

An Emmaus Meal for Busy People after a time of Bible Study

Blue is said by one person, red by everyone

We ask each other:

Are we at peace with each other in Jesus the Messiah?

We think about it

Are we? We are:

Remember Jesus the Messiah, risen from the dead, descended from David: (II Timothy 2)
we are in the company of all those in time and space who worship with us: (Revelation 5)

**Let's eat together: we give you thanks, our Father in Heaven,
for the life and knowledge which you have made known to us
through your son Jesus, and we pray**

may this be to us in a real way his body and blood:

We think about it

We proclaim

Christ has died: Christ is risen: Christ will come again:

We listen to what Jesus may be saying to us.

We think about it

We remind each other

Jesus is alive, he gives us his shalom:

what is he asking of us?

We think about it

Let's do it, or Amen, or Grace and Peace, or see you later guys or
The grace of the Lord Jesus Christ, and the love of God,
and the fellowship of the Holy Spirit be with us all, evermore: Amen

Jesus said: "You'll have trouble in the world: but cheer up!
I have defeated the world!" (John 16:33)

What is 'Emmaus'?

Emmaus was a village about seven miles from Jerusalem. In the first Century, Luke, a doctor with a surgery in what is now Turkey, collected together stories about Jesus and the growth of the early Church. He was probably not Jewish, but was able to write down some of the stories from first hand experience as he travelled with Paul spreading the good news of the Kingdom of God.

One story he wrote down was about two followers of Jesus who were walking back to Emmaus after his crucifixion. They were joined by a stranger, who asked them why they were so depressed. Together they looked at the old prophecies and teachings about the promised Jewish Messiah, and when they reached Emmaus, they were enjoying the discussion so much they invited this stranger in for a meal.

As they ate together the stranger reached for the loaf of bread on the table, broke off a piece - and they suddenly realised it was actually Jesus! Their friend, Jesus, who they had seen killed! But now he was alive!

"Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?" they asked each other? They rushed back to Jerusalem to tell their friends.

Here we have perhaps a prototype of the Mass, the Eucharist, Holy Communion, the Lord's Table that Christians to this day share together. It is a way of remembering the last time Jesus ate a meal with his key followers, and is in some mysterious way an encounter in the 21st Century with the risen Jesus.

The Didache

The Didache, also called 'The Teaching of the Twelve Apostles' was possibly written about 65-80, so is an early account of what the early Church did. This is what it says about the Cup and Bread we share:

***The Cup:** We give you thanks, our Father, for the holy vine of David your servant, which you made known to us through Jesus your servant. Yours is the glory for ever and ever.*

***The Bread:** We give you thanks, our Father, for the life and knowledge which you made known to us through your son Jesus. As this bread was scattered on the mountains and being gathered together became one, so may your church be gathered together from the ends of the earth into your kingdom.*

***After you have eaten, give thanks:** We give you thanks, Holy Father, for your holy name, which you have made to dwell in our hearts, and for the knowledge and faith and immortality, which you have made known to us through your son Jesus. Almighty master, you have created all things for your name's sake, and gave food and drink to people for enjoyment, that they might give you thanks; but give us spiritual food and drink and eternal life through your son. Before all things we give you thanks that you are powerful.*

Remember Lord your church, to deliver it from all evil and to perfect it in your love and gather it from the four winds, sanctified for your kingdom which you have prepared for it. May grace come and may this world pass away. Hosanna to the God of David. Maranatha.