

Suggestions for participants in the Emmaus Prayer Vigil

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Each time there is an Emmaus weekend, some wonderfully lucky people get to spend an hour or so communing with our Lord. These lucky ones are the people who have signed up to pray for the walk as it is in progress. Some have their own plan on how to spend their time and how to fill an hour in prayer. Others may find it difficult to stay focused all the time. Following are some suggestions on what you may want to try to the next time it is your turn.

- FIND a quiet place in your home, at the church, or any quiet place or gather with several friends.
- MEDITATE and listen for the voice of God. Focus your attention upon God, Jesus Christ, Truth, Love.
- READ your favorite scriptures your favorite devotional books.
- ASK the spirit of Christ to come in and give you an obedient heart.
- SEEK and let the spirit of Christ examine everything, all hopes, actions, feelings, motives, desires, conscience.
- KNOCK: Ask for clear options to choose; "Lord, what do you want me to do?"
- INTERCEDE: Lift up the pilgrims by name. Lift up the team by name. Lift up the Head Table by name. Lift up the background volunteers. Lift up the sponsors. Lift up the different special events that happen during the weekend that mean so much to the pilgrims. Lift up the family members who are waiting back home. Lift up the churches from which the pilgrims come.
- PRAISE: Read psalms of praise. Sing songs of praise in the spirit of prayer. Name the mighty deeds of God that have changed your life and the lives of your friends and family.
- CELEBRATE God at work in the walk. The victories of God. Truth and love in the pilgrims, the team, the families, and the community. Declare the rule and reign of God in His Kingdom through this walk.
- GIVE THANKS: Give the honor, and the glory to the almighty God. Give thanks to God for the great things He has done.

You may be able to do all these and more as you share of yourself with the walk. You may find your hour and much more time is gone as you truly focus your attention on the One who takes each pilgrim, each team member, each person involved in the weekend into His love and care.

AMEN.