of **encounter that leads to movement**. And perhaps the question for us now is not: *“Where is God?”* But rather: **“Will we recognise Him as He walks with us?”**



### **Emmaus Road**

*We walked with hearts weighed down,  
unsure, unsettled, searching still—  
and yet You came, so quietly,  
and walked beside us in Your will.*

*You spoke, and something stirred within,  
a fire we could not explain;  
until in simple, sacred moments,  
we saw Your face—and hope again.*

*Now every road, though marked by questions,  
holds the promise of Your grace:  
that even when we do not know You,  
You are near... and we will see Your face.*

## **Prayer Points for This Season**

### **1. Hearts That Recognise Him (Spiritual Awakening)**

- Pray that people would recognise Jesus in their daily walk, even when He feels hidden.
- Ask for hearts that burn with truth, not fear or confusion.
- Pray for spiritual sensitivity to the voice of the Holy Spirit in this noisy age.
- Ask God to remove discouragement and restore vision where hope has grown dim.

*“Then their eyes were opened and they recognised Him...” — Luke 24:31*

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### **2. Deep Discernment in a Confused World**

- Pray for clear discernment amid conflicting voices and global unrest.
- Ask that people would not be led by fear, media, or emotion, but by the Spirit of God.
- Pray for wisdom to respond rather than react.
- Ask God to anchor Christians firmly in His Word and truth.

*“If any of you lacks wisdom, you should ask God...” — James 1:5*

### 3. A Ministry of Presence and Walking With Others

- Pray that we walk with others as Jesus did—patiently and compassionately.
- Ask for grace to listen deeply.
- Pray that people feel gently led to Christ.
- Ask that conversations become moments of encounter.

*“The Lord is near to the broken-hearted...” — Psalm 34:18*

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### 4. Rekindled Hope and Strength

- Pray for those who feel weary, disappointed, or disillusioned.
- Ask God to restore joy, faith, and expectancy.
- Pray that hope would rise again in hearts affected by grief and uncertainty.
- Ask for renewed spiritual strength to continue walking faithfully.

*“May the God of hope fill you with all joy and peace...” — Romans 15:13*

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### 5. Protection and Steadfastness

- Pray for wisdom and discernment for our Branch Leader and Sisters serving.
- Pray for the Holy Spirit to guide all decisions, programs, and outreach efforts.
- Pray that the Word of God is central in all ministry activities.
- Ask for unity and covering over all who serve and come.

*“The peace of God... will guard your hearts and minds...” — Philippians 4:7*

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### 6. Fresh Vision and Kingdom Movement

- Pray for courage to respond when God reveals Himself.
- Ask for boldness to step into new directions.
- Pray for Spirit-led opportunities in this season.
- Ask that we move in step with what God is doing now.

*“Forget the former things... See, I am doing a new thing!” — Isaiah 43:18–19*

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### 7. The Breaking of Bread – Presence of Christ

- Pray for deeper awareness of Jesus in everyday life.
- Ask that gatherings carry His presence.
- Pray that ordinary moments become holy encounters.
- Ask God to reveal Himself in transforming ways.

*“Draw near to God and He will draw near to you.” — James 4:8*

## Prayer

Lord Jesus,  
As we walk through this Emmaus time, draw  
near to us.

When we are uncertain, speak.  
When we are weary, strengthen.  
When we do not recognise You,  
open our eyes.

Let our hearts burn again—  
not with fear, but with truth,  
not with striving, but with Your presence.

And when You reveal Yourself,  
give us the courage to rise,  
to return,  
and to carry Your hope into the world.

In Your name, Amen.

# 31 Emmaus Words

<p><b>Emmaus says to you:</b> Stay on the road, even when you don't recognise Him.</p>	<p><b>Reflection:</b> He comes near before you are aware. Faithfulness is not clarity—it is staying.</p>	<p><b>Prayer:</b> Lord, give me grace to keep walking, even when I cannot see You.</p>
<p><b>Emmaus says to you:</b> Disappointment can blind you—but it can also prepare you.</p>	<p><b>Reflection:</b> What feels like loss may be softening your heart for a deeper encounter.</p>	<p><b>Prayer:</b> Jesus, meet me in my disappointment and reshape it in You.</p>
<p><b>Emmaus says to you:</b> He walks with you before you believe again.</p>	<p><b>Reflection:</b> Your doubt does not drive Him away—He draws nearer still.</p>	<p><b>Prayer:</b> Stay with me, Lord, even when my faith feels weak.</p>
<p><b>Emmaus says to you:</b> Don't rush past the questions—He meets you in them.</p>	<p><b>Reflection:</b> Honest questions can become holy ground when placed before Him.</p>	<p><b>Prayer:</b> Lord, I bring You my questions—teach me to trust You within them.</p>
<p><b>Emmaus says to you:</b> Your broken expectations may be the doorway to true revelation.</p>	<p><b>Reflection:</b> What you hoped for may not be what He is doing—but what He is doing is greater.</p>	<p><b>Prayer:</b> Jesus, loosen my grip on what I expected, and open me to Your truth.</p>
<p><b>Emmaus says to you:</b> He listens before He speaks—will you?</p>	<p><b>Reflection:</b> Love listens deeply. Let Him hear your heart—and learn His way of listening.</p>	<p><b>Prayer:</b> Lord, quiet my spirit so I may listen well.</p>
<p><b>Emmaus says to you:</b> Let Him reinterpret your story, not just comfort it.</p>	<p><b>Reflection:</b> He doesn't only soothe pain—He reveals meaning.</p>	<p><b>Prayer:</b> Speak into my story, Lord, and show me Your hand in it.</p>
<p><b>Emmaus says to you:</b> Truth burns before it becomes clear.</p>	<p><b>Reflection:</b> Sometimes your heart recognises Him before your mind does.</p>	<p><b>Prayer:</b> Kindle Your truth within me, Lord.</p>
<p><b>Emmaus says to you:</b> You may be closer to Him than you feel.</p>	<p><b>Reflection:</b> Nearness is not measured by feeling, but by His faithfulness.</p>	<p><b>Prayer:</b> Help me trust that You are near, even when I cannot feel it.</p>
<p><b>Emmaus says to you:</b> Don't mistake silence for absence.</p>	<p><b>Reflection:</b> Hiddenness is not abandonment—it is an invitation.</p>	<p><b>Prayer:</b> Lord, teach me to seek You even in silence.</p>
<p><b>Emmaus says to you:</b> He is present in the ordinary road.</p>	<p><b>Reflection:</b> The sacred often meets you in the unnoticed places.</p>	<p><b>Prayer:</b> Open my eyes to find You in the ordinary.</p>
<p><b>Emmaus says to you:</b> What if your confusion is holy ground?</p>	<p><b>Reflection:</b> Where you feel unsure may be where He is speaking most deeply.</p>	<p><b>Prayer:</b> Help me not to run from what I don't understand.</p>
<p><b>Emmaus says to you:</b> Let Scripture speak into your disappointment.</p>	<p><b>Reflection:</b> His Word reframes what your heart cannot yet hold.</p>	<p><b>Prayer:</b> Speak through Your Word, Lord, and steady me.</p>
<p><b>Emmaus says to you:</b> He reveals Himself, but often slowly.</p>	<p><b>Reflection:</b> Growth and revelation unfold in time—remain.</p>	<p><b>Prayer:</b> Give me patience to wait for Your unfolding.</p>
<p><b>Emmaus says to you:</b> Stay long enough for your heart to burn again.</p>	<p><b>Reflection:</b> Don't leave too early—fire often comes after the waiting.</p>	<p><b>Prayer:</b> Keep me present, Lord, until You stir my heart again.</p>

<b>Emmaus says to you:</b> Recognition comes in surrender, not control.	<b>Reflection:</b> Letting go creates space to truly see Him.	<b>Prayer:</b> I surrender, Lord— teach me to trust You.
<b>Emmaus says to you:</b> Invite Him in—even when you're unsure it's Him.	<b>Reflection:</b> Hospitality can open the door to revelation.	<b>Prayer:</b> Stay with me, Lord— I welcome You.
<b>Emmaus says to you:</b> The breaking often precedes the seeing.	<b>Reflection:</b> What feels like loss may be the place of revelation.	<b>Prayer:</b> Meet me, Lord, in the breaking.
<b>Emmaus says to you:</b> Communion opens what reason cannot.	<b>Reflection:</b> Encounter goes beyond understanding—it transforms.	<b>Prayer:</b> Draw me deeper into communion with You.
<b>Emmaus says to you:</b> Don't leave the table too early.	<b>Reflection:</b> Stay in His presence— there is more being given than you realise.	<b>Prayer:</b> Teach me to remain with You, Lord.
<b>Emmaus says to you:</b> Your heart knows before your mind understands.	<b>Reflection:</b> Trust the quiet burning within— it is often His voice.	<b>Prayer:</b> Help me trust the work You are doing in me.
<b>Emmaus says to you:</b> He was there all along.	<b>Reflection:</b> What you thought was absence was hidden presence.	<b>Prayer:</b> Forgive my blindness, Lord, and open my eyes.
<b>Emmaus says to you:</b> Go back differently than you came.	<b>Reflection:</b> Encounter changes your direction and your message.	<b>Prayer:</b> Send me, Lord, with what You have given me.
<b>Emmaus says to you:</b> Encounter demands response— will you return?	<b>Reflection:</b> True encounter moves you into action.	<b>Prayer:</b> Give me courage to respond to You.
<b>Emmaus says to you:</b> The road away can become the road back.	<b>Reflection:</b> No step is wasted when placed in His hands.	<b>Prayer:</b> Redeem my journey, Lord.
<b>Emmaus says to you:</b> What you thought was the end may be the beginning.	<b>Reflection:</b> He is always making things new.	<b>Prayer:</b> Help me trust Your new beginnings.
<b>Emmaus says to you:</b> Let Him transform your narrative, not just your mood.	<b>Reflection:</b> He changes how you see everything.	<b>Prayer:</b> Renew my mind, Lord.
<b>Emmaus says to you:</b> Faith is rekindled in His presence, not by your effort.	<b>Reflection:</b> Look to Him—He restores what you cannot.	<b>Prayer:</b> Fix my eyes on You, Jesus.
<b>Emmaus says to you:</b> Carry the fire, not just the memory.	<b>Reflection:</b> What He ignites is meant to remain.	<b>Prayer:</b> Keep the fire alive in me, Lord.
<b>Emmaus says to you:</b> Others are waiting for the hope you've rediscovered.	<b>Reflection:</b> Your encounter is meant to be shared.	<b>Prayer:</b> Use me, Lord, to bring hope to others.
<b>Emmaus says to you:</b> Don't just walk with Him— recognise Him.	<b>Reflection:</b> The journey leads to seeing— and seeing leads to knowing.	<b>Prayer:</b> Open my eyes, Lord, to truly recognise You.

*Keeping you in our prayers, encouraging one another on the road,  
as His light shines in the darkness.*

*The Evangelical Sisters of Mary*