8 SESSION EMMAUS JOURNEY

Many people have expressed taking an abbreviated walk through the Emmaus materials. Maybe you want to have a group meet through Advent or Lent. Maybe committing for a year just isn’t practical. Here is a recommended shortened course through some of the Discipleship Quad materials that will take you 8 meetings to complete. Each lesson is listed with the corresponding “guidebook” where you will find the materials. All of these materials are available at www.davenportdiocese.org/emmaus

You will notice references to commitment forms and other aspects of the Discipleship Quad program that won’t be applicable to your journey. Don’t worry about those. Just follow the reflections and discussion questions for each session.

This will give you a nice start and overview of what the materials are all about. Always remember you don’t have to stop here! Feel free to continue to fill in with other lessons if your group would like to keep going.

1. **Sharing Your Spiritual Journey** – Guidebook 1 p. 3 to 5; The guidebook recommends doing this over two sessions. Make this a single session to help keep the sessions moving.
2. **Wanted By God** – Guidebook 1 p. 7 to 14; The first full lesson in the guidebook is a great place to start! God desires to be with us.
3. **Made for Greatness** – Guidebook 1 p. 23 to 30; You’re not an accident!
4. **God at the Center** – Guidebook 2 p. 1 to 8; God should not be only part of your life, but at the heart of your life.
5. **Prayer from the Heart** – Guidebook 2 p. 9 to 20; Prayer is a personal relationship with God.
6. **The Living Word** – Guidebook 2 p. 31 to 38 and 41 to 42; God reveals himself to us through the Church.
7. **The Bread of Life** – Guidebook 2 p. 53 to 62; Jesus is present—body, blood, soul, and divinity—in the Eucharist.
8. **Jesus, I Trust in You** – Guidebook 2 p. 71 to 78; You can always, always, always trust in God’s mercy.