



# EMMAUS 90

GUIDEBOOK

ARCHDIOCESE *of* MILWAUKEE

# EMMAUS 90 PRAYER GUIDE

## **Prepare (~ 30 seconds)**

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 min)**

### **Locate Yourself on the Map**

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

## **Relate (~ 1 min)**

### **Tell Jesus Where You Are**

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

## **Receive (~ 5 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. Listen for what stands out...

## **Respond (~ 2 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 min)**

### **Just Be With Jesus**

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.*

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## “WERE NOT OUR HEARTS BURNING WITHIN US?”

| LUKE 24:32 |

A small group of disciples, uncertain about what was happening in their world and looking downcast, journeyed together discussing along the way.

Jesus himself drew near and walked with them. They didn't recognize him. He asked them to tell him what was on their minds and listened.

Then, he interpreted to them what referred to him in all the Scriptures, and their hearts began to burn within them. They urged him to come stay with them.

While he was with them at table, he took bread, said the blessing, broke it, and gave it to them. Their eyes were opened. They recognized him. He was made known to them in the breaking of the bread.

And, they set out at once to share the good news.

This is the Emmaus journey of Luke 24:13-35.

For the next 90 days, walk with fellow disciples along the Emmaus journey and learn to recognize Jesus drawing near, speaking through the Scriptures, and opening your eyes to reveal himself in the Eucharist, so that he can inspire and equip you for his mission as a Eucharistic missionary.

It will not be easy. But you will never be alone.

**You were made for this.  
ENTER THE ADVENTURE.**



# TRAINING SCHEDULE

Thursdays | 7 p.m.

- **January 4** | Jesus Draws Close
  - **January 11** | How to Hear God In Prayer
  - **January 18** | Jesus Forms Us in Community
  - **January 25** | Jesus Interprets the Scriptures
  - **February 1** | God's Covenants with Us
  - **February 8** | God's Plan to Save Us & Preparing for Lent
  - **Wednesday, February 14 ASH WEDNESDAY WEEK & PALLIUM**  
*For this week's session, plan to participate in your parish's Ash Wednesday service with your Pilgrim Group.*
  - **February 15 | No Formation Session** (Pallium Lecture) *Consider attending the Archdiocesan Pallium Lecture with your Pilgrim Group. Learn more at: [archmil.org/bishops/Pallium-Lecture-Series.htm](http://archmil.org/bishops/Pallium-Lecture-Series.htm)*
  - **February 22** | Recognize Him in the Breaking of the Bread
  - **February 29** | Created for Worship
  - **March 7** | Praying the Mass Fully, Actively, & Consciously
  - **March 14** | Become What You Receive
  - **March 20 | 12 HOURS OF RECONCILIATION**
  - **March 21** | Set Out at Once on Mission
  - **March 28 HOLY THURSDAY | No Formation Session** *For tonight's session, plan to participate in your parish's Mass of the Lord's Supper with your Pilgrim Group.*
- Celebrate Holy Week & Easter Well:**
- Friday, March 29 – Good Friday
  - Saturday, March 30 – Holy Saturday / Easter Vigil
  - Sunday, March 31 – Easter Sunday
  - **April 4** | Easter Celebration *Bonus Formation Session* | GO

Full Guidebook will contain a QR Code and Website to access to the Formation Videos here

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# EMMAUS 90 PRACTICES

We know. Commitments can be tricky. “Is this too much?” “Will I fall short?” “Do I have what it takes?” Below are the daily and weekly practices we encourage Emmaus 90 pilgrims to strive to live during our 90-day journey together. We’ve broken them down into three main areas: **time for God**, **time for connection**, and **time for excellence**. You’re not going to do everything perfectly. It’s not going to go 100% according to plan. But God will bless your daily striving, and you will see your faith grow. We encourage you to be generous with your life during these 90 days. God is never outdone in generosity. Jesus is calling you to greatness and will give you all that you need.

Will this be easy? Probably not. Will you grow more in love with God? Without a doubt!

No one can do the heavy lifting for you – but we’re here to support you and we’ll be praying for you all the way.

Let’s do this!

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## TIME FOR GOD.

**Daily Prayer** - Spend at least 15 minutes a day in prayer with Sacred Scripture. (See Emmaus 90 Prayer Guide inside the front cover and daily Scripture passages provided at the top of each journal page.)

**Daily Examen** - Take at least 5 minutes to examine your day and notice where God was moving in your life. (See Daily Examen Guide inside the back cover.)

**Daily Journal** - Your Guidebook contains pages to jot down what God is showing you in your prayer with Scripture and your Examen. Looking back at these notes will help you to see how God is leading you. (See Journal Pages of this Guidebook)

**Full Active Conscious Participation in Sunday Mass** - Prepare to enter fully into the celebration of the Mass. Pray with the Mass readings (you’ll notice that this is built into your Saturday daily prayer & journal), arrive early to prepare yourself, and pray the Mass with all your heart. Formation will be provided.

**More Time in the Real Presence of Jesus Christ in the Blessed Sacrament** - In addition to Sunday Mass, spend some time praying in the Presence of the Blessed Sacrament.

- Some pilgrims commit to at least one of their daily prayer sessions in the Presence of the Blessed Sacrament.

- Others commit to come to Mass early to pray in the presence of the tabernacle.
- You might spend a weekly holy hour (or an additional holy hour) in an adoration chapel.
- Discern how the Lord is inviting you and what will work for your life circumstances.

**Frequent Confession** - Receive the Sacrament of Reconciliation at least once a month. (See How to Sacrament of Reconciliation.)

## TIME FOR CONNECTION.

**Weekly Pilgrim Group** – We encourage each Emmaus 90 Pilgrim to find a group of 2-3 friends, family, or fellow parishioners who commit to connect with each other weekly (in-person or online) for encouragement, accountability, and community in a 30–60-minute discussion. Ask the Lord to help you discern who to invite on this journey and invite them to join you. Set a weekly time to connect. See Your Pilgrim Group Itinerary for a discussion guide for your time together.

**Weekly 30-minute Formation Session** – Livestream (or recording) connects you to Catholic Church teaching and all the pilgrims from across the Archdiocese of Milwaukee taking this journey together. See [archmil.org/Emmaus-pilgrim](http://archmil.org/Emmaus-pilgrim) for weekly livestream.

Most Pilgrim Groups plan a weekly 90-minute meeting to watch the Formation Session together and have their discussion.

- Some Pilgrim Groups watch the Formation Session on their own and get together for their group discussion at another time.
- Some Parishes host a weekly “watch party” where all Pilgrim Groups can connect with all the Emmaus 90 pilgrims from their parish to watch the Formation Session together and discuss in their smaller Pilgrim Groups.
- Discern what will work for your life and group.

## TIME FOR EXCELLENCE.

**Live Sundays Well** – Strive to make space on Sundays for prayer, family, friends, rest, and healthy leisure.

**Fast from Meat on Fridays** – Offer up your fast for someone in need.

**Do Small Things with Great Love** – Look for opportunities to love and serve Jesus in the last, least, lost, and lonely in your life.

**Choose One Virtue to Practice** – Choose one stretch goal, ask God to help you, and strive to practice it daily.

**Remember, if you miss a day, don't get discouraged. Simply return to Jesus the next day and ask Him to help you to try again. His grace is renewed each morning (Lam 3:22-24).**

# PILGRIM GROUP ITINERARY

## **Weekly Pilgrim Group Discussion Guide**

### **Open in prayer** (1-2 minutes)

Ask God to bless and guide your time together.

### **How are you?** (4-10 minutes)

Each pilgrim shares how you are doing, really. Beyond the simple “good” answer we might give in passing.

### **How are you and God?** (4-10 minutes)

Each pilgrim shares how your relationship with God has been this week in your daily prayer with the Scriptures, Examen, and daily life?

### **How are you doing with Emmaus 90?** (15-25 minutes)

- How are you doing with your Emmaus 90 Practices?
- What did the Lord continue to show you from what we discussed last week?
- What stands out for you from this week’s Emmaus 90 Formation Session?
- What do you think God is trying to show you by highlighting that for you?
- What’s your “take-home” from this session?

### **How can we pray for you?** (4-8 minutes)

Not only for others in your life, but also for you?

### **Let’s pray for each other right now.** (2-5 minutes)

Pray together in your own words for the prayer requests you just shared. Close with the Lord’s Prayer.

### **Let’s look ahead.** (Less than 1 minute)

Confirm our next meeting day/time and anything else we need to remember for next week.





