

# How to Conduct an Emmaus Walk Activity

This is for a two hour time frame. Adjust to fit your own time.

1. Begin by welcoming everyone and introducing yourself. Make sure to create a warm and inviting atmosphere.
2. Engage everyone in a fun icebreaker game or activity. This will help break the ice and get everyone comfortable with each other.
3. Lead a discussion about the importance of faith and how it can impact our lives. Ask participants to share their personal experiences with faith and how it has affected them.
4. Lead a discussion about the importance of prayer and reflection in our spiritual lives. Ask participants to share their own experiences with prayer and how it helps them connect with God.
5. Break the group into pairs. Ask the pairs to share their own personal testimony about their relationship with God with each other. If possible, have them do this while walking outdoors. Encourage active listening and supportive feedback.
6. Have everyone spend some time in prayer and reflection. Provide prompts or suggestions for things to focus on during this time.
7. Break into small groups to discuss the experience. Here are some reflection questions:
  - What was your favorite part of the Emmaus Walk activity? Why?
  - How did you connect with others in your faith community during the Emmaus Walk activity?
  - What did you learn about yourself and your faith during the Emmaus Walk activity?
  - How did participating in personal testimonies impact your understanding of faith and spirituality?
  - How did prayer and reflection impact your connection with God during the Emmaus Walk activity?
  - In what ways did the Emmaus Walk activity deepen your relationship with God?
  - What will you take away from this experience and how will it impact your spiritual journey moving forward?
8. Conclude by summarizing the key themes of the Emmaus Walk activity. These are community, faith, personal testimony, and prayer. Encourage participants to continue growing in their faith. Provide resources or suggestions for ways to continue their spiritual journey at your parish.

## More Resources

[Pope Francis reflects on the Emmaus story](#)

[Walking with Jesus: A Road to Emmaus Lesson Plan](#)

[Youth Ministry Lesson Plans and Reflections](#)

<https://young-catholics.com/22040/emmaus-walk-activity-for-youth-ministry/>