

PRAYER WALK

INSTRUCTIONS

You are invited to enter into your Emmaus Road prayer journey.

This is a special journey designed to help us think about how death and loss tell us what is really important in life.

Walk round to each station in turn.

Each station invites you to gaze at an image, make an action, reflect and pray.

There is no compulsion as you walk this road.

Do what feels comfortable to you.

Travel at your own pace. Don't worry if you need to pass by others. Be gentle.

Before you begin you may wish to read the Bible passage from which the Emmaus Road story comes.

Try to get an overall feel for the journey before you set out.

The Lord bless you and keep you as you journey.