



-He Qi

Emmaus Communion Walk

*You are encouraged to **gather the following beforehand:***

- ✦ Something to drink (perhaps in a container that travels well);
- ✦ Some bread or a snack of some sort;
- ✦ Whatever you need for walking: shoes, a jacket, a hat, umbrella, sunscreen, etc.
- ✦ You can print off a copy of the scriptures listed below, but that's not required.

*Please read the **bold print.***



WELCOME

The ease of the Father, who takes leisurely evening strolls,
the companionship of the Son, who seeks and saves the lost,
the inspiration of the Spirit, who guides our feet in the way of peace,
and the company of all the saints
whose footsteps lead to the truth and life of the kingdom of heaven
be with you all.

SINGING ~ *Flourishing (Psalm 119)*

Teach me, oh God, to follow your decrees.
Give me understanding; your word, I wanna keep.
Direct me in the path of your commands,
For there I find delight; my will is in your hands.

Turn my heart away from worthless things.
Preserve my life according to your ways.
Take away disgrace;
You hold me in my place—flourishing.

Fulfill your promise to the ones you love.
Within your ways we walk, for your laws are good.
Temptation loses pow'r, my soul's revived
In righteousness, O God, preserve my life.

—Sandra McCracken

LIVING INTO OUR STORY, LIVING OUT OUR STORY

The average walking speed of a human is 3-4 miles per hour. In *Three Mile an Hour God*, Kosuke Koyama says that God “slows down” to walk alongside us because God loves us. God walks with Israel in the wilderness. Later, Jesus walks with his disciples. Indeed, the Bible is *full* of walks—treks, pilgrimages, and missionary trips—that reveal things about God, creation, humanity, and much, much more!

Jesus’ followers are sometimes known as people of “the Way.” With the Scriptures in one hand and a walking stick in the other, Jesus’ people have ventured near and far as the Holy Spirit has blown them down countless highways and byways. Like Cleopas and his companion at Emmaus, Christians have had heartwarming encounters with foreigners, strangers, and enemies, some of whom have become travel companions—brothers and sisters who walk in the newness of life as citizens of God’s kingdom. There’s a pattern: people grow to know more of the Way, the Truth and the Life of Jesus as they walk in step with the three mile an hour God. In other words, walking and praying—being attentive to the Living Word—frequently go hand-in-hand.

You are invited to take a prayerful walk. Ideally, you should head outdoors for a half-hour or so with a companion. If you’re unable to do so (the weather might be bad; you might be on your own; there are some physical limitations, etc.), no worries. Bundle up and sit on your deck or front porch instead, or simply pull up a chair by the window so you can look outside and let your eyes wander.

In any case, along the way, do the following:

✦ Take some time to **talk a bit about your life**. What has you encouraged or discouraged? What has you feeling joyful and grateful, or worried and unsettled?

✦ Take the opportunity to **reflect on a brief passage of scripture** (it can be as short as 1 or 2 verses) **that is meaningful to you**. Whether it’s memorized or written down, explain to your companion why that selection of scripture is significant. As you walk, you may also wish to share questions or observations that emerge out of the chosen text. What stands out as interesting, or odd?

If you don’t have a segment of scripture in mind, choose one of the following portions below. Read it out loud a few times either before you head out the door or as you walk together, and after some silent reflection, share with your companion how the text connects with your life. For example, how does this story connect with your life? What sorts of hopes or concerns in your life does this story highlight?

If you’re on your own, feel free to speak those things out loud to God.

✦ As you turn to head home, take some time **pray for one another**—either silently or aloud.

✦ If your mind or your conversation wanders off while praying, don’t worry about it. Simply backtrack and continue on. Or, it may very well be that the distractions are God’s way of drawing your attention to something God thinks is important. Either way, whether its physical or mental, **it’s okay to meander** in prayer. The point is that you’re moseying along with the Three Mile an Hour God.

- ✚ **It's okay if you simply walk in silence.** Remember: the focus or purpose of this experience is to pray—to be attentive to the Living Word—mindful that Jesus is with us as we walk with our companion.

PRAYER BEFORE WALKING *(adapted from Psalm 24:4-5, 9-10 and a prayer by William of St. Thierry [1085-1148])*

Begin your walk by praying the following words:

Risen Lord,

I am a foreigner coming from my country to yours.

As we walk in your company, show us your paths;

school us in the laws of your kingdom, its way of life, its Spirit.

Lead us step-by-step in your truth,

**and make known to us the Covenant signs of steadfast love and faithfulness,
so that every road we travel brings us home to you.**

Amen.

*Pause your playback device, grab your gear, and head on out.
You can leave behind your food and drink and enjoy them when you return,
or you can take your gear (food/liturgy/playback device) with you and
finish up outside.*



Scriptures for Reflection

Pick a portion of scripture from
one of the choices offered at www.dailylectio.net
or from the list provided at the end of this document.

EATING BREAD TOGETHER

In the days of the Exodus, the children of Israel wandered in the desert, and Yahweh sustained them with manna from heaven.

On the night he was betrayed, Jesus took bread, gave thanks, broke it, and gave it to his disciples saying: *This is my body which is given for you. Do this in remembrance of me.*

On the same day he was born again, the disciples sojourned in the wilderness, and God surprised them with the living bread which comes down from heaven and gives to the world life eternal.

Jesus said, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty." In eating and drinking, we receive food for the journey back to the city of God; we give ourselves to the Lord, trusting that the Spirit will sustain us, and enable us to love God, our neighbours, and ourselves with joy.

Come, eat, and let us raise a glass: To the Giver!

*Pause your playback device, and enjoy sharing food together.
Conclude by singing the following song.*

SINGING ~ *Doxology*

Praise God, from Whom all blessing flow;
Praise Him, all creatures here below;
Praise Him above, ye heavenly host;
Praise Father, Son, and Holy Ghost.

Amen, amen.

—Stephen Gordon



BLESSING *(based on Luke 1:76-79 and 4:18-19)*

You, brothers and sisters, are prophets of the Most High,
for the Spirit of the Lord is upon you
to proclaim the year of the Lord's favour,
to give the Lord's people the knowledge of salvation,
to set the oppressed free,
and guide our feet into the path of peace.

And may that same Spirit of Christ—
who is the source of our new eternal life with God—go with you.

May the Spirit go before you to show you the way,
behind you to encourage you,
beside you to befriend you,
above you to watch over you,
and within you to give you peace this day and always.

Godspeed.

SINGING ~ *Christ is Mine Forevermore*

Mine are days that God has numbered;
I was made to walk with Him.
Yet I look for worldly treasure
And forsake the King of kings.
But mine is hope in my Redeemer—
Though I fall, His love is sure.
For Christ has paid for every failing;
I am His forevermore.

Mine are tears in times of sorrow,
Darkness not yet understood.
Through the valley I must travel
Where I see no earthly good.
But mine is peace that flows from heaven
And the strength in times of need.
I know my pain will not be wasted;
Christ completes His work in me.

Mine are days here as a stranger,
Pilgrim on a narrow way.
One with Christ, I will encounter
Harm and hatred for His name.
But mine is armour for this battle
Strong enough to last the war.
And He has said He will deliver
Safely to the golden shore.
And mine are keys to Zion city
Where, beside the King, I walk.
For there my heart has found its treasure:
Christ is mine forevermore.

Come rejoice now, O my soul,
For His love is my reward!
Fear is gone and hope is sure;
Christ is mine forevermore!

And mine are keys to Zion city
Where, beside the King, I walk.
For there my heart has found its treasure:
Christ is mine forevermore.

—*CityAlight*

Scriptures for Reflection

Now the LORD said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed."

So Abram went, as the LORD had told him; and Lot went with him. Abram was seventy-five years old when he departed from Haran. Abram took his wife Sarai and his brother's son Lot, and all the possessions that they had gathered, and the persons whom they had acquired in Haran; and they set forth to go to the land of Canaan. When they had come to the land of Canaan, Abram passed through the land to the place at Shechem, to the oak of Moreh. At that time the Canaanites were in the land. Then the LORD appeared to Abram, and said, "To your offspring I will give this land." So he built there an altar to the LORD, who had appeared to him. From there he moved on to the hill country on the east of Bethel, and pitched his tent.

-Genesis 12:1-8

When Pharaoh let the people go, the LORD went in front of them in a pillar of cloud by day, to lead them along the way, and in a pillar of fire by night, to give them light, so that they might travel by day and by night. Neither the pillar of cloud by day nor the pillar of fire by night left its place in front of the people.

-Exodus 13:17, 21-22

The Lord said, "I'll set up my residence in your neighborhood; I won't avoid or shun you; I'll stroll through your streets. I'll be your God; you'll be my people. I am GOD, your personal God who rescued you from Egypt so that you would no longer be slaves to the Egyptians. I ripped off the harness of your slavery so that you can move about freely.

-Leviticus 26:11-13

The Lord your God, who goes before you, is the one who will fight for you, just as the Lord did for you in Egypt before your very eyes, and in the wilderness, where you saw how the Lord your God carried you, just as one carries a child, all the way that you traveled until you reached this place.... the LORD your God, goes before you on the way to seek out a place for you to camp, in fire by night, and in the cloud by day, to show you the route you should take.

-Deuteronomy 1:30-33

Be careful to do as the LORD your God has commanded you; you shall not turn to the right or to the left. You must follow exactly the path that the LORD your God has commanded you, so that you may live, and that it may go well with you, and that you may live long in the land that you are to possess.

-Deuteronomy 5:32-33

Remember the long way that the LORD your God has led you these forty years in the wilderness...God humbled you by letting you hunger, then by feeding you with manna, with which neither you nor your ancestors were acquainted, in order to make you understand that one does not live by bread alone, but by every word that comes from the mouth of the LORD. He clothes on your back did not wear out and your feet did not swell these forty years. Know then in your heart that as a parent disciplines a child so the LORD your God disciplines you. Therefore keep the commandments of the LORD your God, by walking in God's ways and by fearing the Lord. For the LORD your God is bringing you into a good land, a land with flowing streams, with springs and underground waters welling up in valleys and hills, a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive trees and honey, a land where you may eat bread without scarcity, where you will lack nothing, a land whose stones are iron and from whose hills you may mine copper. You shall eat your fill and bless the LORD your God for the good land that the Lord has given you.

-Deuteronomy 8:2-10

So now, O Israel, what does the LORD your God require of you? Only to fear the LORD your God, to walk in all God's ways, to love the Lord, to serve the LORD your God with all your heart and with all your soul, and to keep the commandments of the LORD your God and God's decrees that I am commanding you today, for your own well-being. Although heaven and the heaven of heavens belong to the LORD your God, the earth with all that is in it, yet God set God's heart in love on your ancestors alone and chose you, their descendants after them, out of all the peoples, as it is today.

-Deuteronomy 10:12-15

This God—his way is perfect;
the promise of the LORD proves true;
God is a shield for all who take refuge in the Lord.
For who is God, but the Lord?
And who is a rock, except our God?
The God who has girded me with strength
has opened wide my path.
God made my feet like the feet of deer,
and set me secure on the heights.

-2 Samuel 22:31-34

Blessed are those who do not walk in step with the wicked or take the path that sinners tread.
For the LORD watches over the way of the righteous, but the way of the wicked leads to ruin.

-Psalm 1:1, 6

Lead me, O LORD, in your righteousness. To get me safely through enemy lines, make your teaching clear and make your way plain for me to follow.

-Psalm 5:8

I praise you, LORD, for being my guide.
Now you've got my feet on the life path, all radiant from the shining of your face.
Ever since you took my hand, I'm on the right way.

-Psalm 16:7, 11

If GOD hadn't been there for me, I never would have made it.
The minute I said, "I'm slipping, I'm falling," your love, GOD, took hold and held me fast.

-Psalm 94:17-18

The Lord makes me lie down in green pastures;
he leads me beside still waters; he restores my soul.
He leads me in right paths for his name's sake.
Even though I walk through the darkest valley, I fear no evil;
for you are with me; your rod and your staff—they comfort me.
You prepare a table before me in the presence of my enemies;
you anoint my head with oil; my cup overflows.

-Psalm 23:2-5

Make me to know your ways, O LORD; teach me your paths.
Lead me in your truth, and teach me, for you are the God of my salvation; for you I wait all day long.
Good and upright is the LORD; therefore God instructs sinners in the way.
The Lord leads the humble in what is right, and teaches the humble God's way.
All the paths of the LORD are steadfast love and faithfulness,
for those who keep God's covenant and decrees.
For your name's sake, O LORD, pardon my guilt, for it is great.
Who are they that fear the LORD? The Lord will teach them the way that they should choose.
-Psalm 25:4-5, 8-12

Our steps are made firm by the LORD, when we delight in God's way;
though we stumble, we shall not fall headlong, for the LORD holds us by the hand.
-Psalm 37:23-24

Your way, O God, is holy. What god is so great as our God?
With your strong arm you redeemed your people, the descendants of Jacob and Joseph.
Your way was through the sea, your path, through the mighty waters;
yet your footprints were unseen.
You led your people like a flock by the hand of Moses and Aaron.
-Psalm 77:13, 15, 19-20

Teach me your way, O LORD, that I may walk in your truth;
give me an undivided heart to revere your name.
For great is your steadfast love toward me;
you have delivered my soul from the depths of Sheol.
-Psalm 86:11, 13

The minute I said, "I'm slipping, I'm falling," your love, GOD, took hold and held me fast.
-Psalm 94:17-18

You're blessed when you stay on course, walking steadily on the road revealed by GOD.
You're blessed when you follow God's directions, doing your best to find the Lord.
That's right—you don't go off on your own; you walk straight along the road God set.
You, GOD, prescribed the right way to live; now you expect us to live it.
Oh, that my steps might be steady, keeping to the course you set.

How can a young person live a clean life? By carefully reading the map of your Word.
I'm single-minded in pursuit of you; don't let me miss the road signs you've posted.
Barricade the road that goes Nowhere; grace me with your clear revelation.
I choose the true road to Somewhere, I post your road signs at every curve and corner.
I grasp and cling to whatever you tell me; GOD, don't let me down!
I'll run the course you lay out for me if you'll just show me how.

GOD, teach me lessons for living so I can stay the course.
Guide me down the road of your commandments; I love traveling this freeway!
I watch my step, avoiding the ditches and ruts of evil so I can spend all my time keeping your Word.
I never make detours from the route you laid out; you gave me such good directions.
Your word is a lamp to my feet and a light to my path.

-Psalm 119:1-5, 9-10, 29-33, 35, 101-102, 105

O Lord, You know when I leave and when I get back; I'm never out of your sight.
I look behind me and you're there, then up ahead and you're there, too—
 your reassuring presence, coming and going.
Is there anyplace I can go to avoid your Spirit? to be out of your sight?
If I climb to the sky, you're there! If I go underground, you're there!
If I flew on morning's wings to the far western horizon, You'd find me in a minute—
 you're already there waiting!
Then I said to myself, "Oh, he even sees me in the dark! At night I'm immersed in the light!"
Search me, O God, and know my heart; test me and know my thoughts.
See if there is any wicked way in me, and lead me in the way everlasting.
-Psalm 139:3, 5, 7-11, 23-24

When my spirit grows faint within me, it is you who watch over my way. *-Psalm 142:3*

Let the morning bring me word of your unfailing love, for I have put my trust in you.
Show me the way I should go, for to you I entrust my life.
Teach me to do your will, for you are my God. Let your good spirit lead me on a level path.
-Psalm 143:8, 10

The Lord gives wisdom;
 from God's mouth come knowledge and understanding;
the Lord stores up sound wisdom for the upright;
 the Lord is a shield to those who walk blamelessly,
guarding the paths of justice
 and preserving the way of God's faithful ones.
Then you will understand righteousness and justice
 and equity, every good path;
for wisdom will come into your heart,
 and knowledge will be pleasant to your soul;
prudence will watch over you;
 and understanding will guard you.
It will save you from the way of evil.
Therefore walk in the way of the good,
 and keep to the paths of the just. *-Proverbs 2:6-12, 20*

Trust in the LORD with all your heart, and do not rely on your own insight.
In all your ways acknowledge God, and the Lord will make straight your paths. *-Proverbs 3:5-6*

Blessed are those who find wisdom, those who gain understanding,
for her ways are ways of pleasantness, and all her paths are peace. *-Proverbs 3:13, 17*

In the path of righteousness there is life, in walking its path there is no death. *-Proverbs 12:28*

Dear friend, take my advice; it will add years to your life.

I'm writing out clear directions to Wisdom Way, I'm drawing a map to Righteous Road. I don't want you ending up in blind alleys, or wasting time making wrong turns. Don't take Wicked Bypass; don't so much as set foot on that road. Stay clear of it; give it a wide berth. Make a detour and be on your way.

The road the righteous travel is like the sunrise, getting brighter and brighter until daylight has come. The road of the wicked, however, is dark as night. They fall, but cannot see what they have stumbled over.

Keep your eyes straight ahead; ignore all sideshow distractions. Watch your step, and the road will stretch out smooth before you. Look neither right nor left; leave evil in the dust.

-Proverbs 4:10-12, 14-15, 18-19, 25-27

I, Wisdom, live with Prudence; Knowledge and Discretion live just down the street. You can find me on Righteous Road—that's where I walk—at the intersection of Justice Avenue, handing out life to those who love me, filling their arms with life—armloads of life!

-Proverbs 8:12, 20

In the path of righteousness there is life, in walking its path there is no death.

-Proverbs 12:28

The way of the lazy is overgrown with thorns, but the path of the upright is a level highway. All who are wise follow a road that leads upward to life, not the road that leads downward to death.

-Proverbs 15:19, 24

Better to be poor and walk in integrity than to be crooked in one's ways even though rich.

-Proverbs 28:6

Many peoples shall come and say, "Come, let us go up to the mountain of the LORD, to the house of the God of Jacob; that he may teach us his ways and that we may walk in his paths."

For out of Zion shall go forth instruction, and the word of the LORD from Jerusalem. He shall judge between the nations, and shall arbitrate for many peoples; they shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war any more.

O house of Jacob, come, let us walk in the light of the LORD!

-Isaiah 2:3-5

The way of the righteous is level; O Just One, you make smooth the path of the righteous. Yes, LORD, walking in the way of your laws, we wait for you; your name and renown are the desire of our hearts.

-Isaiah 26:7-8

Though the Lord may give you the bread of adversity and the water of affliction, yet your Teacher will not hide himself any more, but your eyes shall see your Teacher. And when you turn to the right or when you turn to the left, your ears shall hear a word behind you, saying, "This is the way; walk in it."

-Isaiah 30:20-21

A highway shall be there, and it shall be called the Holy Way; the unclean shall not travel on it, but it shall be for God's people; no traveler, not even fools, shall go astray. No lion shall be there, nor shall any ravenous beast come up on it; they shall not be found there, but the redeemed shall walk there. And the ransomed of the LORD shall return, and come to Zion with singing; everlasting joy shall be upon their heads; they shall obtain joy and gladness, and sorrow and sighing shall flee away.

-Isaiah 35:8-10

Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. The Lord gives power to the faint, and strengthens the powerless. Those who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

-Isaiah 40:28-29, 31

I will lead the blind by a road they do not know, by paths they have not known I will guide them. I will turn the darkness before them into light, the rough places into level ground. These are the things I will do, and I will not forsake them.

-Isaiah 42:16

But now thus says the LORD, he who created you, O Jacob, he who formed you, O Israel:

Do not fear, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the LORD your God, the Holy One of Israel, your Savior. I give Egypt as your ransom, Ethiopia and Seba in exchange for you. Because you are precious in my sight, and honored, and I love you, I give people in return for you, nations in exchange for your life.

Do not fear, for I am with you; I will bring your offspring from the east, and from the west I will gather you; I will say to the north, "Give them up," and to the south, "Do not withhold; bring my sons from far away and my daughters from the end of the earth—everyone who is called by my name, whom I created for my glory, whom I formed and made."

-Isaiah 43:1-7

How beautiful upon the mountains are the feet of the messenger who announces peace, who brings good news, who announces salvation, who says to Zion, "Your God reigns."

Listen! Your sentinels lift up their voices, together they sing for joy; for in plain sight they see the return of the LORD to Zion. Break forth together into singing, you ruins of Jerusalem; for the LORD has comforted his people, he has redeemed Jerusalem. The LORD has bared his holy arm before the eyes of all the nations; and all the ends of the earth shall see the salvation of our God.

-Isaiah 52:7-10

This is what the LORD says:

See, I am going to bring them from the land of the north,
and gather them from the farthest parts of the earth,
among them the blind and the lame, those with child and those in labor, together;
a great company, they shall return here.

With weeping they shall come,

and with consolations I will lead them back,

I will let them walk by brooks of water, in a straight path in which they shall not stumble;

for I have become a father to Israel, and Ephraim is my firstborn.

-Jeremiah 31:7-9

God has told you, O mortal, what is good. And what does the LORD require of you? To do justice, and to love kindness, and to walk humbly with your God.

-Micah 6:8

The Sovereign LORD is my strength; God makes my feet like the feet of a deer, the Lord enables me to tread on the heights.

-Habakkuk 3:19

As he walked by the Sea of Galilee, Jesus saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the sea—for they were fishermen. And he said to them, “Follow me, and I will make you fish for people.” Immediately they left their nets and followed him.

Later, as Jesus was walking along, he saw a man called Matthew sitting at the tax booth; and he said to him, “Follow me.” And he got up and followed him.

-Matthew 4:18-20, 9:9

Don't look for shortcuts to God. The market is flooded with surefire, easygoing formulas for a successful life that can be practiced in your spare time. Don't fall for that stuff, even though crowds of people do. The way to life—to God!—is vigorous and requires total attention.

-Matthew 7:13-14

On that same day two of Jesus' followers were going to a village named Emmaus, about seven miles from Jerusalem, and they were talking to each other about all the things that had happened. As they talked and discussed, Jesus himself drew near and walked along with them; they saw him, but somehow did not recognize him. Jesus said to them, “What are you talking about to each other, as you walk along?”

They stood still, with sad faces. One of them, named Cleopas, asked him, “Are you the only visitor in Jerusalem who doesn't know the things that have been happening there these last few days?”

“What things?” he asked.

“The things that happened to Jesus of Nazareth,” they answered. “This man was a prophet and was considered by God and by all the people to be powerful in everything he said and did. Our chief priests and rulers handed him over to be sentenced to death, and he was crucified. And we had hoped that he would be the one who was going to set Israel free! Besides all that, this is now the third day since it happened. Some of the women of our group surprised us; they went at dawn to the tomb, but could not find his body. They came back saying they had seen a vision of angels who told them that he is alive. Some of our group went to the tomb and found it exactly as the women had said, but they did not see him.”

Then Jesus said to them, “How foolish you are, how slow you are to believe everything the prophets said! Was it not necessary for the Messiah to suffer these things and then to enter his glory?” And Jesus explained to them what was said about himself in all the Scriptures, beginning with the books of Moses and the writings of all the prophets.

As they came near the village to which they were going, Jesus acted as if he were going farther; but they held him back, saying, “Stay with us; the day is almost over and it is getting dark.” So he went in to stay with them. He sat down to eat with them, took the bread, and said the blessing; then he broke the bread and gave it to them. Then their eyes were opened and they recognized him, but he disappeared from their sight. They said to each other, “Wasn't it like a fire burning in us when he talked to us on the road and explained the Scriptures to us?”

They got up at once and went back to Jerusalem, where they found the eleven disciples gathered together with the others and saying, “The Lord is risen indeed! He has appeared to Simon!”

The two then explained to them what had happened on the road, and how they had recognized the Lord when he broke the bread.

-Luke 24:13-35

Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life."
-John 8:12

Jesus said to his disciples, "Do not let your hearts be troubled. You trust God, don't you? Trust me. There is plenty of room for you in my Father's home. If that weren't so, would I have told you that I'm on my way to get a room ready for you? And if I'm on my way to get your room ready, I'll come back and get you so you can live where I live. And you know the way to the place where I am going."

Thomas said, "Master, we have no idea where you're going. How do you expect us to know the road?"

Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him."
-John 14:1-7

When we were baptized, we died and were buried with Christ, so that, just as Christ was raised from death by the glorious power of the Father, we too might walk in newness of life.

-Romans 6:4

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit.
-Galatians 6:22-25

As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace.
-Ephesians 6:15

You won't see us drooping our heads or dragging our feet! Cramped conditions here don't get us down. They only remind us of the spacious living conditions ahead. For we walk by faith, not by sight—it's what we trust in but don't yet see that keeps us going.

Do you suppose a few ruts in the road or rocks in the path are going to stop us? When the time comes, we'll be plenty ready to exchange exile for homecoming. More than anything else, however, whether we are at home or away, we make it our aim to please the Lord.
-2 Corinthians 5:6-9

We are the temple of the living God; as God said,

"I will live in them and walk among them,
and I will be their God, and they shall be my people."

-2 Corinthians 6:16

Friends, we can now—without hesitation—walk right up to God, into "the Holy Place." Jesus opened for us a new way, a living way, by the blood of his sacrifice, acting as our priest before God. The "curtain" into God's presence is his body. So let's *do* it—let's draw near to God, full of belief, confident that we're presentable inside and out.
-Hebrews 10:19-22

By an act of faith, Abraham said yes to God's call to travel to an unknown place that would become his home. When he left he had no idea where he was going. By an act of faith he lived in the country promised him, lived as a stranger camping in tents. Isaac and Jacob did the same, living under the same promise. Abraham did it by keeping his eye on an unseen city with real, eternal foundations—the City designed and built by God.

By faith, barren Sarah was able to become pregnant, old woman as she was at the time, because she believed the One who made a promise would do what he said. That's how it happened that from one man's dead and shriveled loins there are now people numbering into the millions.

Each one of these people of faith died not yet having in hand what was promised, but still believing. How did they do it? They saw it way off in the distance, waved their greeting, and accepted the fact that they were transients in this world. People who live this way make it plain that they are looking for their true home. If they were homesick for the old country, they could have gone back any time they wanted. But they were after a far better country than that—heaven country. You can see why God is so proud of them, and has a City waiting for them.

—Hebrews 11:8-16

If you endure suffering even when you have done right, God will bless you for it. It was to this that God called you, for Christ himself suffered for you and left you an example, so that you would follow in his steps.

—1 Peter 2:20-21

God is light, pure light; there's not a trace of darkness in him. If we claim that we experience a shared life with him and continue to stumble around in the dark, we're obviously lying through our teeth—we're not *living* what we claim. But if we walk in the light, God himself being the light, we also experience a shared life with one another, as the sacrificed blood of Jesus, God's Son, purges all our sin.

—1 John 1:5-7

By this we may be sure that we are in him: whoever says, "I abide in him," ought to walk just as he walked.

—1 John 2:6

Dear friend, I am not writing you a new command but one we have had from the beginning. I ask that we love one another. And this is love: that we walk in obedience to his commands. As you have heard from the beginning, his command is that you walk in love.

—2 John 5-6

Then I saw a new heaven and a new earth; for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, the new Jerusalem, coming down out of heaven from God.

And the city has no need of sun or moon to shine on it, for the glory of God is its light, and its lamp is the Lamb. The nations will walk by its light, and the kings of the earth will bring their glory into it.

—Revelation 21:1-2, 23-24