Praying the Prayer Vigil Suggestions

Prayer is such a strong part of the Emmaus experience both for the Pilgrims and the ones praying. All are invited to participate in Prayer Vigils for the Walk to Emmaus and Chrysalis Flights. Only sign up for a time when you can devote the entire 30 minutes to prayer. If you find that you cannot keep your commitment, please cancel on the sign up so the time can be filled.

Helpful guidelines:

* Find a quiet place free from interruption.
* Before you begin, pray for forgiveness and ask for the presence of the Holy Spirit.
* Picture the Walk as you pray.
* After you pray, ask God to remind the next person on the Prayer Vigil to pray and ask for His presence to be with that person.

 *(from the Llano Emmaus Community Newsletter)*

**SUGGESTIONS FOR PRAYER**

* Safe travel to and from the Walk
* Good health, open minds and hearts
* Undivided attention, Christ-like team wisdom
* Patience, trust and calm
* Joy and a sense of God’s love
* For the Holy Spirit to meet each Pilgrim’s needs
* For the team to open themselves as God’s channels
* For the guidance of the Holy Spirit in the lives of pilgrims and team
* To realize God’s grace is sufficient for all needs
* May also pray the meditations in front of our purple Walk to Emmaus book.

Updated 6/7/2016

For Emmaus/Chrysalis Groups in the Rio Texas Region