

Breaking bread

Luke 24:13-35

Two disciples walk back from Jerusalem to their home in Emmaus. They are in despair about the death of Jesus. Jesus appears and walks beside them, but they do not recognise him. He teaches them from the Scriptures, and they see who he is when he breaks bread with them.

Read this week's passage:



Living Scripture

'He took bread, blessed and broke it, and gave it to them.'
Luke 24:30

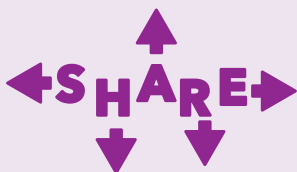
Do you like bread? What is your favourite kind? Rye, sourdough, baguette, flatbread, naan... the list goes on. Sharing bread with each other is a really important part of life across many cultures. We can welcome people to our table to share a meal, maybe we have friends round all the time. Do we ever invite people who are less likely to receive an invitation? Maybe people who are on the edge of our church, or our community, who don't get invited very often.

When we do share food with people, whether within our family every day or with guests, how present are we? It is easy to get distracted by music, phones and notifications – taking our attention from the people we are with. The age-old ritual of sharing a meal is an important time to build relationships with those around us. Cleopas and his friend had an important experience talking to Jesus, but it wasn't until he broke the bread that they realised it was him. What if we too were in the presence of God when sharing bread and not even realise it?



First impressions

- What do people mean when they say they 'sat down and broke bread together'?
- How does everything come together in the Emmaus story?
- Who would you like to break bread with this week? Could you tell them about Jesus, too?



Find time this week to invite someone you wouldn't normally spend time with to share a coffee, snack or meal with you. See what you learn about yourself, about them and maybe about God.

ENJOY

Pause to give thanks for Jesus every time you eat bread of any kind this week.

WALK

Go for an 'Emmaus walk' around your community. Read the passage from Luke and look out for what's happening all around you. Where do you see God in your community?

Pray

Lord, help us when we face testing times, so that we can see your truth among questions, doubts, temptations and uncertainty. Give us eyes to see you, ears to hear you and mouths to praise your name. Amen.



WATCH



Watch the video clip of the Road to Emmaus from *The Miracle Maker* and discuss the reaction of the different people in it.

