# Journey to Emmaus: Encountering Jesus Through Scripture



Explore Jesus' revelation to the disciples on the road to Emmaus and discover how Scripture brings understanding and faith.





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#### Introduction

Welcome to this 7-day Bible study plan on Jesus' appearance to the disciples on the road to Emmaus. This passage from Luke 24:13-35 reveals the powerful way Jesus meets us in our moments of confusion and doubt, opening our hearts and minds through Scripture. As the two disciples walk, discussing recent events, they encounter the risen Christ — though they don't recognize Him at first. It is only when Jesus explains the Scriptures concerning Himself and later breaks bread with them that their eyes are opened. This historic encounter shows us *how deeply God desires to reveal Himself through His Word and fellowship*.

Throughout this study, you will journey alongside the Emmaus disciples, learning how Jesus meets us in our questions and transforms our understanding by His Spirit through Scripture. Each day will focus on a different aspect of this encounter, helping you experience fresh insight into Jesus' resurrection power and presence in daily life.

Whether you are wrestling with doubts, searching for meaning, or simply wanting to grow closer to Christ, this study invites you to open your heart as the disciples did. Like them, we are called to listen to Jesus' explanation of the Scriptures, recognize Him in our lives, and share the good news with others. May this study inspire awe, encourage faith, and deepen your love for God's living Word. *Come, walk the road to Emmaus and encounter Jesus anew!* 











Day 1: 🛕 The Journey Begins









#### Your Verse

Luke 24:13–15 – "Now that same day two of them were going to a village called Emmaus..."

#### **Supporting Scriptures**

- Psalm 119:105 "Your word is a lamp to my feet and a light to my path."
- Isaiah 55:11 "...so is my word that goes out from my mouth: It will not return to me empty..."







#### Devotional: Starting the Journey with Open Hearts

The journey to Emmaus starts with two disciples walking away from hope and clarity, burdened by recent events. Their hearts are heavy, and confusion clouds their thoughts. Life often feels this way when circumstances do not align with our expectations. Yet, even in such moments, God's Word is present like a lamp guiding every step.

These disciples had heard the reports but had not fully understood the resurrection. Sometimes we find ourselves in similar places, walking through disappointments or unanswered questions, unsure of the next step. *God's Word is faithful and active*, lighting the path forward, even when our hearts are dimmed by sorrow.

As you begin this study, reflect on your own journey. Are there areas where you feel uncertain or distant from God? Be encouraged that, like the disciples, God meets us where we are and invites us to walk with Him. Let this first day remind you that no journey toward understanding and faith begins without a first step in trust.







# Reflect and Apply

1.	What burdens or uncertainties are you carrying today?
2.	How have you experienced God's Word as a guiding light in difficult times?
3.	What does it mean for you to 'take the next step' in your spiritual journey?







#### **Journaling Prompts**

1.	Write about a time when you felt lost but God's Word brought clarity.
2.	List areas in your life where you desire God's guidance.
3.	Note any questions or doubts you hope God will address in this study.







#### Prayer for Today

Lord, as I begin this journey, I ask for Your guidance and presence. Help me to trust You even when my path seems unclear. Open my heart to receive Your Word as a lamp to my feet. Teach me to walk in faith, knowing that You meet me where I am. May Your Spirit prepare me to encounter You through Scripture and fellowship, just as You met the disciples on the road. *Lead me in hope and understanding.* Amen.  $\bigwedge$ 

















#### Your Verse

Luke 24:16-18 - "But they were kept from recognizing him... 'What things?'

#### **Supporting Scriptures**

- John 20:14 "At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus."
- 2 Corinthians 4:4 "The god of this age has blinded the minds of unbelievers..."







#### Devotional: When Eyes Are Closed, Jesus Still Walks

The disciples walked with confusion and sorrow, unable to recognize Jesus with them. Their hearts were heavy with disappointment, their minds clouded by grief and doubt. It teaches us how spiritual blindness can obscure our perception, preventing us from seeing God's hand at work.

Sometimes, when pain or confusion surrounds us, we too fail to see Jesus' presence. The enemy strives to blind our eyes to the truth of God's promises. But God does not leave us in darkness; He calls us to persevere and look beyond what feels like defeat.

Reflect on moments you have felt spiritually blind or distant. How did God help you overcome this spiritual fog? **Jesus is with us, even when we do not recognize Him immediately.** He patiently walks alongside us, ready to reveal Himself through Scripture and the breaking of bread.







# Reflect and Apply

1.	Why do you think the disciples couldn't recognize Jesus at first?
2.	What spiritual 'blindness' might be affecting your life?
3.	How can you open your heart to recognize Jesus more clearly today?







# **Journaling Prompts**

1.	Describe a time when you felt distant from God's presence.
2.	Write about what helps you overcome spiritual confusion.
3.	List ways you can become more aware of Jesus' presence daily.







#### Prayer for Today

Jesus, sometimes my eyes are closed to Your presence due to doubt or pain. I ask You to open my eyes and heart today. Help me to see beyond my suffering and recognize You walking with me. Clear away any spiritual blindness and fill me with Your light and peace. May I trust that You are always near, guiding me step by step. Thank You for never leaving me alone. *Please reveal Yourself to me anew today.* Amen.

















#### Your Verse

Luke 24:27 – "And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself."

#### **Supporting Scriptures**

- 2 Timothy 3:16 "All Scripture is God-breathed and is useful..."
- Hebrews 4:12 "For the word of God is alive and active..."







#### Devotional: Scripture Illuminated by Jesus' Light

Jesus opens the Scriptures to the disciples, illuminating how the entire Old Testament points to Him. This moment highlights the power of God's Word to reveal truth and transform understanding. Though they were familiar with the Scriptures, their hearts needed the Spirit's opening through Jesus' teaching.

God's Word is not just ancient text; it is living and active, able to penetrate our hearts and guide our lives. The same Jesus who walked the road to Emmaus continues to teach through the Bible today. When we approach Scripture with an open heart, the Spirit helps us see how it testifies about Christ's love, sacrifice, and victory.

Reflect on your own engagement with the Bible. Are there parts you struggle to understand? Invite Jesus to open your eyes and mind to His Word. **Allow** Scripture to draw you closer to the risen Lord and deepen your faith.







#### Reflect and Apply

	How does knowing Jesus is the focus of all Scripture change your reading of the Bible?
2.	What hinders you from fully understanding or believing God's Word?
3.	In what ways can you invite Jesus to 'open' your heart to Scripture daily?







#### **Journaling Prompts**

1.	Write about a Bible passage that clarified your understanding of Jesus.
2.	Reflect on how the Holy Spirit has worked in your reading of Scripture.
3.	List questions or challenges you want to explore in God's Word.







#### Prayer for Today

Lord Jesus, open my eyes to see Your truth in the Scriptures. Help me understand how the Bible points to You and Your redemptive work. I ask for the Holy Spirit's guidance as I read, that Your Word would penetrate my heart and transform me. May I not just know the Bible cognitively but know You intimately through it. Teach me to treasure Scripture as Your living voice speaking to my soul. Amen.  $\bigwedge$ 









# Day 4: The Breaking of Bread









Day 4: 🚺 The Breaking of Bread

#### Your Verse

Luke 24:30–31 – "When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them... their eyes were opened and they recognized him."

#### **Supporting Scriptures**

- 1 Corinthians 11:24 "...he broke it and said, 'This is my body, which is for you;'"
- John 6:35 "Then Jesus declared, 'I am the bread of life."







Day 4: <a> The Breaking of Bread</a>

# Devotional: Encountering Jesus in Fellowship and Bread

The moment of recognition comes at the breaking of bread. Jesus' simple act reveals His identity and presence in a powerful, intimate way. This echoes the Last Supper and points forward to communion, where believers partake in remembrance of Christ's sacrifice and fellowship with Him.

Breaking bread together is more than a meal — it is a spiritual encounter. Jesus uses this sacred act to remove the veil from their eyes, enabling the disciples to see Him clearly. It reminds us that Jesus is with us in tangible ways, nourishing our souls and revealing Himself in fellowship.

Consider ways Jesus reveals Himself to you — not just in scripture but in ordinary moments, in worship, and through community. **Are you open to recognizing His presence now?** 







Day 4: The Breaking of Bread

## Reflect and Apply

1.	Why do you think Jesus chose the breaking of bread to reveal Himself?
-	
	How have you experienced Jesus' presence in communal or ordinary moments?
-	
3.	What does the communion table mean to you personally?
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Day 4: The Breaking of Bread

# **Journaling Prompts**

Write about a meaningful experience of communion or fellowship.
Describe ways Jesus has revealed Himself in unexpected moments.
Reflect on how sharing meals builds faith and connection.







Day 4: <a> The Breaking of Bread</a>

#### Prayer for Today

Dear Jesus, thank You for revealing Yourself through simple acts of love. As I reflect on the breaking of bread, help me recognize Your presence in everyday encounters and in community with others. Nourish my soul and open my eyes to see You clearly. May I never take for granted the gift of fellowship with You and fellow believers. Come, Lord, and make Yourself known to me today. Amen.  $\bigwedge$ 

















#### Your Verse

Luke 24:32 – "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?"

#### **Supporting Scriptures**

- Romans 10:17 "Faith comes from hearing the message, and the message is heard through the word about Christ."
- Psalm 39:3 "You made my heart beat faster..."







#### Devotional: Faith Ignited by God's Living Word

The disciples' hearts burned with passion and new understanding as Jesus opened the Scriptures to them. This burning is a sign of faith ignited by divine truth. When Jesus reveals Himself, uncertainty gives way to joy and conviction.

Faith isn't just intellectual assent but a vibrant experience that impacts our emotions and actions. Scripture and Jesus Himself have the power to awaken our hearts, turning doubt into desire to follow and proclaim Him.

Reflect on times when God's Word or presence profoundly moved you. Do your heart and life respond eagerly to His invitation? May today be a day to ask God to rekindle that passionate faith within you.







## Reflect and Apply

1.	What stirs your heart to faith and devotion in your spiritual life?
	How has Scripture or Jesus' presence transformed your emotions or actions?
3.	In what ways can you nurture a heart that burns for God daily?







## **Journaling Prompts**

1.	Describe a moment when your faith came alive powerfully.
2.	List ways you can cultivate passion for God's Word.
3.	Write a prayer asking God to keep your heart burning for Him.







#### Prayer for Today

Holy Spirit, set my heart ablaze with passion for Jesus and His Word. Help me not only to understand Scripture but to feel its truth deeply. Ignite faith that moves me to love, worship, and witness. When confusion or apathy comes, remind me of the joy and conviction Jesus brings. Fill me with seeking and burning love that lasts. Amen. 💍 🖤 🗀

















#### Your Verse

Luke 24:33-35 - "They got up and returned at once to Jerusalem. There they found the Eleven and those with them..."

#### **Supporting Scriptures**

- Matthew 28:20 "And surely I am with you always, to the very end of the age."
- John 14:21 "Whoever has my commands and keeps them is the one who loves me..."







#### Devotional: Living with Eyes Opened to Jesus

After encountering Jesus, the disciples immediately changed direction and shared the good news. Their recognition of Jesus led to boldness and community. This reminds us that recognizing Christ in our lives compels us to witness and live differently.

Jesus promises His presence with us always. We are invited to live in awareness of His nearness, obedience, and love. This daily recognition transforms our actions, attitudes, and relationships.

Ask yourself: How can you better recognize Jesus in your daily routines, decisions, and relationships? Let this recognition lead you to deeper faith and joyful sharing.







# Reflect and Apply

1.	How does knowing Jesus is always with you affect your daily life?
2.	What changes when you truly recognize Jesus in your routine?
	Who can you share your faith with because of this newfound recognition?







## **Journaling Prompts**

1.	Write about how you sense Jesus' presence in daily life.
2.	List practical ways to increase awareness of Jesus' nearness.
3.	Identify people you feel led to encourage or witness to.







#### Prayer for Today

Lord Jesus, help me recognize You in the everyday. Make me aware of Your constant presence and lead me to live in obedience and love. Give me courage to share Your good news with others, just as the disciples did. Transform my life so that my faith is visible and contagious. May my heart be aligned always with You, my risen Savior. Amen.  $\bigwedge$ 

















#### Your Verse

Luke 24:35 – "They told what had happened on the road, and how Jesus was recognized by them when he broke the bread."

#### **Supporting Scriptures**

- Acts 1:8 "You will receive power when the Holy Spirit comes on you; and you will be my witnesses..."
- Mark 16:15 "Go into all the world and preach the gospel to all creation."







# Devotional: Empowered to Proclaim Jesus' Resurrection

The final step in the Emmaus journey is testimony and sharing. The disciples' encounter with Jesus energized them to tell others what they had seen and learned. The gospel is meant to be shared in community and beyond.

Our faith grows and bears fruit when we openly declare Jesus' work in our lives. Sharing doesn't require perfect words, but a willing heart and the power of the Holy Spirit. As you conclude this study, consider how your story of encountering Jesus through Scripture might encourage someone else.

May you be empowered to share your faith boldly and lovingly.







## Reflect and Apply

1.	Who in your life needs to hear about Jesus' love and resurrection?
2.	What fears or barriers hold you back from sharing your faith?
3.	How can you rely on the Holy Spirit to help you witness effectively?







## **Journaling Prompts**

1.	Write your personal story of how Jesus has appeared in your life.
2.	List practical steps to share your faith with others.
3.	Pray over specific people who need to hear the gospel.







#### Prayer for Today

Father, empower me by Your Spirit to be bold in sharing Jesus' resurrection.

Give me courage to testify about Your goodness and love. Help me overcome fear and speak with clarity and compassion. Use my story to encourage others and bring them closer to You. Let my words and life reflect the hope found on the road to Emmaus. Amen.  $\bigwedge$ 







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