

## Lived-experience of young people:

- Young people can be anxious about the world and their future. They can be anxious about global conflicts, climate collapse, and family stress due to the increased cost of living.
- When young people are faced with global challenges such as war, poverty and climate change, they can become anxious about the world. This can leave young people feeling unsettled, hopeless about the future, and lost in a chaotic world.
- Whilst living in a chaotic world, young people can also feel unsettled in their own lives. They may not feel equipped to handle the challenges they face, such as struggling at school, experiencing stress or anxiety, or losing a family member.
- If young people don't have the support or resources to process these challenges, they may reduce their world to only things they can control and walk away when things become difficult.

## Personal reflection questions:

- What causes you to feel anxious? When have you felt unsure about the future?
- When you were a teenager, how did you deal with uncertainty?
- What advice would you give to someone experiencing challenges?

## **Scripture: Luke 24:13-34/5**

<sup>13</sup> That same day two of Jesus' followers were going to a town named Emmaus. It is about seven miles from Jerusalem.

<sup>14</sup> They were talking about everything that had happened.

<sup>15</sup>While they were talking, discussing these things, Jesus himself came near and walked with them.

<sup>16</sup> (But the two men were not allowed to recognize Jesus.)

<sup>17</sup>He asked them, "What's this I hear you discussing with each other as you walk?" The two men stopped, their faces looking very sad.

<sup>18</sup> The one named Cleopas said, "You must be the only person in Jerusalem who doesn't know what has just happened there."

19 Jesus said, "What are you talking about?"

They said, "It's about Jesus, the one from Nazareth. To God and to all the people he was a great prophet. He said and did many powerful things.

<sup>20</sup> But our leaders and the leading priests handed him over to be judged and killed. They nailed him to a cross.



- <sup>21</sup>We were hoping that he would be the one to free Israel. But then all this happened. "And now something else: It has been three days since he was killed,
- <sup>22</sup> but today some of our women told us an amazing thing. Early this morning they went to the tomb where the body of Jesus was laid.
- <sup>23</sup>But they did not find his body there. They came and told us they had seen some angels in a vision. The angels told them Jesus was alive!
- <sup>24</sup>So some of our group went to the tomb too. It was just as the women said. They saw the tomb, but they did not see Jesus."
  - <sup>25</sup>Then Jesus said to the two men, "You are foolish and slow to realize what is true. You should believe everything the prophets said.
  - <sup>26</sup> The prophets said the Messiah must suffer these things before he begins his time of glory."
- <sup>27</sup> Then he began to explain everything that had been written about himself in the Scriptures. He started with the books of Moses and then he talked about what the prophets had said about him.
  - <sup>28</sup>They came near the town of Emmaus, and Jesus acted as if he did not plan to stop there.
  - <sup>29</sup> But they wanted him to stay. They begged him, "Stay with us. It's almost night. There's hardly any daylight left." So he went in to stay with them.
  - <sup>30</sup> Joining them at the supper table, Jesus took some bread and gave thanks. Then he broke some off and gave it to them.
  - <sup>31</sup> Just then the men were allowed to recognize him. But when they saw who he was, he disappeared.
- <sup>32</sup> They said to each other, "When he talked to us on the road, it felt like a fire burning in us. How exciting it was when he explained to us the true meaning of the Scriptures!"
- <sup>33</sup> So the two men got up then and went back to Jerusalem. There they found the followers of Jesus meeting together. The eleven apostles and the people with them <sup>34</sup> said, "The Lord really has risen from death! He appeared to Simon."
- <sup>35</sup> Then the two men told what had happened on the road. They talked about how they recognized Jesus when he shared the bread with them.

# Scripture points:

- The two disciples were walking away from Jerusalem, where Jesus died. They had initially gone to Jerusalem with anticipation for Jesus to free them of their struggles with the Romans, but instead, he was killed. This would've been something that the disciples weren't expecting, leaving them unsure about the future and causing them to leave Jerusalem.
- Jesus walked with the disciples as they were struggling and unsure of the future. Jesus supported them by listening, encouraging them, and spending time with them.
- The disciples didn't recognise that Jesus was walking with them at first. But as they reflected on their journey, they could see that Jesus was with them through their struggles all along.
- Jesus encourages the two disciples by teaching them and helping them process what happened. The disciples find hope and confidence for the future and return to Jerusalem to share this with other followers of Jesus.







#### Personal reflection questions:

- Have you ever looked back at a difficult time and seen that Jesus was with you?
   What happened?
- How does following Jesus give you confidence during challenging circumstances?
- What difference does it make knowing that Jesus listens to you and helps you make sense of your life?

## The Good News message:

"We all would love to know the future, but a part of life is experiencing unexpected challenges. When unexpected challenges happen to us, we can feel uncertain and lose confidence for the future. The Good News is that Jesus walks beside us. Just like the disciples, when we face challenges, Jesus listens to us and helps us make sense of our lives. When we feel lost and anxious about the future, we can turn to Jesus for support.

We are No Longer Lost because Jesus is with us."

#### Personal reflection questions:

- For young people who aren't followers of Jesus, this message is an invitation. Jesus is with them. If they feel lost or anxious, there is someone who will listen to them and help them make sense of their life.
- For young people who are followers of Jesus and may be struggling with challenging circumstances, this is a message of encouragement and an invitation to find their place with Jesus. They can look to Him to help them through the challenges they face, knowing that he loves them and wants to help them navigate a chaotic world.
- For young people who may not feel lost or anxious, this message is a reminder that they probably have friends who are. They can be like Jesus for their friends by walking alongside them, listening to them, and encouraging them.

# **Discussion Questions:**

- When have you felt unsure about the future? How do you deal with uncertainty?
- Have you ever looked back at a difficult time and seen that Jesus was with you?
   What happened?
- What difference does it make knowing that Jesus listens to you and helps you make sense of your life?



