

# The Rhythm of Life Lent Journey

## Encouraging



Today, we think about **encouraging**. We are concluding our journey by thinking carefully about something which happened following Jesus' resurrection.

**Before we start, consider these questions...**

What is the best piece of encouragement you have ever received?

How can you be encouraged to try again when something goes wrong?

Have you ever felt so excited about something you have just had to run and tell someone? When was that?



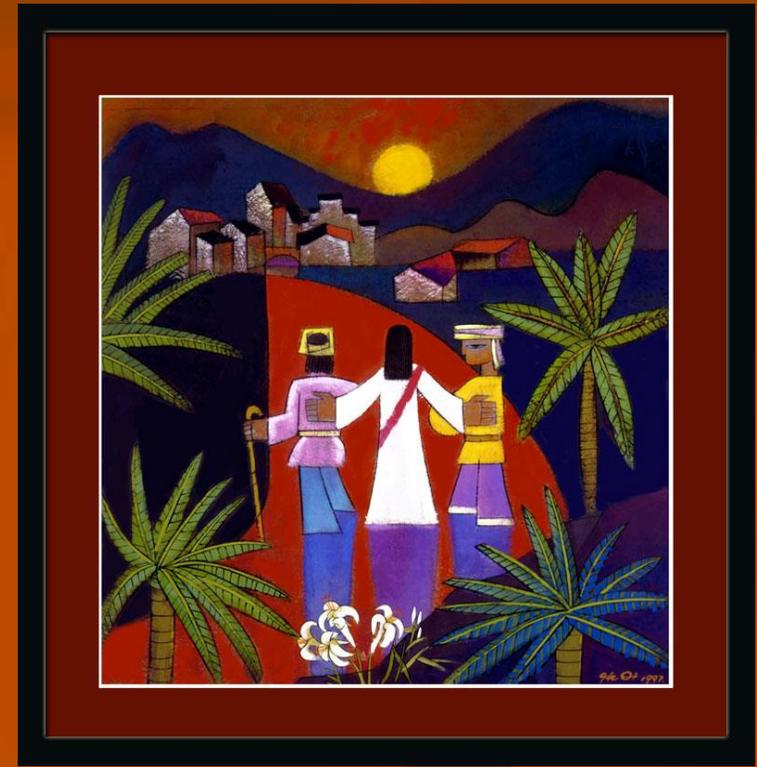
Look at these pictures.

What have they got in common?



What is happening in each picture?

What is the mood of the pictures? Are they calm, busy, quiet, noisy.....?



Luke's gospel tells us this part of the story. It covers two slides.

## Luke - Chapter 24

<sup>13</sup> Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. <sup>14</sup> They were talking with each other about everything that had happened. <sup>15</sup> As they talked and discussed these things with each other, Jesus himself came up and walked along with them; <sup>16</sup> but they were kept from recognizing him. <sup>17</sup> He asked them, “What are you discussing together as you walk along?”

They stood still, their faces downcast. <sup>18</sup> One of them, named Cleopas, asked him, “Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?”

<sup>19</sup> “What things?” he asked.

“About Jesus of Nazareth,” they replied. “He was a prophet, powerful in word and deed before God and all the people. <sup>20</sup> The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; <sup>21</sup> but we had hoped that he was the one who was going to redeem Israel.

And what is more, it is the third day since all this took place. <sup>22</sup> In addition, some of our women amazed us. They went to the tomb early this morning <sup>23</sup> but didn't find his body. They came and told us that they had seen a vision of angels, who said he was alive.

<sup>24</sup> Then some of our companions went to the tomb and found it just as the women had said, but they did not see Jesus.”



<sup>25</sup> He (Jesus) said to them, “How foolish you are, and how slow to believe all that the prophets have spoken! <sup>26</sup> Did not the Messiah have to suffer these things and then enter his glory?” <sup>27</sup> And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself. <sup>28</sup> As they approached the village to which they were going, Jesus continued on as if he were going farther. <sup>29</sup> But they urged him strongly, “Stay with us, for it is nearly evening; the day is almost over.” So he went in to stay with them.

<sup>30</sup> When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. <sup>31</sup> Then their eyes were opened and they recognized him, and he disappeared from their sight. <sup>32</sup> They asked each other, “Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?”

<sup>33</sup> They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together <sup>34</sup> and saying, “It is true! The Lord has risen and has appeared to Simon.” <sup>35</sup> Then the two told what had happened on the way, and how Jesus was recognised by them when he broke the bread.



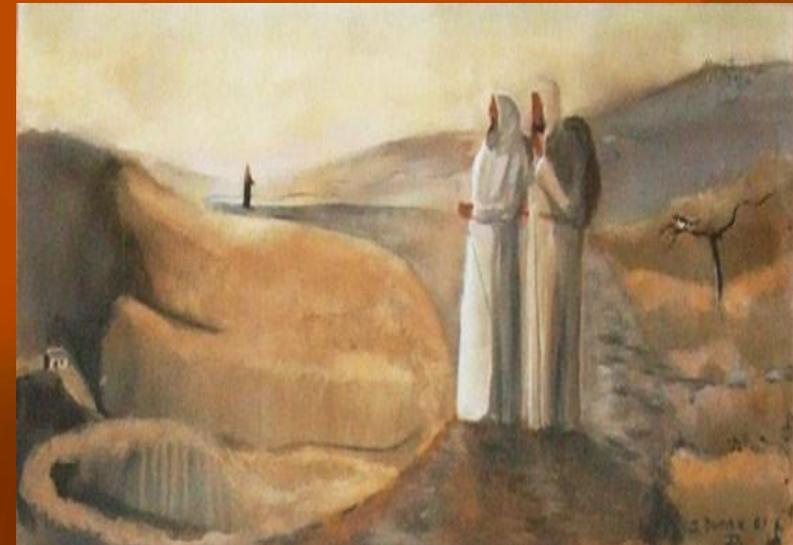
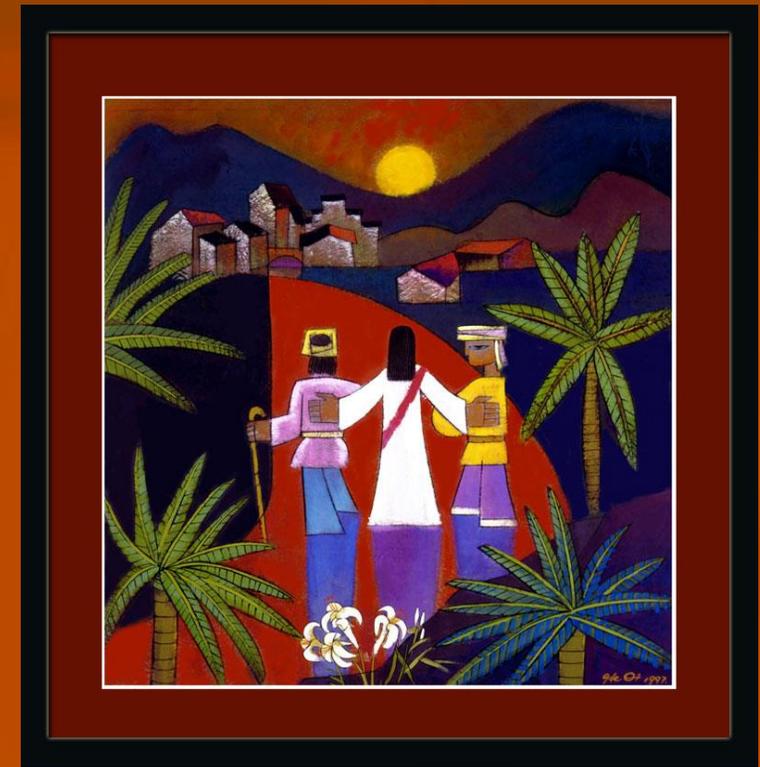
Describe how you think the two travellers were feeling before Jesus joined them on their walk home.

What did Jesus say to encourage them?



When did they realise who Jesus was?

What did they do in response?



## A thought for today...

It always helps to have someone beside you, whether in body or in spirit, prompting and encouraging you. Jesus explained to these two heart-broken disciples what had happened and why. He helped them understand and so gave them the hope to carry on and move forward. Their response was to go and encourage the other disciples likewise.

Sometimes our way of encouraging others is to help them understand what has happened and make sense of things. Sometimes these things are small, simple things; often they are bigger and more complicated. This can help them see the way forward and what they can do to move on to learn and to grow. This can give them hope, which is one of the greatest gifts you can give someone.



# Putting **encouraging** into **action!**

You might want to try:

- Sending a note, a picture, a card or a video message to a friend or family member at the start of the day to encourage them to be their best during the day.

or

- Spending some time in your favourite 'safe space'. It could be your bedroom, your garden or even your sofa! Try to find a few minutes to think about something positive which encourages you.



If you would like to, you can join in saying these prayers.



### A Prayer for the Day

Spirit of God,  
encourage me to be the  
best I can be. Be close to  
me. Guide me when I feel  
lost and give me strength  
when I feel weary.

Help me use my gifts and  
my talents for the benefit  
of others.

Amen

### The Rhythm of Life Prayer

Loving God,  
as we journey through this season  
help us to practice  
the habit of encouraging  
so that the rhythm of our lives  
can bring us closer to each other  
and to you.

Amen



**This resource was produced by the Diocese of Leeds Education Team. For more information about this or future resources, please contact your named adviser:**

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