Easter Walks

During the season of Lent, when social distancing was instituted and we were not gathering for mid-week services, I posted a number of reflection entitled “Not the Lent that We Expected”. Now that Easter is here (which last or fifty days until the celebration of Pentecost) I will be offering devotions entitled “Easter Walks”. Below is the first installment which focuses on the story that inspired the title of the series.

“The Road to Emmaus” Luke 24:13- 35

“Now on that same day two (disciples) were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him.”

Luke 24: 13-16

This passage of scripture is the beginning of one of my favorite Easter stories. It is often called the “Road to Emmaus” and people have used this story as a model for a spiritual practice known as “Emmaus Walks”. The practice goes something like this; read a small passage of scripture and then go for a walk and prayerfully reflect on what this passage of scripture means for you. You might also want to consider how God was present and working in your life in the past and try to imagine how he might be working in your life today. In this spiritual practice of Emmaus walks you will be getting both physical and spiritual exercise. You can prayerfully reflect on your life with Christ, lift up the concerns you have for others and yourselves, and listen to how God might be addressing your life today. In this sense, walking might be a way to be “still” (Psalm 46:10) while moving.

Walking has always been one of my favorite exercises and the one which I still can do on a regular basis. The gym is closed due to the pandemic. I used to run when I was younger but even the idea of running at my age causes me pain. Walking, however, is something that I can still do. There are prayerful and meditative activities other than walking, which you might engage in that can also be spiritually beneficial. These are often repetitive motions that have a way of calming our minds and smoothing our emotions. They can be activities like ironing, weeding the garden, mowing the grass, spinning or knitting, anything that allows the mind to slow down by being occupied with a simplistic task. These are all ways that you can be still while moving.

God Bless,

Pastor Mike