

Emmaus Road

...and he opened to us the Scriptures (Luke 24:32)

When I think of the story of Christ's birth, words such as peace, stillness, quiet, calm, come to mind. However I must confess in the busyness of these past few weeks those words are not words that I would use to define the condition of my soul.

In this week before Christmas I want to encourage you to take time and rest your soul. Take time in stillness, quiet, calm, and be at peace. Christ came unto you, don't miss Him; salvation is here, don't miss it.

This week in the Emmaus Road I want you to read different portions of the Christmas Narrative. Each day I want you to mentally place yourself in the scene. Ask yourself these questions, what do you see around you, who are you (do you see yourself as a character in the scene, a bystander, a friend), what is going on around you, what emotions are you feeling, what do you hear, smell, see, touch, maybe even taste?

Each day take time to write down each thought that comes to your mind. No matter how insignificant you may find each thought, journal everything. God is the God of every part of us and he can use every little thing to speak to us.

Monday –

Read Luke 1:26-38

Tuesday –

Luke 2:1-20

Wednesday –

Matthew 2:1-23

Thursday –

Today is Christmas Eve. Today take a look at your journaling in the past three days. What sticks out to you? Where and when did you feel joy? Where and when did you feel pain? Are there any correlations to your life today, how is God speaking to you this Christmas? If you feel comfortable sharing I would love to hear how God spoke to you this year through the story of his birth, especially during this exercise. As Spiritual Formation Pastor, I genuinely am interested in how this helped or didn't help you. You can email me at jneufeld@fbceg.org or leave a message on my facebook page.

Friday –

Merry Christmas! Enjoy the Savior's birth. He came that you might have peace and joy.