

# Lord, Show Us the Path of Life



**REFLECTION:** I remember a time I felt alone during a difficult time in my life and later realized I was not alone... I remember... I remember...

## WISDOM FROM THE CELLS

I remember a time that I felt peace when there was chaos around me. It was during my first retreat... I had never been guided on how to get closer to Jesus.

I remember how sometimes I felt like I couldn't believe in God. It occurred more frequently when I was put in prison. I really felt like completely giving up on God, but I was constantly reminded of his presence by a lot of random occurrences. Those little gestures really kept me going and gave me strength. Without my parents, I wasn't sure I would find my way towards the light.

But the first time I experienced a meditation, it was such a relief to me. I felt like, for the first time in five years, that I could forgive and become a better person.

These retreats will forever be instilled in my heart. I have made a promise to not only myself, but Jesus too, that I will let this experience change my life for the better.

**-Mike, who is in a California State Prison.**

## PENITENTIAL RITE

**Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.**  
May almighty God have mercy on us, forgive us our sins and bring us to everlasting life.  
**R. Amen.**

## OPENING PRAYER

Let us pray:  
Lord,  
Our road in life is often tiresome and difficult. May we feel the presence of your Son Jesus who journeys with us each day of our lives and may we feel the warmth of his love in our hearts.

We ask this through Christ, our Lord. **R. Amen.**

## LAMB OF GOD

Lamb of God, you take away the sins of the world: **Have mercy on us.**  
Lamb of God, you take away the sins of the world: **Have mercy on us.**  
Lamb of God, you take away the sins of the world: **Grant us peace.**

This is Jesus, the Lamb of God, who takes away the sins of the world. Happy are we who are called to his supper.

**Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.**

## COMMUNION

## CLOSING PRAYER

Let us pray:  
Jesus,  
When I am down about how my life is going, walk with me just as you walked with the disciples to Emmaus. Open the Scriptures for me as I read your Holy Word, help me understand what you want from me, feed me your precious Body and Blood and send me to help others find you too.

We ask this through Christ, our Lord. **R. Amen.**



## OUR FATHER

Let us pray with confidence to the Father in the words our Savior gave us:

**Our Father, who art in heaven,  
hallowed be thy name;  
thy Kingdom come,  
thy will be done  
on earth as it is in heaven.**

**Give us this day our daily bread,  
and forgive us our trespasses  
as we forgive those who trespass against us,  
and lead us not into temptation,  
but deliver us from evil.**

**R. For the kingdom, the power and the glory are yours, now and for ever. Amen.**

## SIGN OF PEACE

Jesus, you said to your apostles: "I leave you peace, my peace I give you. Look not on our sins, but on the faith of your Church, and grant us the peace and unity of your kingdom where you live forever and ever. **Amen.**"

The peace of the Lord be with you always.  
**R. And with your spirit.**

# LITURGY OF THE WORD

## First Reading: Acts 2:14, 22-44

Then Peter stood up with the Eleven, raised his voice, and proclaimed: "You who are Jews, indeed all of you staying in Jerusalem. Let this be known to you, and listen to my words. You who are Israelites, hear these words. Jesus the Nazarene was a man commended to you by God with mighty deeds, wonders, and signs, which God worked through him in your midst, as you yourselves know. This man, delivered up by the set plan and foreknowledge of God, you killed, using lawless men to crucify him. But God raised him up, releasing him from the throes of death, because it was impossible for him to be held by it. For David says of him: *I saw the Lord ever before me, with him at my right hand I shall not be disturbed. Therefore my heart has been glad and my tongue has exulted; my flesh, too, will dwell in hope, because you will not abandon my soul to the netherworld, nor will you suffer your holy one to see corruption. You have made known to me the paths of life; you will fill me with joy in your presence.*" My brothers, one can confidently say to you about the patriarch David that he died and was buried, and his tomb is in our midst to this day. But since he was a prophet and knew that God had sworn an oath to him that he would set one of his descendants upon his throne, he foresaw and spoke of the resurrection of the Christ, that neither was he abandoned to the netherworld nor did his flesh see corruption. God raised this Jesus; of this we are all witnesses. Exalted at the right hand of God, he received the promise of the Holy Spirit from the Father and poured him forth, as you see and hear."

The Word of the Lord.  
**R. Thanks be to God.**

## Responsorial Psalm: Psalm 16:1-2, 5, 7-8, 9-10

**R. Lord, you will show us the path of life.**

Keep me, O God, for in you I take refuge;  
 I say to the LORD, "My Lord are you."

O LORD, my allotted portion and my cup,  
 you it is who hold fast my lot.

**R. Lord, you will show us the path of life.**

I bless the LORD who counsels me;  
 even in the night my heart exhorts me.

I set the LORD ever before me;  
 with him at my right hand I shall not be disturbed.

**R. Lord, you will show us the path of life.**

Therefore my heart is glad and my soul rejoices,  
 my body, too, abides in confidence;  
 because you will not abandon my soul to the netherworld,  
 nor will you suffer your faithful one to undergo corruption.

**R. Lord, you will show us the path of life.**

## Second Reading: 1 Peter 1:17-21

Beloved: If you invoke as Father him who judges impartially according to each one's works, conduct yourselves with reverence during the time of your sojourning, realizing that you were ransomed from your futile conduct, handed on by your ancestors, not with perishable things like silver or gold but with the precious blood of Christ as of a spotless unblemished lamb. He was known before the foundation of the world but revealed in the final time for you, who through him believe in God who raised him from the dead and gave him glory, so that your faith and hope are in God.

The Word of the Lord.  
**R. Thanks be to God.**

## Gospel: Luke 24:13-35

That very day, the first day of the week, two of Jesus' disciples were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him. He asked them, "What are you discussing as you walk along?" They stopped, looking downcast. One of them, named Cleopas, said to him in reply, "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?" And he replied to them, "What sort of things?" They said to him, "The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him. But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place. Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women had described, but him they did not see." And he said to them, "Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Christ should suffer these things and enter into his glory?" Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the Scriptures. As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, "Stay with us, for it is nearly evening and the day is almost over." So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, "Were not our hearts burning within us while he spoke to us on the way and opened the Scriptures to us?" So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, "The Lord has truly been raised and has appeared to Simon!" Then the two recounted what had taken place on the way and how he was made known to them in the breaking of bread.

2 The Gospel of the Lord.  
**R. Praise to you, Lord Jesus Christ.**

# MEDITATION: EMMAUS

*(through the eyes of  
 cleopas and joseph)*

the rain was falling  
 gently on the two  
 of them with  
 their bags of  
 belongings as  
 they made their way  
 to emmaus

passing in front  
 of the top  
 of the hill where  
 a few days ago  
 they had tortured jesus  
 to death  
 how do you find hope  
 in this hopelessness?  
 they had put all their trust  
 in the one who was  
 put to death

cleopas was  
 twenty-four  
 all his youth  
 he had looked for  
 someone who was  
 passionate about  
 helping the poor  
 someone who wanted  
 to see something  
 different happen  
 in the country

cleopas remembered  
 the first time he heard  
 jesus speak  
 he was now  
 executed and buried  
 those hours of watching  
 jesus die on the cross  
 had shattered any hope  
 for a better future

something had died  
 within him  
 so cleopas gave up  
 below the cross  
 what good had  
 all their struggling done?

they continued walking  
 slowly along the road

it was so late in the day  
 cleopas and joseph  
 were surprised  
 when a stranger  
 suddenly caught  
 up to them  
 they did not  
 recognize this man  
 but they welcomed him  
 to walk with them  
 this stranger asked them  
 why were they so sad  
 cleopas said  
 we can't understand  
 why someone so good  
 could be killed  
 they arrested him  
 without cause  
 they put him in a cell  
 had a trial  
 there was no justice

they sat down  
 by the side of the road  
 with heavy feelings  
 passing through them

it was better to let  
 all this settle in emmaus  
 this stranger said  
 do you remember  
 going to the synagogue  
 and studying  
 the prophets?  
 can't you both see  
 that our faith  
 makes demands  
 that we have  
 to make sacrifices  
 and not only take  
 the easy road?  
 there is a price  
 in striving  
 to be faithful  
 when it is not easy

when you walk

in darkness  
 you stumble  
 you get hurt  
 didn't both of you see  
 when you stood  
 below that cross?  
 this was the price  
 for creating  
 a more just world  
 there is no easy way

they stood up and began  
 walking again slowly  
 cleopas and joseph  
 could see what  
 this stranger was  
 explaining to them  
 they were beginning  
 to understand  
 that suffering is a part  
 of the struggle  
 that jesus did not  
 die in vain  
 even though  
 it might seem that way

so they began  
 to make good progress  
 now walking quickly  
 all of a sudden  
 their walk was  
 more enjoyable  
 with the company  
 of this stranger

it was starting  
 to get dark  
 cleopas and joseph  
 said to this stranger  
 it is getting late  
 here is the inn  
 do you want to rest  
 here with us?  
 soon the three of them  
 put their bags down  
 and sat around a table

cleopas and joseph  
 were starving  
 then the stranger  
 took the bread

they were going to eat  
 and began to break it  
 as he did this  
 they both saw  
 that it had been jesus  
 the stranger with whom  
 all along they were  
 speaking to

their eyes were opened  
 with his hands  
 breaking the bread  
 as jesus did this  
 blood flowed along  
 the table blood  
 from the wounds  
 in his hands  
 the blood flowing  
 connecting to  
 everything  
 that had happened  
 during these last  
 two weeks

joseph and cleopas  
 put their hands  
 on the table  
 feeling the power  
 in the blood  
 feeling the suffering  
 of his friends  
 who are now  
 in the roman prisons

this was strong  
 but connected  
 to jesus' blood  
 they were feeling hope  
 that everything  
 jesus had explained  
 along the way  
 made sense  
 their hearts had  
 been burning  
 feeling hope  
 that one day  
 his friends would  
 no longer  
 be prisoners

