
On the Way to Emmaus

Soon after the Crucifixion of Our Lord, two of His disciples left Jerusalem and headed for the town of Emmaus, about seven miles distant. As they walked, they spoke with one another of their profound sorrow and discouragement about the Cross of Christ and His death. Because of their grief, they had fled Jerusalem. Perhaps at times we, too, become overwhelmed with sadness, fear or discouragement because of our troubles. We, like the disciples, can learn from Christ how to carry our cross.

Pray

As the two disciples went along bemoaning their troubles, they became aware of a Stranger walking beside them. Sacred Scripture says, “It came to pass that while they talked and reasoned with themselves, Jesus Himself also drawing near went with them.”

He said to them, “What are these discourses that you hold one with another as you walk and are sad?” In other words, Our Lord wanted them to speak to Him, to share with Him their thoughts and even their sadness.

How consoling and encouraging to know that in our crosses and difficulties we have a source of light and strength, and it is prayer. Prayer is the lifting up of our minds and hearts to God, speaking to Him as these disciples did. They told Him of their sorrows and their unfulfilled hopes. As we walk along the daily path of life, we need to do the same – we need to pray and turn our hearts and minds to Christ.



Listen

Secondly, this incident shows us that we must listen. Christ, in His mercy and kindness, drew near to these discouraged men. He urged them to open their hearts to Him, and then He instructed them. Beginning with Moses and the prophets, He explained all that the Scriptures said concerning Christ. He said to them, “Ought not Christ to have suffered these things, and so to enter into His glory?”

Too often, we lack understanding in spiritual matters, especially in regard to the cross. We need grace to illumine our minds with a supernatural viewpoint. We must strive to listen to Christ in prayer and in spiritual reading. He will draw near and help us to understand the purpose of suffering and the value of the cross.

