



EMMAUS 90

GUIDEBOOK

DISCIPLESHIP EDITION



ARCHDIOCESE *of* MILWAUKEE

EMMAUS 90 PRAYER GUIDE

Prepare (30 seconds–1 min)

Begin by taking a moment to breathe calmly, be present to the current moment, and become aware that Jesus is here, looking on you with love.

Request (30 seconds)

Ask Jesus to Guide You

In the name of the Father, and of the Son, and of the Holy Spirit. Jesus, I believe that you see me, you hear me, you know me, you love me. Thank you. Please teach me to pray. Help me to be fully present to you. Give me the grace to know you better, love you more, and follow more closely as your disciple.

Recognize (1–2 min)

Locate Yourself on the Map

I acknowledge how I'm doing right now... my thoughts... feelings... desires...

Relate (1–2 min)

Tell Jesus Where You Are

Jesus, here's what's bringing me joy... and what's weighing on me...

Receive (5–30 min)

Listen

Jesus, teach me to listen to You. Is there anything You want me to know about all that? [listen]

Please speak to me through this Scripture passage...

Read the Scripture Passage of the Day a couple times. Notice what stands out.

Respond (2–7 min)

Talk It Over

Jesus, help me to speak to you from my heart about what stands out to me in this passage... and how it connects to my life...

Jesus, what are you trying to show me through that? [listen]

Rest (3–5 min)

Simply be with Jesus, resting in His presence.

Resolve (2 min)

Thank you, Lord, for all that you have done in this time of prayer and for being with me today. Please enkindle in me a fire of love for you in the Eucharist that will spread, especially to those who need you most. Bless all of us on this Emmaus 90 journey and help us to grow as your disciples and eucharistic missionaries. I also pray for the grace I'm seeking in this Emmaus 90 journey... and these prayer intentions... [include prayers for all those you have been praying for]

For these and all the intentions of everyone who prays this Emmaus 90 Prayer today, I pray, Our Father... In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Record

Write down what God seems to be showing you.

BEGIN WITH THE END IN MIND

Hungry for more? Your hunger isn't an accident. God created you out of love and for love, created you with deep hunger and desire meant to draw you to himself. "You have made us for yourself, O Lord, and our hearts are restless until they rest in you." - St. Augustine, *Confessions*

Wherever you are, at every moment, Jesus draws close to you (Catechism of the Catholic Church, 1). He comes that you might have life and have it to the full (John 10:10), that his joy might be in you and your joy might be complete (John 15:11). He invites all those who thirst, who are longing for more, to come to him and receive (John 7:37-38).

What do you desire?

"The good God could not inspire desires that would be impossible to fulfill" - St. Thérèse of Lisieux, *Story of a Soul*. He is able to accomplish far more than all we ask or imagine (Ephesians 3:20).

Before you begin this concentrated season of encountering Jesus Christ, letting him fill you, and learning to love others from the overflow, consider and ask for what you desire.

- What do you desire? What do you think God desires for you?
- What would you like your relationship with God to be like?
- What virtues and habits would you like to grow in your life?
- What do you want God to do for you, your loved ones, and the world?

Ask Jesus for this grace every day.

God, please give me the grace that by the end of Emmaus 90 ...



“WERE NOT OUR HEARTS BURNING WITHIN US?”

| LUKE 24:32 |

A small group of disciples, uncertain about what was happening in their world and looking downcast, journeyed together discussing along the way.

Jesus himself drew near and walked with them. They didn't recognize him. He asked them to tell him what was on their minds and listened.

Then, he interpreted to them what referred to him in all the Scriptures, and their hearts began to burn within them. They urged him to come stay with them.

While he was with them at table, he took bread, said the blessing, broke it, and gave it to them. Their eyes were opened. They recognized him.

He was made known to them in the breaking of the bread.
And they set out at once to share the good news.

This is the Emmaus journey of Luke 24:13-35.

For the next 90 days, walk with fellow disciples along the Emmaus journey and learn to recognize Jesus drawing near, speaking through the Scriptures, and opening your eyes to reveal himself in the Eucharist, so that he can inspire and equip you for his mission as a missionary disciple.

It will not be easy. But you will never be alone.

**You were made for this.
ENTER THE ADVENTURE.**

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EMMAUS 90 PRACTICES

Do you desire to recognize God's voice, to allow him to fill you with his love, and to give from the overflow? We encourage you to commit to these spiritual practices which make space for God to do something new in you.

We know. Commitments can be tricky. "Is this too much?" "Will I fall short?" "Do I have what it takes?" You're not going to do everything perfectly. It's not going to go 100% according to plan. But God will bless your daily striving, and you will grow. We encourage you to be generous with your life during these 90 days. God is never outdone in generosity. Jesus is calling you to greatness and will give you all that you need. Below are the daily and weekly practices we encourage Emmaus 90 pilgrims to strive to live during our 90-day journey together. We've broken them down into three main areas: **Time for God**, **Time for Connection**, and **Time for Excellence**.

Will this be easy? Probably not. Will you grow more in love with God? Without a doubt! No one can do the heavy lifting for you – but we're here to support you and we'll be praying for you all the way. Let's do this!



Feel overwhelmed? Start with the practices highlighted below.

TIME FOR GOD.



Full Active Conscious Participation in Sunday Mass – Prepare to enter fully into the celebration of the Mass. Pray with the readings beforehand, arrive early, and pray the Mass with all your heart.



Daily Prayer – Spend at least 15 minutes a day in prayer with Sacred Scripture. (See *Emmaus 90 Prayer Guide* inside the front cover and daily Scripture passages provided at the top of each journal page.)



Regular Confession – Receive the Sacrament of Reconciliation at least once a month. (See *How to Sacrament of Reconciliation* on page 150.)

Daily Examen – Take at least 5 minutes to review your day and notice where God was moving in your life. (See *Daily Examen Guide* inside the back cover.)

Daily Journal – Your Guidebook contains pages to jot down what God is showing you in your prayer with Scripture and your Examen. Looking back at these notes will help you to see how God is leading you. (See *Journal Pages 15-143*)

More Time in the Real Presence of Jesus Christ in the Blessed Sacrament – In addition to Sunday Mass, spend some time praying in the Presence of the Blessed Sacrament.

TIME FOR CONNECTION.

Weekly Pilgrim Group – We encourage each Emmaus 90 Pilgrim to find a group of 2-3 friends, family members, or fellow parishioners who commit to connect with each other weekly (in-person or online) for encouragement, accountability, and community in a 30 to 60-minute discussion. Ask the Lord to help you discern who to invite on this journey and invite them to join you. Set a weekly time to connect. See *Your Pilgrim Group Itinerary* on page 12 for a discussion guide for your time together.

Weekly Formation – Emmaus 90 offers weekly Formation Sessions by Livestream that connect you to Catholic Church teaching and all the pilgrims from across the Archdiocese of Milwaukee taking this journey together. See archmil.org/Emmaus-pilgrim-2026 for weekly livestream and recordings.

- Most Pilgrim Groups plan a weekly 90-minute meeting to watch the Formation Session together and have their discussion.
- Some Pilgrim Groups watch the Formation Session on their own and get together for their group discussion at another time.
- Some Parishes host a weekly “watch party” where all Pilgrim Groups can connect with all the Emmaus 90 pilgrims from their parish to watch the Formation Session together and discuss in their smaller Pilgrim Groups.
- Discern what will work for your life and group.

Walk With One – Discern who God wants you to accompany, pray for them and for the grace to accompany them well, connect with them, and invite them to take a concrete next step toward deeper relationship with Jesus and his Church. On most days, this will simply mean praying for them. See page 14 for details.

TIME FOR EXCELLENCE.

Live Sundays Well – Strive to make space on Sundays for prayer, family, friends, rest and healthy leisure.



Fast from Meat on Fridays – Offer up your fast for someone in need. Or substitute a different fast on Fridays before Lent.



Do Small Things with Great Love – Look for opportunities to love and serve Jesus in the last, least, lost and lonely in your life.

Choose One Virtue to Practice – Choose one stretch goal, ask God to help you and strive to practice it daily. See Catechism 1803-1804 for ideas.

Remember, if you miss a day, don't get discouraged. Simply return to Jesus the next day and ask Him to help you to try again. His grace is renewed each morning. (Lamentations 3:22-24)

In this time of prayer, God seemed to be showing me. . .

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love

☐ _____

☐ _____

FORMATION SESSION NOTES

THURSDAY, JANUARY 1

What did you learn from this Formation Session? What inspired you?

Daily Prayer with Psalm 98:1-4

In this time of prayer, God seemed to be showing me. . .

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love
- ☐ Friday Fast
- ☐ _____
- ☐

Daily Prayer with 1 John 2:29–3:6

☐ _____

☐ _____

WEEK REVIEW

Thank you God for... (celebrate wins and growth this week)

Some ways I think God may be inviting me to grow as his disciple on mission for the life of the world are:

WEEKLY PRACTICE TRACKER

S	M	T	W	R	F	S		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Daily Prayer	<input type="checkbox"/> Formation Session
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Daily Examen	<input type="checkbox"/> Pilgrim Group
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walk with One	<input type="checkbox"/> Friday Fast
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yesterday's Resolution	<input type="checkbox"/> Live Sunday Well
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Small Things with Great Love	<input type="checkbox"/> Full Active Conscious Mass
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/> Time in the Real Presence
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/> Virtue Stretch Goal
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/> Sacrament of Reconciliation

- ☐ Formation Session
- ☐ Pilgrim Group
- ☐ Friday Fast
- ☐ Live Sunday Well
- ☐ Full Active Conscious Mass
- ☐ Time in the Real Presence
- ☐ Virtue Stretch Goal
- ☐ Sacrament of Reconciliation

SUNDAY, JANUARY 4

In this time of prayer, God seemed to be showing me. . .

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love
- ☐ Full Active Conscious Mass
- ☐ Live Sunday Well
- ☐ _____
- ☐ _____