

## AUDIO RETREAT

Easter People audio retreat 2023 | Week Two | Two Disciples on the Emmaus Road  
[Luke 24.13-35]

## Prayer and reflection resource



**Physiologically**, we are shaped for movement.

**Our minds** are naturally adjusted to the steady rhythm of gentle journeying.

**Relationally**, moving and walking invites us to connect with the world through the senses, and with another through shared conversation.

**Spiritually**, when we are on the move, our bodies connect with the earth, while our eyes are open to the heavens.

**And in all these ways** God is present to us, and we can be present to God.

If you can, **journey outside each day this week**, whatever the weather and whatever the landscape.

- A brisk pace wakes us up physically.
- A slower pace allows time for noticing and for reflection.
- A daily route you're well-accustomed to invites us to see familiar things afresh.
- An unfamiliar route that takes us onto new ground encourages the adventurer within us.

Consider **arranging an outing or walk with a friend**. This may become a way of...

- celebrating your friendship
- sharing what's on your mind, or in your heart
- receiving fresh perspectives
- and other unplanned things.

Go on a **'pilgrimage'**:

- Your 'pilgrimage' may be to a place local to you, but significant – to a place that holds memories for you or somewhere that often connects you with God.
- The journey is as important as arrival.
- You may want to take something with you to leave in your 'holy place'.

A **'cloister'** journey:

- In a monastery, the cloister is a sheltered walking space linking together different rooms and activities. Travelling around the cloister provides a breathing space between ending one activity and beginning another.
- Your 'cloister' could be a short physical journey you take or another activity. It simply needs to be something that provides a pause, freeing you from being rushed from one place to another without being wholly present to either.

A **labyrinth** journey:

If there's a labyrinth in your area, consider going to explore it.

Or, you can use the 'finger labyrinth' below; begin at the base of the drawing and follow the path through to the centre, tracing your route slowly with your finger.



As I enter the labyrinth, I set my feet walking towards God.

I set my mind, heart and desire on God.

I let go to God all that holds me back.

I ask God's forgiveness, healing and love to complete me.

I walk slowly, prayerfully, letting the path take me to the center.

I pause when I feel led to.

I rest at the center, aware of God with me and in me.

I give to God all that I am.

I receive from God: life, light, healing, understanding, love...

Having stopped for a while in the center,  
I follow the path out of the labyrinth.  
I ponder what I have received and its meaning for me.  
I ask God to let this meeting shape me,  
and flow into my life and relationships.