

# *The Walk to Emmaus*

## **What is the Walk to Emmaus®?**

The Walk to Emmaus® is a spiritual renewal program intended to strengthen the local church through the development of Christian disciples and leaders. The walk is a 72 hour short course in Christianity, comprised of fifteen talks by lay and clergy on the themes of God's grace, disciplines of Christian discipleship, and what it means to be the church. There are special times of worship and daily celebration of Holy Communion. The Emmaus® walk begins Thursday evening and concludes Sunday evening. Men and women attend separate walks.

## **What is the aim of Emmaus® ?**

The aim of Emmaus® is to inspire, challenge, and equip local church members for Christian action – in their homes, churches, workplaces, and communities.

## **What happens during the Three-Day Emmaus® Experience ?**

While the Emmaus® Walk is fun and rejuvenating, it is also concentrated and full.

A moment of silent reflection, then discussion and creative responses follow each of the fifteen talks. Each day includes break times, snacks and meals.

## **What should I know before attending ?**

Emmaus® is designed for active church members and their leaders who want to rekindle their faith or renew their vision. The content of the Walk builds on each person's familiarity with the basics of the Christian faith. Emmaus® is for people who want to grow spiritually and mature as disciples of Jesus Christ.

Emmaus® is a concentrated three-day course in Christianity, not a relaxing retreat. Don't bring work from the office or have hopes of taking an afternoon off to read. Except for break times, Emmaus® is a very full experience. Come with empty hands and open hearts, planning to give yourself completely to the Emmaus® Walk.