



## The Central Norfolk Methodist Circuit

Sunday 19<sup>th</sup> April 2026

Theme "The Road to Emmaus"

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### Opening prayer:

'Then put your trust in Christ in waking and in sleeping. His grace on earth sufficed: he'll never quit his keeping.' (from STF 314)

**Hymn 297 Christ is alive! Let Christians** <https://www.youtube.com/watch?v=BWfC5uGMLig>

Christ is alive! Let Christians sing.  
His cross stands empty to the sky.  
Let streets and homes with praises ring.  
His love in death shall never die.

In every insult, rift and war,  
Where colour, scorn or wealth divide,  
He suffers still, yet loves the more,  
And lives, though ever crucified.

Christ is alive! No longer bound  
To distant years in Palestine,  
He comes to claim the here and now  
And conquer every place and time.

Christ is alive! His Spirit burns  
Through this and every future age,  
Till all creation lives and learns  
His joy, his justice, love and praise.

Not throned above, remotely high,  
Untouched, unmoved by human pains,  
But daily, in the midst of life,  
Our Saviour with the Father reigns.

### Prayer: forward in hope

Eternal God receive our thanks and praise. We praise you for the wonder of your mercy, the extent of your love and your great gift of your Son. We rejoice that you sent him to our world as a universal Saviour, King of kings and Lord of lords. We thank you not only for all you have done but for all you will do, the blessings we have yet to experience, the insights we have yet to discover. So may we look forward in hope and live each day with joy in the light of your love. Amen.

### Confession:

Forgive us when we haven't listened to you; when we have gone our own way. Forgive us when our words and actions have not reflected your love. We thank you that in Jesus Christ our Saviour we are forgiven.

**Hymn 348 He is Lord, He is Lord** <https://www.youtube.com/watch?v=LFDzS5Yt8zo>

He is Lord, he is Lord;  
he is risen from the dead, and he is Lord;  
every knee shall bow, every tongue confess  
that Jesus Christ is Lord.

He is love, he is love;  
he has shown us by his life that he is love;  
all his people sing with one voice of joy  
that Jesus Christ is love.

He is King, he is King;  
he will draw all nations to him, he is King:  
and the time shall be when the world shall sing  
that Jesus Christ is King.

He is life, he is life;  
he has died to set us free and he is life;  
and he calls us all to live evermore  
for Jesus Christ is life.

**Bible reading Luke 24: 13-35**

### Reflection

Many things happen on the roads of our world, some are terrible, some are good. As we make our journey we meet many different people, some known, others strangers. On life's road new insights and discoveries are made. Hopes are realised or dashed, fears are either found to be true or completely unfounded. As we travel our minds are filled with many thoughts.

What have we said? What have we done or left undone?

We think about those we have met, those who have journeyed with us, those we have left behind.

What happens next? What does the future hold?

It's not hard to imagine the thoughts of those two people walking down the road to Emmaus. Walking west from Jerusalem in the golden glow of the sun just beginning to set. Other people are on the road, hurrying to reach their destination before darkness. Pilgrims returning from the Passover, merchants travelling to the coast, a small number of soldiers returning to their barracks. But the two were not really aware of any of them.

All the time they are talking about what has happened. are downcast and sad. They had such high hopes of Jesus. They hoped he would be with them for a long while. They hoped his teachings and wonderful healings and the message of God's love would continue and that more people would believe. Look at his reception on Palm Sunday but suddenly everything changed, the Hosannas turned to Crucify and the horrible death full of pain and agony. Then his body bundled into a borrowed grave. They were overcome by the grief of it all and then they have to try and make sense of the story the women told, going early to the tomb and finding it empty apart from the angels telling that Jesus had risen. All these things going round and round in their heads. Their minds could not take it in.

There are many people like that today, bothered by their circumstances. Ground down by poverty, hunger, injustice, neglect and wars. Someone once said that change is the only certainty in today's world. People sometimes find change hard to cope with, giving feelings of insecurity and uncertainty. The truth about things and events seems to alter day by day. The one thing that doesn't change is the fact that Jesus walks beside us every day, no matter what else changes. Sometimes he is even in the changes, challenging us to stretch ourselves and grow in our Christian faith. With Jesus we can try to make sense of things but without him we never will.

**Hymn 610**      **Best of all is God is with us**      <https://www.youtube.com/watch?v=zpVfjZ7PxmM>

Best of all is God is with us,  
God will hold and never fail.  
Keep that truth when storms are raging,  
God remains though faith is frail.

Best of all is God is with us,  
in our joy and through our pain,  
till that final acclamation:  
'life is Christ, and death is gain'.

Best of all is God is with us,  
life goes on and needs are met,  
God is strongest in our weakness.  
Love renews, will not forget.

Best of all is God is with us  
as we scale eternal heights,  
love grows stronger, undiminished;  
earth grows dim by heaven's lights.

Best of all is God is with us,  
hearts are challenged, strangely warmed,  
faith is deepened, courage strengthened,  
grace received and hope reformed.

#### **Further Reflection:**

We return to our travellers. Suddenly a stranger joins them and asks why they are so sad? They can't believe that he doesn't know what has happened. He leads them through the promise of the Messiah and all the prophecies of what would befall him. Somehow, talking things over with the stranger gives them comfort and before they know it they are asking him to stay and have supper with them. Their new lives began at the supper table. He took bread and blessed it. Immediately they knew it was Jesus. In that moment, he disappears. They rush out to go back to the disciples to tell them all that had happened. May God help us to face today and the future and to move on with our journey. May Jesus help us to know his presence on the road and in those we meet. When we do feel alone, may he give us strength and faith to continue on our way, in his care and unending love.

#### **Prayers of Intercession**

Heavenly Father we pray for peace, when so much of our world is torn by wars and aggression. We bring to mind the people and places that appear so often in our news.

We pray for leaders and rulers of nations that they may be prepared to talk and listen, instead of making threats and sending bombs and weapons to cause death, injury and destruction.

We pray for those who are facing hunger, lack of water where crops have failed. Even in our own country people are having to choose between food or heat. We offer our thanks for the charities that offer support and relief. We pray for the homeless the misplaced and the refugees.

We pray for all those who are sick or suffering, for those that are mourning the loss of loved ones. We pray for the anxious and lonely, victims of abuse and those who suffer from addictions. Help us to do what we can. Amen

## The Lord's Prayer.

**Hymn 476: One More Step along the world I go**

<https://www.youtube.com/watch?v=5jhAzbdKq6U>

One more step along the world I go,  
one more step along the world I go,  
from the old things to the new,  
keep me traveling a long with you:  
And it's from the old I travel to the new;  
keep me traveling along with you.

Round the corner of the world I turn,  
more and more about the world I learn;  
all the new things that I see,  
you'll be looking at along with me:  
And it's from the old I travel to the new;  
keep me traveling along with you.

As I travel through the bad and good,  
keep me traveling the way I should;  
Where I see no way to go  
you'll be telling me the way I know:  
And it's from the old I travel to the new;  
keep me traveling along with you.

### Prayer

As we journey on may we take with us the mind of God, the love of Jesus our Saviour and the power of the Holy Spirit. Amen.

Give me courage when the world is rough,  
keep me loving though the world is tough,  
leap and sing in all I do,  
keep me traveling along with you:  
And it's from the old I travel to the new;  
keep me traveling along with you.

You are older than the world can be,  
you are younger than the life in me,  
ever old and ever new,  
keep me traveling along with you:  
And it's from the old I travel to the new;  
keep me traveling along with you.