

Friday Prayer Group – 3 October 2026

Session 5 – Continuing the Journey

Where is God leading us next?

At our fifth session, **Continuing the Journey**, we took some time to reflect on our own journey of faith and gently considered the question: “**Lord, where are you leading me next?**” We began by looking back over our journey and reflecting on how our faith has changed, where we have experienced God’s presence, and what we have learned about prayer, trust and ourselves. We were reminded that sometimes we do not realise how far we have travelled until we stop and look back.

The Road to Emmaus - Our first Scripture reading was **Luke 24:13–35**, the story of the disciples on the road to Emmaus. We reflected on how Jesus came alongside the disciples when they were disappointed and confused. They did not recognise him at first, yet he walked with them, listened to them, opened the Scriptures to them and eventually revealed himself in the breaking of bread.

This led us to consider the times when **God may have been walking alongside us, even when we did not recognise his presence.**

Reflecting on Our Own Journey- We then created a simple picture of our own journey of faith, marking:

- a **place of joy** that brought us closer to God;
- a **difficult time** when faith was challenged or God seemed distant;
- a **person** who helped or encouraged us;
- a **turning point** that changed our direction;
- **where we are now** in our relationship with God.

At the end of our journey we considered the question: “**Where might God be leading me next?**”

There was time for quiet reflection and, for those who wished, an opportunity to share something from their journey.

Trusting God with the Next Step

Our second Scripture was **Proverbs 3:5–6**, reminding us to “*Trust in the Lord with all your heart.*” We reflected on how we often want God to show us the whole journey, when perhaps he is simply asking us to trust him with **the next step**. We then spent some quiet time in prayer, asking the Lord to show us what that next step might be — whether it involved drawing closer to God, reaching out to another person, letting something go, forgiving someone, stepping out in faith, or simply having the patience to wait.

One Small Step - We finished by thinking about **one small step** we might take:

- **Draw closer to God** – through prayer or spending more time with him.
- **Draw closer to others** – by contacting, forgiving, encouraging or listening to someone.
- **Step out in faith** – responding to something we feel God may be inviting us to do.

We ended with the reassuring thought: “**You may not know where the road is leading, but you never walk it alone.**”

The heart of our session was not about discovering a complete plan for our lives, but simply asking: “**Am I willing to walk with God and take the next step?**”

Scripture: Luke 24:13–35 • Proverbs 3:5–6