

On The Road To Emmaus

As we walk on this road through life we can become weary. This weariness is not just physical but it is also a weariness of the soul. Modern psychology calls this burn out. When we experience this weariness of the soul, we often find that physical rest alone does not bring us the healing and comfort that we need.

This is why we need to pray. Jesus practiced prayer and has taught us to pray. Jesus knows that our prayer brings a restoration of our soul.

Consider for a moment the following verses:

Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. Selah
Psalm 62:8 (ESV)

do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4:6-7 (ESV)

As we walk together with Jesus on the road to Emmaus, let us remember to pray. Remember it is in Jesus that we will find rest for our weary souls. Are you finding restoration and rest for your soul today?

A fellow disciple