



Resurrection Journeys

A course for use during Lent or at
any time during the 100 Days of Prayer

Travelling Well Together – Sustaining Ministry

Overview

This course is offered as a resource for the *100 Days of Prayer* in which we are all participating, as part of our discernment within the *Sustaining Ministry* work we are doing together. Its presiding scripture is the Emmaus journey (Luke 24.13-35), a road that is both a road of uncertainty and loss (those travelling it are mourning Jesus's death) and a resurrection road (he is walking alongside them all the time). So, it is both a wilderness road and a resurrection journey.

This Lent, as we discern our communal way, we also walk in a wilderness of difficult times and uncertain futures. Yet at the same time we walk towards and alongside the light and joy of Jesus's resurrection, the one who accompanies us even when we do not know it, and who opens up the Word until our hearts burn with joy and purpose.

The scriptures offered for the course nearly all appear in the Lent lections for 2026, and each session is framed by a particular value drawn from Travelling Well Together. Reflections will offer ways of using the Travelling Well Together values as a lens upon the scriptures being studied. The Travelling Well Together values of generous collaboration and sustaining healthy rhythms are emphasised in the way the sessions are set up, facilitated and shared, rather than being themes for the scripture explored.



Sample session structure for people to use/adapt in their contexts

The aim of the Course is to enable good conversation and discernment in a wider context of fellowship and worship that is authentic to the tradition and context of each church or worshipping community.

It may be helpful to include the following elements in the sessions:

- A simple shared meal
- An opportunity to reflect prayerfully on a given passage of scripture using Lectio Divina.
- Images that relate to some of the passages will also be provided if you would like to use them.
- Listen to a short reflection on the scripture passages (written and video reflections will be provided, but people may wish to offer their own)
- Time and space for people to have a conversation around the scripture passages and reflection and what it has raised for them. A good question to use might be, "What have you/we heard this evening?"
- Holding the whole session in prayer, with time for singing, praise, thanksgiving and intercession.

Preparing the course sessions

The course sessions are framed by worship and give time for shared food and fellowship as well as listening to God in scripture, prayer and the prompting of the Holy Spirit.

It is helpful if the shared meal or refreshments are simple to prepare and serve so that those involved in providing them can also take a full part in the sessions. The sessions are designed so that there is a refreshment break part way through that allows for further conversation over tea and coffee/refreshments which then is fed back during the final prayers.

Each session has space for reflective or devotional engagement with scripture through lectio divina. A short reflection (max 10 minutes) is offered on the scripture passage and its theme. Written and video reflections will be provided via the Diocesan website or people may choose to use their own.

The following session plan can be used each week, with weekly changes to the scripture passage plus a choice of songs/hymns that will work well in a given context. The Gathering Song or an equivalent time of singing worship songs enables the transition from post-meal/refreshment conversation to gathering for worship (and likewise the song after the "Refreshment" session), so people can use what they know will work in their context.



What will be needed for each session:

- A venue that allows people to eat together/share refreshments together, worship together and have small group conversations (in 2s or 3s)
- People to oversee the simple supper and/or refreshments
- Someone/people to lead the worship
- Readers to read the scripture passage
- Musicians to lead the songs/hymns
- Someone to facilitate the feedback on “what have we heard tonight?” and a mechanism to capture this feedback for future reference
- Someone to lead the intercessions/hold a time of open prayer
- People to help wash up and clear up afterwards!

Suggested session timetable:

7.30-8.00	Simple meal or refreshments and time for fellowship
8.00-8.30	Opening prayers and Lectio Divina on this week's scripture passage
8.30-8.45	Reflection on the scripture passage
8.45-9.00	Tea, coffee/refreshments and group reflections on “what have you heard this evening?”
9.00-9.15	Feedback from groups: “what have you heard this evening?”
9.15-9.30	Closing prayers

Resurrection Journeys – session plan

Gathering song

Greeting

‘Come, let us return to the Lord;
for it is he who has torn, and he will heal us;
he has struck down, and he will bind us up.
After two days he will revive us;
on the third day he will raise us up,
that we may live before him.
Let us know, let us press on to know the Lord;
his appearing is as sure as the dawn;
he will come to us like the showers,
like the spring rains that water the earth.’

Hosea 6: 1-3

All Renew and strengthen us, eternal God
as we prepare for resurrection.



Hymn/song

A Song of the Wilderness

The wilderness and the dry land shall be glad
All the desert shall rejoice and blossom.
It shall blossom abundantly
All and rejoice with joy and singing.
They shall see the glory of the Lord
All the majesty of our God.
Strengthen the weary hands
All and make firm the feeble knees.
Say to the anxious, "Be strong, do not fear!"
All Here is your God, coming with judgement to save you."
Isaiah 35: 1-4

Prayer

Spirit of integrity,
you drive us into the desert
to search out our truth.
Give us clarity to know what is right,
and courage to reject what is expedient;
that we may abandon the false innocence
of failing to choose at all,
but may follow the purposes
of Jesus Christ.
All Amen.

Scripture followed by Lectio Divina

Session 1

Scripture: Matthew 4.1-11 (Jesus in the wilderness).
Reflections on this text emphasise finding riches amidst dearth.
Travelling Well Together Value: *awareness of grace*.

Session 2

Scripture: John 3.1-17 (Nicodemus comes to Jesus by night).



Focus for the scripture is 'the wind blows where it chooses...' and ponders the unexpected movement of the Spirit.

Secondary focus is on Genesis 12, and the command to Abram to leave Haran and all he knows to journey into an unknown country.

Travelling Well Together Value: *Open to the unexpected and surprising*

Session 3

Scripture: John 4.5-42 (the Samaritan woman at the well).

Focus for the scripture is Jesus's unexpected question to a woman who does not expect his notice.

Secondary focus: Exodus 17, where water gushes out from a stony rock.

Travelling Well Together Value: *valuing the marginal; focussing outward.*

Session 4

Scripture: 1 Samuel 16 (the anointing of David by Samuel).

Focussing on the disposition of the heart rather than outward signs of power.

Secondary focus: Jesus's encounter with the blind man to whom he gave sight in John 9, esp vv 35-9.

Travelling Well Together Value: *kindness, mutual respect, gentleness and humility*

Session 5

Scripture: John 11 (the raising of Lazarus).

Focus on loss, compassion, empathy and the power of faith as a resurrection experience in a dangerous place.

A second focus on Ezekiel 37, the valley of bones that live.

Travelling Well Together Value: *awareness of grace; kindness*

Session 6 – this could take place after Easter if wanted

Scripture: Acts 8 (Philip meets the Ethiopian eunuch on a wilderness road and they find water in which he is baptised).

Secondary/overarching focus Luke 24.13-35, Emmaus. Wilderness roads that lead to rebirth.

Travelling Well Together Value: *creative, courageous, open to the unexpected and surprising*



Lectio Divina

We will hear the passage 3 times, read by a different voice each time. After each reading there will be a 2-minute silence for personal reflection and 2-3 minutes to reflect in small groups (2-3 max). This time is to offer our response to the questions below and to listen to the reflections of others rather than to begin discussion. It is a time to listen and to be heard.

There is a question for us to ponder each time we hear the passage:

- 1: What word or phrase strikes you/speaks to you tonight?
- 2: How are you experiencing/encountering God in this passage, through your word or phrase?
- 3: What might God be calling us to be or do through what we have heard in this passage?

Reflection

A short homily or reflection is offered on the scripture passage and its theme.

Refreshment

You are invited to form small groups, and over tea and coffee/refreshments, to chat to each other about what we have heard: in Scripture, in the words of reflection offered to us, through God's Holy Spirit at work in ourselves and each other.

*We discern together our group's answer to the question: **What have we heard tonight?***

You may want to note your group's response ready to feed this back during our closing worship.

Song/hymn as we gather to close our time in prayer.

All Renew and strengthen us, eternal God
as we prepare for resurrection.

O God, at the setting of the sun,
we place our trust in you.
As the night draws near,
we give thanks for your presence with us.
Help us entrust our lives to you
with the delight and confidence
of one who loves and is beloved.
Through Jesus, our faithful Saviour.

All **Amen.**



Response: What have we heard tonight?

Each group is offered the chance to feedback what they have heard: in Scripture, in the words of reflection offered to us, through God's Holy Spirit at work in ourselves and each other. Again, the emphasis is on listening and being heard rather than discussion.

Prayers of thanksgiving and intercession

Prayers of thanksgiving and intercession are offered, closing with the following prayer:

Loving God who hears us when we call to you;
give us grace to listen to your voice
and wisdom to make space for your Holy Spirit
to enter our hearts and minds.

As, together, we seek your guidance
in discerning how best to use our resources
for sustaining ministry in the Diocese of Chelmsford,
make us generous in spirit;
open us up to the unexpected,
and keep us faithful in love and service.
We ask these prayers in the name of Jesus Christ our Lord
in whom we find perfect freedom
and life in all its abundance.

All Amen.

We join together in the Lord's Prayer.

**All Our Father, who art in heaven,
hallowed be thy name,
Thy Kingdom come, thy will be done,
on earth as it is in heaven
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
the power and the glory, for ever and ever. Amen.**

Renew and strengthen us, eternal God



All as we prepare for resurrection.

Let us bless the Lord

All Thanks be to God.

Final Hymn/Song

Some of the prayers are taken from Daily Prayer for all Seasons edited by John Pritchard.