

## Companions on the Way

There is a joy to following Jesus in the company of others.

Travelling together enables us to learn from and support one another. The Bible contains accounts of many journeys undertaken in company. Perhaps the Emmaus story (Luke 24:13-35) is the most familiar. Whatever our circumstances, this journey – in which Cleopas and friend were filled with joy – points to four discipleship actions.

Discovering the presence of Jesus in the voice and face of a seeming stranger involves the two disciples in taking actions which are best summed up in the message drummed into children by their parents: ‘Stop; look; listen. Then it is safe to walk.’

What follows is a guide to help you walk the Way by practicing discipleship either on your own or, even better, with a friend or a group. There are four sections: Stop, look, listen, and walk. Each section can be used as a session to explore together. Each section contains the text followed by a reflection. To help earth each action, a story of contemporary discipleship has been included, followed by something to ponder, a prayer and a suggestion for simple action. If you decide to meet with a friend or as a group, you can share together next time how you got on with the suggested response. How you use this resource is, of course, up to you, and we hope you will find it flexible enough to use in a way that works best for you. Do let us know how you got on and if you have any stories to share of personal discipleship we would love to hear them. Email Simon Peters at [wtw@urc.org.uk](mailto:wtw@urc.org.uk) or call 020 7520 2718.



### The Walk to Emmaus (Luke 24:13-35)

<sup>13</sup> Now on that same day, two of them were going to a village called Emmaus, about seven miles<sup>[a]</sup> from Jerusalem, <sup>14</sup> and talking with each other about all these things that had happened. <sup>15</sup> While they were talking and discussing, Jesus himself came near and went with them, <sup>16</sup> but their eyes were kept from recognising him. <sup>17</sup> **And he said to them: ‘What are you discussing with each other while you walk along?’ They stood still, looking sad.**<sup>[b]</sup> <sup>18</sup> Then one of them, whose name was Cleopas, answered him: ‘Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?’ <sup>19</sup> He asked them: ‘What

things?’ They replied: ‘The things about Jesus of Nazareth,<sup>[c]</sup> who was a prophet mighty in deed and word before God and all the people,<sup>20</sup> and how our chief priests and leaders handed him over to be condemned to death and crucified him.<sup>21</sup> But we had hoped that he was the one to redeem Israel.<sup>[c]</sup> Yes, and besides all this, it is now the third day since these things took place.<sup>22</sup> Moreover, some women of our group astounded us. They were at the tomb early this morning,<sup>23</sup> and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive.<sup>24</sup> Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him.’<sup>25</sup> Then he said to them: ‘Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared!<sup>26</sup> Was it not necessary that the Messiah<sup>[e]</sup> should suffer these things and then enter into his glory?’<sup>27</sup> **Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures.**

<sup>28</sup> As they came near the village to which they were going, he walked ahead as if he were going on.<sup>29</sup> But they urged him strongly, saying: ‘Stay with us, because it is almost evening, and the day is now nearly over.’ So he went in to stay with them.<sup>30</sup> When he was at the table with them, he took bread, blessed and broke it, and gave it to them.<sup>31</sup> **Then their eyes were opened,** and they recognised him; and he vanished from their sight.<sup>32</sup> They said to each other: ‘Were not our hearts burning within us<sup>[f]</sup> while he was talking to us on the road, while he was opening the scriptures to us?’<sup>33</sup> **That same hour they got up and returned to Jerusalem;** and they found the 11 and their companions gathered together.<sup>34</sup> They were saying: ‘The Lord has risen indeed, and he has appeared to Simon!’<sup>35</sup> Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

