

## **Family Time 1: The Road to Emmaus**

In this session, your young person learned that the Risen Jesus appeared to two of his disciples on the road to Emmaus. Along the way, he explained the Scriptures to them. Later Jesus shared a special meal with them. During this meal, they recognized Jesus in the breaking of the bread. At that moment, they knew that all Jesus had taught them was true.

You and your child are walking together on a journey of faith. This journey will provide your family with many opportunities to share new ideas and experiences and to deepen your relationship with Jesus and with one another.

Family meals are a wonderful opportunity to recognize the goodness you see in one another. At a meal, invite family members to share what they appreciate about one another. Experiences such as this will help your family to better appreciate that Jesus wants us to recognize him in one another. You also may want to incorporate the meal blessings below.

### **Grace Before Meals**

**Bless us, O Lord,  
and these thy gifts,  
which we are about to receive  
from thy bounty,  
through Christ our Lord.  
Amen.**

### **Grace After Meals**

**We give thee thanks,  
for all thy benefits,  
almighty God,  
who lives and reigns  
forever.  
And may the souls of the  
faithful departed,  
through the mercy of God,  
rest in peace.  
Amen.**