



EMMAUS 90

CHRISTMAS EDITION

DECEMBER 25 — JANUARY 19



ARCHDIOCESE *of* MILWAUKEE

EMMAUS 90 PRAYER GUIDE

Prepare (30 seconds–1 min)

Begin by taking a moment to breathe calmly, be present to the current moment, and become aware that Jesus is here, looking on you with love.

Request (30 seconds)

Ask Jesus to Guide You

In the name of the Father, and of the Son, and of the Holy Spirit. Jesus, I believe that you see me, you hear me, you know me, you love me. Thank you. Please teach me to pray. Help me to be fully present to you. Give me the grace to know you better, love you more, and follow more closely as your disciple.

Recognize (1–2 min)

Locate Yourself on the Map

I acknowledge how I'm doing right now... my thoughts... feelings... desires...

Relate (1–2 min)

Tell Jesus Where You Are

Jesus, here's what's bringing me joy... and what's weighing on me...

Receive (5–30 min)

Listen

Jesus, teach me to listen to You. Is there anything You want me to know about all that? [listen]

Please speak to me through this Scripture passage...

Read the Scripture Passage of the Day a couple times. Notice what stands out.

Respond (2–7 min)

Talk It Over

Jesus, help me to speak to you from my heart about what stands out to me in this passage... and how it connects to my life...

Jesus, what are you trying to show me through that? [listen]

Rest (3–5 min)

Simply be with Jesus, resting in His presence.

Resolve (2 min)

Thank you, Lord, for all that you have done in this time of prayer and for being with me today. Please enkindle in me a fire of love for you in the Eucharist that will spread, especially to those who need you most. Bless all of us on this Emmaus 90 journey and help us to grow as your disciples and eucharistic missionaries. I also pray for the grace I'm seeking in this Emmaus 90 journey... and these prayer intentions... [include prayers for all those you have been praying for]

For these and all the intentions of everyone who prays this Emmaus 90 Prayer today, I pray, Our Father... In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Record

Write down what God seems to be showing you.

HUNGRY FOR MORE?

Your hunger isn't an accident. God, who created you out of love and for love, created you with deep hunger and desire meant to draw you to himself.

"You have made us for yourself, O Lord, and our hearts are restless until they rest in you." – St. Augustine, *Confessions*

Jesus draws close to you, not only in his coming at Christmas, but at every time and in every place (*Catechism of the Catholic Church, 1*).

He comes that you might have life and have it to the full (John 10:10), that his joy might be in you and your joy might be complete (John 15:11). He invites all those who thirst, who are longing for more, to come to him and receive (John 7:37-38).

What do you desire?

"The good God could not inspire desires that would be impossible to fulfill!" – St. Thérèse of Lisieux, *Story of a Soul*

He is able to accomplish far more than all we ask or imagine (Eph. 3:20).

If you desire the adventure and joy of life to the full in deeper relationship with God, we invite you to ask Jesus to show you how. Then, join Catholics from across the Archdiocese of Milwaukee as we embark together upon the Emmaus 90 journey this Christmas and New Year.

Jesus, thank you that you come to give us life and joy. Please help me recognize you drawing close and show me how to live life to the full in deeper relationship with you. Please give me the grace to entrust my desires to you and to seek you every day. [Include any specific requests for what you desire.] In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

God, in this Emmaus 90 journey, please give me the grace that ...

MERRY CHRISTMAS AND BLESSED NEW YEAR!

This Emmaus 90 Christmas Edition is a “taste” of the full Emmaus 90 journey into deeper relationship with Jesus, especially through Scripture and in the Eucharist. If you desire to recognize the ways Jesus speaks to you, to be filled with his love, to love others from the overflow, and to be equipped for your mission in life, we invite you—*we dare you*—to join us. The Emmaus 90 practices in this book are concrete steps you can take to live life to the full in relationship with Jesus Christ in his Church.

If you already registered for Emmaus 90, know that everything you need to begin our journey can be found in these pages.

If you received this Christmas Edition as a gift, we invite you to join us for these first few weeks and consider whether to stay with us for the full Emmaus 90 adventure, which continues from January 20 to Easter week.

In these first few weeks, we pray with daily Scriptures and receive weekly Formation Sessions to help us wrestle with the questions:

- What do you desire?
- What does God desire? (Hint: It’s you)
- Who is with you?
- What’s the gift of Sunday for your journey?

The full Emmaus 90 journey continues with Formation Sessions from national and local expert presenters who help you:

- recognize the ways God is drawing near and speaking to you,
- unpack the Scriptures that refer to Jesus and the Eucharist,
- have your eyes opened to the wonders of the Mass, and
- get equipped to live your mission and purpose for the life of the world.



Want to join us for the full Emmaus 90 Journey from January 20 to Easter? If you didn’t already, register by January 5 to receive your Emmaus 90 materials by **January 20 at www.archmil.org/Emmaus-90**