



Into your FOURTH DAYS

EMMAUS WEEKEND FLOW CHART & LINKING OF TALKS

Day 1 Unconditional Love of God	Day 2 Our Response to Jesus	Day 3 The work of the Spirit and our mission in the world	Summary
<i>Focus on the Father</i>	<i>Focus on Jesus</i>	<i>Focus on the Holy Spirit</i>	
↓ PRIORITY →	↓ GROW THROUGH STUDY →	↓ CHANGING OUR WORLD →	↓ The process of using our minds: Deciding what to change, to study, etc.
↓ PREVENIENT GRACE →	↓ MEANS OF GRACE →	↓ SANCTIFYING GRACE →	↓ Theme of the day
↓ PRIESTHOOD OF ALL BELIEVERS →	↓ CHRISTIAN ACTION →	↓ BODY OF CHRIST →	↓ To set a priority for our ministry : the way a Christian serves
↓ JUSTIFYING GRACE →	↓ OBSTACLES TO GRACE →	↓ PERSEVERANCE →	↓ Individual response of the theme of the day
↓ LIFE OF PIETY →	↓ DISCIPLESHIP →	↓ FOURTH DAY →	↓ Summary talks on living the life of Grace.

THREE DAY OVERVIEW		
<p>DAY 1 Proclamation / call Divine Invitation <i>The Love of God</i></p>	<p>DAY 2 Conversion Our Response <i>The Grace of the Lord Jesus Christ</i></p>	<p>DAY 3 Consecration/Insertion Christian Mission <i>The fellowship of the Holy Spirit</i></p>
<p>MORNING MEDITATION - "Prodigal Son". God loves us unconditionally and longs for our return.</p> <p>PRIORITY - Human beings are shaped by a unique capacity to make decisions about their priorities. What is your priority?</p> <p>PREVENIENT GRACE - God's love searches us out, seeks to redeem humanity, wants to give us a life in Grace.</p> <p>PRIESTHOOD OF ALL BELIEVERS - God's Love is shared by Christians called to be the Church - priests to one another, a channel of Grace between God and people.</p> <p>JUSTIFYING GRACE - By God's Grace we are accepted and set right with God in Jesus Christ. New life in Christ comes with our "yes".</p> <p>LIFE OF PIETY - This new life is rooted in living relationship with God, sustained by Grace through spiritual disciplines, giving one's heart to God.</p> <p>*</p> <p>Day 1 is about God's gracious offer to us of a relationship and of a new life centred in Jesus Christ.</p>	<p>MORNING MEDITATION - "Four Responses to Christ". In view of these, how will we respond to Christ?</p> <p>GROW THRU' STUDY - This new life involves growth through study of scripture, tradition and our world; giving one's mind to God.</p> <p>MEANS OF GRACE - This new life in Christ is made real by means of Sacraments and other sacred moments in which we celebrate Christ overcoming death in our lives.</p> <p>CHRISTIAN ACTION This new life is expected by sharing Christ as a friend with friends; giving one's hands and feet to God.</p> <p>OBSTACLES TO GRACE - This new life is not free from obstacles of sin, but we are enabled by Grace and discipline to overcome obstacles and grow through them.</p> <p>DISCIPLESHIP - This new life is discipleship; life lived in Grace, following in Jesus' footsteps, growing in His likeness; heart, head and hands given to God.</p> <p>*</p> <p>Day 2 is about Christ as model of our response to that gracious offer and our living in Grace as disciples through practice of the means of Grace.</p>	<p>MORNING MEDITATION - "Humanity of Jesus". God uses our humanness to touch this world with Grace.</p> <p>CHANGING OUR WORLD - Disciples transform their environments by being a Christian presence with others and in community.</p> <p>SANCTIFYING GRACE Disciples continue to grow in the Grace of Christ through obedience to the Holy Spirit in disciplines of prayer and service.</p> <p>BODY OF CHRIST - Disciples are called together to be the Body of Christ, teaming up their gifts for ministry, together being Jesus alive in the world.</p> <p>PERSEVERANCE - Disciples of Jesus cannot make it alone, but can persevere with strength from the Spirit through mutual support and accountability in group reunions.</p> <p>FOURTH DAY - The three days are over, but Day 4 begins. This is Emmaus' purpose: a lifetime of discipleship, new life to our churches, conveying Grace where we live.</p> <p>*</p> <p>Day 3 is about the Holy Spirit's strategy for bringing new life and transformation to our world through us and our ongoing participation in that mission as the church.</p>

SCRIPTURE REFERENCES

PRIESTHOOD OF ALL BELIEVERS

2 CORINTHIANS 5:18 - 20
HEBREWS 7:23 - 25
JOHN 1:29 and 3:16
1 PETER 2:4 - 5 and 9 - 10
MATTHEW 16:20

JUSTIFYING GRACE

1 JOHN 3:4
ROMANS 3:23 and 4:3
ISAIAH 5: 23 and 53:7
EXODUS 23:7
DEUTERONOMY 25:1
PROVERBS 17:5
LUKE 7:36 - 50
EPHESIANS 2: 8

LIFE OF PIETY

LUKE 11: 1 and Ch.18
1 THESSALONIANS 5 : 17
MATTHEW 7 : 7 - 11 and Ch 16
1 JOHN 4:24
PHILIPPIANS 4 : 4

MEANS OF GRACE

DEUTERONOMY 7 : 6 - 8
2 PETER 2 : 9 - 10
JEREMIAH 2 : 1 - 3
2 CORINTHIANS 11 : 2
MARK 1 : 4 - 15 and 2 : 1 - 12
MARK 14 : 22 - 25
JOHN 20 : 19 - 23
MATTHEW 9 : 18 - 34
LUKE 9 : 1 - 6

DISCIPLESHIP

JOHN 8 : 31 and 15 : 5

CHANGING OUR WORLD

1 CORINTHIANS 1 : 26 - 29
1 CORINTHIANS 10 : 31 and 12 : 4-5

BODY OF CHRIST

EPHESIANS 1 : 22 and 4 : 25
1 CORINTHIANS 12 : 12 - 13
ROMANS 12 : 4 - 5
2 CORINTHIANS 4 : 5 - 10

PERSEVERANCE

PSALM 23
MARK 4 : 14 - 20

GROW THRO' STUDY

PSALM 34 : 8
ROMANS 12 : 2

CHRISTIAN ACTION

ROMANS 10 : 9 - 10

What do I do when I return home to my church?

- ✓ *Emmaus is not an end in itself. It is intended to benefit and enrich the local church. Your participation in any Emmaus activities must not be at the expense of your involvement and service in your local congregation.*
- ✓ *You have encountered Christ this weekend, through the love of your brothers and sisters in Christ, and through the Power of His Spirit. Your life will probably not be the same again. Christ is counting on you just as He was counting on His early disciples. He is counting on you to bring life to others, just as you have received it this weekend. The best place to do this is in your home church - a place you are familiar with.*
- ✓ *Begin by meeting with Christ in prayer and ask Him to show you where you could become involved. Next arrange to meet with your minister or priest. Explain what has happened to you and of your desire to serve Christ more. Please remember, however:*
 - ^a *DO NOT criticise what is happening or not happening in your church.*
 - ^a *DO NOT make any demands.*
 - ^a *DO NOT think that you are more special because you have attended an Emmaus weekend.*
- ✓ *If you do not have a clear idea of where to become involved, ask your minister or priest to help you to discern what your gift is. It may be, however, that you are not able to come to an immediate decision about your future role. Go back to Christ in prayer, asking Him to reveal His Will for you.*
- ✓ *Your task is to serve, support and help grow the Kingdom of God through your renewed love of Christ.*

THINGS YOU SHOULD KNOW

- ^a Your EMMAUS REUNION GROUP is the most important part of your Fourth Day. Be diligent in setting one up, and be faithful to it. Don't be afraid to change groups if you do not feel comfortable in the group you join.
- ^a The Emmaus community GATHERINGS are held from time to time - see the dates in your Emmaus Newsletter which is either posted to you or sent electronically..
- ^a You may not be on a team right away, but you can serve the Community and express your support by working in the kitchen or one of the support committees. Volunteer forms are available at Emmaus Gatherings.
- ^a The Candlelight on Saturday night and the Closing on Sunday afternoon on every Walk, are special events and you are asked to make a special effort to show your *agape love* to future pilgrims by sharing in these events. Guests are always welcome at the Gatherings, as well as your children.
- ^a You are now a potential Sponsor. As such you have certain duties and responsibilities, not the least of which is deciding whom to sponsor. Read "Suggestions for Sponsors" carefully.
- ^a The Emmaus community is governed by an elected group who make up the Board of Directors. This group which includes the Community Spiritual and Lay Directors, meets once a month to discuss problems and their potential solutions, to formulate policy, to select future Walk Directors, team members, etc. You may write to your Board concerning anything which bothers you or pleases you, and if you have something very important to propose, you may request being put on the agenda for a personal appearance.

The Walk to Emmaus is an instrument of Christian revitalization. It's purpose is to train leaders, and potential leaders, who will become refreshed, solid leaders in their own church's ministries.

Points to remember

- a Do not develop a “holier-than-thou” attitude. The Walk to Emmaus is only ONE OF MANY instruments of holiness.
- a Do not bug people – especially clergy – to attend the Walk to Emmaus. This often creates the impression that the Walk is absolutely necessary for salvation.
- a Do not compare the Walk to Emmaus with a retreat. They are two different instruments of renewal. They complement each other, but the Walk to Emmaus is a once-in-a-lifetime experience.
- a Do not form a clique or special society among yourselves. This is not Christlike and is repugnant to those who have not had the opportunity to attend the Walk, or who are not interested.
- a Do not act as though the Emmaus community is a secret society. When people ask, tell them what the Walk is and what it meant to you.
- a Offer your services, whatever they may be, to your pastor. Together with your pastor and other parishioners you are the church in your area. You need the pastor and the pastor needs you to be involved in personal ministry. Do not be negatively critical of your pastor’s plans and programs. You may not have all the facts.
- a Do not think you are more special than anyone who has not attended the Emmaus Weekend.
- a Attend your regular Accountability Group, and Emmaus Community Gatherings, to keep your heart burning within, and the spirit of Emmaus alive.
- a Emmaus does not pretend to, nor is it able to, give a complete Christian formation in three days. If you think you have “arrived” after three days, you are wrong! You have only just begun anew.

A Good Reunion (Accountability) Group

- † Be regular. The group must endeavour to meet frequently, and all try to be present.
- † Prepare ahead of time so that you bring something to share.
- † **When using the Reunion [Service / accountability] card, try to have every person in the group speak on a section of their choice rather than having each person go through the entire order of the reunion card at once.**
- † Avoid unnecessary digressions and irrelevant details, but if one member is in need of prayer, or needs to discuss an issue, the reunion card need not be used.
- † Be discreet. What is said in the group stays in the group.
- † Be sincere. Without sincerity a lack of trust could develop.
- † Periodically evaluate the success of your Reunion Group, and discuss ways in which it could be improved.
- † **Make agape gifts for other walks.**
- † **Do not discuss for longer than one hour.**

THINGS TO AVOID:

- ♣ Unnecessary formality and stiffness. [Be friendly, relaxed and open.]
- ♣ Apathy; lack of interest in someone else's needs.
- ♣ No one takes over, dominates or reprimands.
- ♣ Fear, lack of trust.
- ♣ Clique attitude. [Care for one and all equally.]

WHAT IS AN AGAPÉ GIFT?

- a It is an inexpensive item made with the purpose to make the receiver of it feel loved and cared for.
- a It is a sacrifice of time and effort and a challenge to be creative. As you make an agapé gift, you start to anticipate the joy of the receiver. Amazingly, you are filled with love for the receiver whilst making the gift.
- a If you have not experienced making agapé, I challenge you to give it a try.
- a If each person in an accountability group comes forth with an idea and proceeds to put it together with the help of the others, we will never be short of gifts. You can put the name of accountability group on the message accompanying your agapé gift. But if you are making the gifts on your own, please do not put your name on the message.
- a Make gifts as an individual, couple, or group of friends.
- a Neatly counted, packed and labeled agapé gifts will fill the hearts of the Walk Agapé Co-ordinators with much joy and appreciation.
- a It would be appreciated if agapé gifts could be started months before the walk, unless perishable. It will assist us to get the gifts prepared before the Walk starts. Numbers of gifts required:
 - Per Walk :
 - Pilgrims only – 36
 - Conference Room – 60
 - Full set (Conf.Room, Prayer & Support) – 72

(Double up for both Walks)
- a There is indeed much more to these seemingly insignificant gifts than meets the eye. As JESUS counts on you, so do we.

WHAT IS AN " AGAPE LETTER" ?

As a Sponsor, one of the most perplexing situations arises when we try to explain to someone what kind of letter we want from them for our candidates. You may want to use the following words as a pattern for telling them what to write, or one you may write to a family member or friends of your pilgrim:

'The Walk to Emmaus is a weekend of spiritual renewal, with many beautiful gifts and surprises. One such surprise is the mail that persons attending receive from their loved ones. _____ is going to attend one such weekend.

As his/her sponsor, I am responsible for contacting family and close friends and acquaintances, to ask them to send a note or a letter, so that he/she will receive it during this special weekend. Since this needs to be a total surprise, we sometimes have to do a little detective work in order to get names and addresses of our candidate's loved ones. Perhaps you would like to pass this along to someone that you know _____ would like to hear from.

This letter is an opportunity for you to express your appreciation, for the kind of person _____ is, or for what your relationship means to you. You might want to recall some humorous event or some happening that has been special to the two of you.

This letter is a letter of LOVE and WILL BE READ BY THE PERSON TO WHOM YOU WRITE ONLY. So, please do the following:

- Write a short personal letter to _____
 - Put it into an envelope and seal it
 - Write his/her name and surname on the envelope
 - If necessary insert into a larger envelope and send it to me at : Sponsor, [Address] _____
- _____
- as soon as possible.
- Please keep MUM re our contact until the weekend is over.

Thank you so much for your friendly co-operation. I look forward to receiving a letter by return of post. "

(Name)

SPONSORSHIP

Emmaus is for building up of Christian leaders in homes, Church, work place. Changed lives make a difference and are readily seen.

Sponsoring a pilgrim on an Emmaus Walk is a most important job.

It is the first act of Agape. The quality of Sponsorship influences a Pilgrim.

- Don't just hand out a form - explain all about the weekend – see details on the Application Form itself.
- Share your experience. Be discerning when approaching prospective Pilgrims. Speak to **BOTH** spouses and explain that this can be a life-changing experience. (Especially when one is not an active Christian.)
- Sponsorship is the foundation for healthy Emmaus community formation.

WHO TO SPONSOR?

- a Clergy / Church leaders
- a Dependable church members seeking new vision and refreshing.
- a Those who have had an experience of God (but are lacking lustre)
- a Christians who are hungry for something new

WHO NOT TO SPONSOR! (Remembering that an Emmaus experience is not a 'quick-fix' for loved ones who are in a bad place or just need another Mountain Top experience.)

- ✎ Friends / family (because WE think they should go)
- ✎ people with problems / uncommitted or non-Christians

Q: What about Homosexuals?

Sponsor needs to pray for guidance – speak to the Community Spiritual Director if necessary. Be careful not to send couples together.

SUGGESTIONS:

- ❖ Ministers from ALL Churches have to be consulted.
- ❖ Minister's telephone number should appear on Application form.

RESPONSIBILITIES OF A SPONSOR:

- ✎ Pray for the Pilgrim - for responsiveness and openness to the Spirit.
- ✎ Write an Agape letter.
- ✎ Arrange for and collect letters from friends and family (especially the spouse)
- ✎ Be part of the 72-hour Prayer vigil.
- ✎ Attend Sponsors' Hour on the Thursday night of the Walk and Candlelight on the Saturday night of the Walk, and Closing on Sunday.

AFTER THE WEEKEND:

- ❖ Encourage and help your Pilgrim to join a Reunion group
- ❖ Encourage your Pilgrim to get involved in ANY part of their Church
- ❖ Encourage your Pilgrim to volunteer to work on a Team.

VOLUNTEER NOTES

It is a wonderful and awesome privilege to work on a team for an Emmaus weekend. In a Spirit of love, and with high idealism, let your preparations for the Walk carry you forward to the Glory of God.

When volunteering and being accepted onto a team it is hoped that you have prayerfully considered the following response and that you are willing to accept the level of commitment required:

I understand and accept the commitment and responsibility to attend ALL Emmaus Team Training meetings for any team on which I agree to serve and to be present throughout the entire 72-hour Walk

(except for unexpected emergency or health situations.)

BEING PART OF A TEAM

- calls for your commitment to the spiritual growth of the team and to the discipline that is required to be a successful team member.
- calls for possibly many hours of work.
- Reminds us that every person who contributes toward the weekend is equally important and valuable. ALL team members are parts of ONE message – the Grace of God and the salvation that is ours through JESUS CHRIST.
- In ALL things, let Jesus Christ and other persons COME FIRST. Those serving on the teams will receive some gifts from Jesus [He does that as we serve]; however, we are here to serve the pilgrims.
- We serve with a willingness to take orders from the leadership chosen for the weekend. We serve as a servant, called to wash the feet with a 'servant heart'.

EXPECTATIONS:

- ❖ Volunteers are expected to attend the scheduled TRAINING SESSIONS (one Saturday training and one weekend away) during the months prior to the Walks.
- ❖ Training is essential for 'new' team members as well as experienced team members - essential in the team-building process.
- ❖ Training is given in all aspects of the Walks, Conference Room team, Prayer Team and Support Team as well as the pre-viewing and crits of ALL 15 Talks.

The preferable order is to gain experience firstly in the Support Team and then to offer for the Conference Room. The Support Team needs helpers in various areas: Chapel keeper, candle lighters, facility cleaners, Agape gift distributors, computer person, Penguin-loros fun ideas. It is also suggested that the same task is not repeated on a second or third Walk, but that one gains other areas of experience and allow others to gain all-round experience.

YOUR ASSISTANCE **OTHER THAN ON WALK TEAMS:**

More wonderful ministry areas in which assistance can be offered, if you are unable to physically work on the Walks:

- ✎ Sponsoring pilgrims
- ✎ Financial support for less affluent pilgrims or team members
- ✎ Making the essential agape gifts
 - 72 per walk - Pilgrims and Team
 - 60 for Conference Room only
 - 36 for Pilgrims only
- ✎ Sewing book covers or letter bags or knitting lanyards
- ✎ Supplying folders, stationery for the Conference Room(pens, pencils), reams of white or bright paper.
- ✎ Photocopying
- ✎ Supplying non-perishable snacks, sweets, peanuts, fruit juices, candles, tissues, paper, cardboard
- ✎ Assisting with the Saturday night Feast, or Saturday afternoon Fruit Feast
- ✎ Collect donations of eats

Please make a note of any offers of assistance you have made in order that you do not need reminders.



A Fourth Day message

Set your PRIORITIES so that you, as a PRIEST can exhibit DISCIPLESHIP in CHRISTIAN ACTION as you become the BODY OF CHRIST in CHANGING OUR WORLD. GOD'S PREVENIENT GRACE, JUSTIFYING GRACE and SANCTIFYING GRACE, through the MEANS OF GRACE, will support you through all OBSTACLES TO GRACE as you GROW THROUGH STUDY, learning to live A LIFE IN PIETY and to PERSEVERE in your Christian Walk on all your FOURTH DAYS.

De Colores !

When you are drowning in everyday's worries
and with everything around you,
Just remember

God is .. like Coke - He's the real thing.
God is .. like Eskom - He lights up your way.
God is .. like Domestos - He kills germs - dead.
God is .. like Dions - A promise He makes is a promise He keeps.
God is .. like BP - He likes to keep you moving.
God is .. like Shield - He offers 24 hour protection.
God is .. like VO5 hairspray - He holds in all kinds of weather.
God is .. like Sanlam - your future in good Hands.
God is .. like CNA - first with the goodies.
God is .. like Milo - It's marvelous what He can do for you.
God is .. like Scotch Tape - you can't see Him, but you know He's there.
God is .. like Cereal - the way to start your day.
God is .. like Twinsaver - He-forgets-you-not.
God is .. like Toyota - everything keeps going right.
God is .. like Sasol - He pumps up your performance.
God is .. like Johnson's - He was there, from the day you were born.
God is .. like M.Net - He will not stop the magic.
God is .. like Defy - you can rely on Him.
God is .. like First National Bank - He puts you first.
God is .. like ABSA - yesterday, today and tomorrow.
God is .. like Metropolitan Life - He will make your world a better place.
God is .. like Master Card - available world-wide.
God is .. like Vodacom - you are always in touch.
God is .. like MTN - with Jesus being your better connection.
God is .. like Telkom - so go ahead and make that call!
God is .. like DSTV - He is all in One.

Stay blessed, dear friend.