Journey in Faith Reflection #1

Luke 24:13-35 // Road to Emmaus

That very day, the first day of the week,  
   two of Jesus’ disciples were going  
   to a village seven miles from Jerusalem called Emmaus,  
   and they were conversing about all the things that had occurred.  
And it happened that while they were conversing and debating,  
   Jesus himself drew near and walked with them,  
   but their eyes were prevented from recognizing him.  
He asked them,  
   “What are you discussing as you walk along?”  
They stopped, looking downcast.  
One of them, named Cleopas, said to him in reply,  
   “Are you the only visitor to Jerusalem  
   who does not know of the things  
   that have taken place there in these days?”  
And he replied to them, “What sort of things?”  
They said to him,  
   “The things that happened to Jesus the Nazarene,  
   who was a prophet mighty in deed and word  
   before God and all the people,  
   how our chief priests and rulers both handed him over  
   to a sentence of death and crucified him.  
But we were hoping that he would be the one to redeem Israel;  
   and besides all this,  
   it is now the third day since this took place.  
Some women from our group, however, have astounded us:  
   they were at the tomb early in the morning  
   and did not find his body;  
   they came back and reported  
   that they had indeed seen a vision of angels  
   who announced that he was alive.  
Then some of those with us went to the tomb  
   and found things just as the women had described,  
   but him they did not see.”  
And he said to them, “Oh, how foolish you are!  
How slow of heart to believe all that the prophets spoke!  
Was it not necessary that the Christ should suffer these things  
   and enter into his glory?”  
Then beginning with Moses and all the prophets,  
   he interpreted to them what referred to him  
   in all the Scriptures.  
As they approached the village to which they were going,  
   he gave the impression that he was going on farther.  
But they urged him, “Stay with us,  
   for it is nearly evening and the day is almost over.”  
So he went in to stay with them.  
And it happened that, while he was with them at table,  
   he took bread, said the blessing,  
   broke it, and gave it to them.  
With that their eyes were opened and they recognized him,  
   but he vanished from their sight.  
Then they said to each other,  
   “Were not our hearts burning within us  
   while he spoke to us on the way and opened the Scriptures to us?”  
So they set out at once and returned to Jerusalem  
   where they found gathered together  
   the eleven and those with them who were saying,  
   “The Lord has truly been raised and has appeared to Simon!”  
Then the two recounted  
   what had taken place on the way  
   and how he was made known to them in the breaking of bread.

*How can you connect with this Scripture passage? What did you hear in this Scripture that deepens your faith and encourages you to share it with others?*

Journey in Faith Reflection #2

An excerpt from Archbishop Zinkula's "Journey in Faith" Announcement

"Our vision is to be an engaged archdiocesan

community of joyful missionary disciples, centered

in our Eucharistic relationship with Jesus Christ

and united through our legacy of faith. This vision

will come to life through our three key priorities:

evangelization, leadership formation, and pastoral

planning. We must create the conditions for

missionary discipleship to flourish, priests to be

supported in their vocation, and every parish, school,

and ministry to be part of a sustainable and spirit-

filled network of evangelizing communities.

Journey in Faith ... will be a discernment of how we

will move from simply maintaining the parishes we

have, towards a more mission-focused network of

parishes."

*Ask the Holy Spirit’s guidance as you reflect upon*

*what it means to implement this Journey in Faith in*

*our archdiocese, parishes, and individual lives.*

Journey in Faith Reflection #3

Journey in Faith Prayer

Lord Jesus,

You accompanied your disciples on the road to Emmaus.

As we journey in faith, we trust in your Spirit to open our eyes,

to set our hearts on fire, and to transform our parishes.

Make yourself known to us through breaking

open word and bread,

that we may travel together on mission,

to grow disciples, cultivate leaders, and unify parishes,

with our journey ending in You, who live and reign forever and ever.

Amen.

*We reflect on what it means to trust in the Holy Spirit*

*"to open our eyes and to set our hearts on fire."*

Journey in Faith Reflection #4

Matthew 28:16-20 // The Great Commission

The eleven disciples went to Galilee,  
   to the mountain to which Jesus had ordered them.  
When they saw him, they worshiped, but they doubted.  
Then Jesus approached and said to them,  
   “All power in heaven and on earth has been given to me.  
Go, therefore, and make disciples of all nations,  
   baptizing them in the name of the Father,  
   and of the Son, and of the Holy Spirit,  
   teaching them to observe all that I have commanded you.  
And behold, I am with you always, until the end of the age.”

*Jesus sends his disciples out on mission. In what way is Jesus calling you to be his disciple as we “Journey in Faith?”*

Journey in Faith Reflection #5

An excerpt from Archbishop Zinkula's June 6, 2025 Letter to the Faithful

"Our vision is to be an engaged archdiocesan

community of joyful missionary disciples, centered

in our Eucharistic relationship with Jesus Christ

and united through our legacy of faith. This vision

will come to life through our three key priorities:

evangelization, leadership formation, and pastoral

planning. We must create the conditions for

missionary discipleship to flourish, priests to be

supported in their vocation, and every parish, school,

and ministry to be part of a sustainable and spirit-

filled network of evangelizing communities…

This journey will not be easy, but I believe it will be

fruitful. I truly believe the Holy Spirit is calling us

forward — to TRUST each other, to TRANSFORM

our Church, and to do it TOGETHER. If we walk

this path with courage, with faith, and with love—

listening to one another and to God — we can

renew our Church and build something lasting for

generations to come.

*What does it mean to be “an engaged community of joyful missionary disciples”? How must we call upon the Holy Spirit to help us trust and transform our Church together?*

Journey in Faith Reflection #6

Divine Mercy Chaplet

In the name of the Father and of the Son and of the Holy Spirit.

*Opening Prayers*

You expired, Jesus, but the source of life gushed forth for souls,

and the ocean of mercy opened up for the whole world.

O Fount of Life, unfathomable Divine Mercy, envelop

the whole world and empty yourself out upon us.

*Repeat three times:*

O Blood and Water, which gushed forth from the

Heart of Jesus as a fountain of Mercy for us, I trust in you!

*Our Father*

*Hail Mary*

*The Apostles’ Creed*

I believe in God,

the Father almighty,

Creator of heaven and earth,

and in Jesus Christ, his only Son, our Lord,

who was conceived by the Holy Spirit,

born of the Virgin Mary,

suffered under Pontius Pilate,

was crucified, died and was buried;

he descended into hell;

on the third day he rose again from the dead;

he ascended into heaven,

and is seated at the right hand of God the Father almighty;

from there he will come to judge the living and the dead.

I believe in the Holy Spirit,

the holy catholic Church,

the communion of saints,

the forgiveness of sins,

the resurrection of the body,

and life everlasting.

Amen.

*Journey in Faith intentions to precede each decade:*

For Holy Spirit’s guidance

For Archbishop Zinkula and all clergy to know encouragement and support

For archdiocesan and parish leaders to be courageous in faith

For our archdiocese to be filled with engaged, joyful missionary disciples

For trust and openness

*For each of the five decades*

*On each “Our Father” bead of the rosary, pray:*

V. Eternal Father, I offer you the Body and Blood,

soul and divinity of your dearly beloved Son, our

Lord Jesus Christ,

R. in atonement for our sins and those of the

whole world.

*On each of the 10 “Hail Mary” beads, pray:*

V. For the sake of his sorrowful Passion,

R. have mercy on us and on the whole world.

*Conclusion*

*Repeat three times:*

Holy God, Holy Mighty One, Holy Immortal

One, have mercy on us and on the whole world.

*Closing Prayer*

Eternal God, in whom mercy is endless and the

treasury of compassion inexhaustible, look kindly

upon us and increase your mercy in us, that

in difficult moments we might not despair nor

become despondent, but with great confidence

submit ourselves to your holy will, which is Love

and Mercy itself. Amen.

In the name of the Father and of the Son and of the Holy Spirit.

Journey in Faith Reflection #7

Litany of Trust

From the belief that I have to earn Your love

Deliver me, Jesus.

From the fear that I am unlovable

Deliver me, Jesus.

From the false security that I have what it takes

Deliver me, Jesus.

From the fear that trusting You will leave me more destitute

Deliver me, Jesus.

From all suspicion of Your words and promises

Deliver me, Jesus.

From the rebellion against childlike dependency on You

Deliver me, Jesus.

From refusals and reluctances in accepting Your will

Deliver me, Jesus.

From anxiety about the future

Deliver me, Jesus.

From resentment or excessive preoccupation with the past

Deliver me, Jesus.

From restless self-seeking in the present moment

Deliver me, Jesus.

From disbelief in Your love and presence

Deliver me, Jesus.

From the fear of being asked to give more than I have

Deliver me, Jesus.

From the belief that my life has no meaning or worth

Deliver me, Jesus.

From the fear of what love demands

Deliver me, Jesus.

From discouragement

Deliver me, Jesus.

That You are continually holding me, sustaining me, loving me

Jesus, I trust in you.

That Your love goes deeper than my sins and failings, and transforms me

Jesus, I trust in you.

That not knowing what tomorrow brings is an invitation to lean on You

Jesus, I trust in you.

That You are with me in my suffering

Jesus, I trust in you.

That my suffering, united to Your own, will bear fruit in this life and the next

Jesus, I trust in you.

That You will not leave me orphan, that You are present in Your Church

Jesus, I trust in you.

That Your plan is better than anything else

Jesus, I trust in you.

That You always hear me, and in Your goodness always respond to me

Jesus, I trust in you.

That You give me the grace to accept forgiveness and to forgive others

Jesus, I trust in you.

That You give me all the strength I need for what is asked

Jesus, I trust in you.

That my life is a gift

Jesus, I trust in you.

That You will teach me to trust You

Jesus, I trust in you.

That You are my Lord and my God

Jesus, I trust in you.

That I am Your beloved one

Jesus, I trust in you.

Amen.

Journey in Faith Reflection #8

Prayer of Trust

(by Thomas Merton)

My Lord God,

I have no idea where I am going.

I do not see the road ahead of me.

I cannot know for certain where it will end.

nor do I really know myself,

and the fact that I think I am following your will

does not mean that I am actually doing so.

But I believe that the desire to please you

does in fact please you.

And I hope I have that desire in all that I am doing.

I hope that I will never do anything apart from that desire.

And I know that if I do this

you will lead me by the right road,

though I may know nothing about it.

Therefore will I trust you always though

I may seem to be lost and in the shadow of death.

I will not fear, for you are ever with me,

and you will never leave me to face my perils alone.

Journey in Faith Reflection #9

Praying Through Anxiety

(by Fr. James Martin)

Let’s face it. Almost everyone who is anxious and prays to God is probably praying for God to solve whatever problems are making them anxious, or for God to remove their anxious feelings. Whether it’s emotional upset over a medical diagnosis, a ruptured relationship, financial woes, a failed job, or the latest political uproar, most of us want God to either remove the problem or the anxiety. But sometimes, even when we pray, neither seems to happen. So, what are we to do?

One piece of helpful advice comes from Ronald Rolheiser’s superb book *Sacred Fire*, about living a mature Christianity. Fr. Rolheiser writes, “When we are hurting or obsessed, the problem is that we are able to think about only one thing, the object of our hurt or loss.” Thus, in times of anxiety, we end up “oppressively focusing” on the cause of our upset. And that can make us even more anxious!

The key is to turn our focus from ourselves to God. For me, this means first being honest with God about the problem. Then I turn the problem over to God. Sometimes I imagine this physically, as if I were handing over a package: “This is yours now, God.” Next, I focus on a Gospel story in which I can imagine myself in Jesus’ company, focusing on him rather than me. This method helps me a great deal. It takes me away from myself and reminds me that there is more to life than my problem, and that in Jesus’ company, I can relax. Ironically, then, praying through anxiety often means, after handing things over to God, NOT praying with your anxiety, or at the very least, not focusing on it.