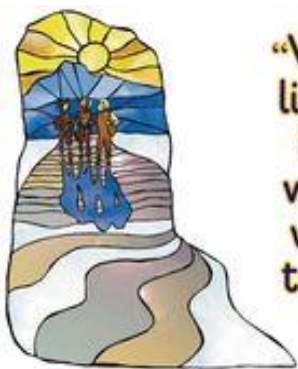
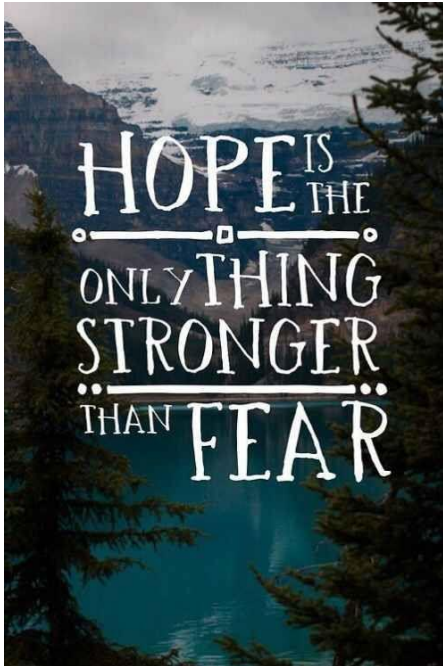


PULSE MAIL ROAD TO EMMAUS

READING:

Were not our hearts
burning within us?

Read Luke 24:13-35



“Wasn't it
like a fire
burning
within us
when he
talked to
us”

Today we hear about the journey with Jesus after his resurrection.

What did you notice about the reading?

Have you ever been so caught up in what you were doing that you didn't notice what was going on around you?

The disciples as they travelled the long way home were pondering together what had happened. The beginning of the conversation they were sharing what their hopes had been of Jesus, and then what the women had seen, but they were struggling with how to make sense of it all. All they could deal with was the struggle of their own immediate experience of the facts. Jesus meets with them and explains how their experience of the facts actually fitted within a much bigger picture of the God plan and that God had wanted to connect with humanity since the beginning of creation.

Questions to ponder:

What are the facts that you sometimes get stuck on? Have you ever had God flip your experience on your head for you? Where do you feel you fit into the picture of this story? Are you on the road, are you one of the women, are you one of the other disciples?

When we are going through a difficult time, our vision can often get clouded. We function on adrenalin, tend to react and hyper focus on just our own experience of what is going on. You see this at the moment when people are tired of being locked in their houses and think it doesn't matter because it won't affect them. God always sees the bigger picture, how what is happening to us impacts on others a bit like how if we all decided to break the covid lockdown we would put many people at risk.

Are there other things you are struggling to see the God perspective on? Take some time this week to walk with Jesus and ask for a new perspective.

PRAYER:

Companion God,

Thank you that you journey with us, patiently teaching us your ways, even when we do not realize it. May the fire of Your love burn in me today.

Amen



Recipe: Savoury Muffins

**SOCIAL DISTANCING
WORLD CHAMPION**

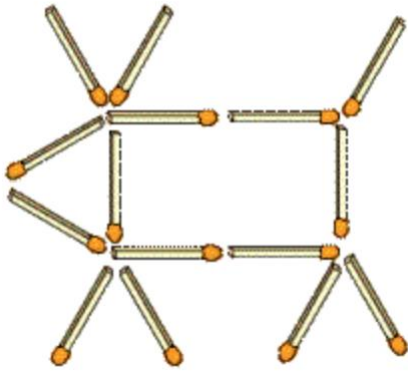
- 2 short-cut bacon rashers, chopped
- 50g cup mushrooms, thinly sliced
- 1 cup finely chopped broccoli
- 20g baby spinach leaves, shredded
- 8 Coles Australian Free Range Eggs
- 1/4 cup (60ml) milk
- 1/2 cup (60g) grated light tasty cheddar

Method:

1. Preheat oven to 180°C. Grease 8 holes of a 1/3-cup (80ml) non-stick muffin pan.
2. Heat a non-stick frying pan over high heat. Add bacon and mushroom. Cook, stirring, for 2 mins or until light golden. Add the broccoli and cook, stirring, for 1 min or until just tender.
3. Divide bacon mixture and spinach evenly among prepared holes. Whisk eggs, milk and cheddar in a jug. Season. Pour egg mixture over bacon mixture.
4. Bake for 15-20 mins or until just set. Set aside to cool slightly before serving.

Staying Sane!

This matchstick cow, with its face, horns, body, legs, and tail is facing left. Move 2 matchsticks so it is looking right.



The Back Pew - Jeff Larson

I sure miss Jesus.. If I could only be with him again.



Jesus takes a post resurrection stroll 'incognito' on the road to Emmaus. **Luke 24:13-35**

R I W S V P C Y D N A Z A R E N E F
 E U W D A R R O Z E S J E S U S M P
 D C L Z I S E O N C E E W W T P J R
 O I R E C S T D P V L D N O O I Y I
 W S U U R O C O E H E E V T M R O E
 N R E A C S D U U E E R O I E E D S
 C A P V Y I R V S N M T S P S N N T
 A E M G Z U F W A S D T D I A I C S
 S L D E B A T I N G I E E D N S O E
 T A E M M A U S E G V N D D A G P N
 T S D E A T H S S D V U G I N Z K B
 Q G A J E R U S A L E M M Y X S L S

How many words can you find in the puzzle from the reading?
 There is 22 words in total!

Challenge!

Challenge 1: A labyrinth in a way to pray, you can either walk the path or trace it with your finger. Draw a labyrinth using the plan to the right. Each day use the Labyrinth to pray. On your way into the centre hand over all the things that you might be worrying about to God, in the centre wait a moment to listen to what God might be saying to you . On you way back listen to how you could take this back into your world.

Challenge 2: What did you hear as you thought about how you could help the world. Put at least 1 thing into action.

