

# Pilgrim -age

Morning Prayer



Walk with me and  
work with me —  
watch how I do it.  
Learn the unforced  
rhythms of grace.  
I won't lay anything  
heavy or ill-fitting on  
you. Keep company  
with me and you'll  
learn to live freely  
and lightly.

Matthew 11:28-30

Christian pilgrimage is a sacred journey undertaken by individuals seeking spiritual growth, a deeper connection with God, and a sense of renewal in their faith. It is not about the destination but the journey.

## 1 Choose a Destination

Select a destination that holds personal significance to you. It could be a park, a garden, a chapel, or a quiet bench by the sea. A pilgrimage doesn't have to be long. It could just be an hour set aside on a week night.

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## 2 Prepare

What do you hope to gain from this experience? Is there a particular aspect of your faith or life you'd like to focus on during your journey? Become aware of your intentions.

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## 3 Begin Your Pilgrimage

You may want to begin your pilgrimage with reading a Psalm or meditation. Walk slowly and deliberately allowing yourself to fully engage with your surroundings. If your pace increases try to bring it back to a gentle pace as you resist the demands upon your time. Pay attention to the sights, sounds and sensations. Think about the Psalm or meditation that you have just read, asking yourself as you walk if they apply to your life.

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## 4 Reflect

As you walk, give thanks to God for all he has given you. Try not to force hearing from God but remain open to what He may be saying to you through this experience. What insights might He be leading you to as you walk?

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## 5 Return Home

As you journey back home remember that the purpose of a pilgrimage is not just the physical journey but the transformation it brings to your heart and spirit. You follow in the footsteps of Jesus. May your journey bring you closer to God and deepen your faith as you continue to walk in the path of Christ.

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## 6 Close

As you return to your 'to-do' lists pray for Christ's peace to continue with you and give thanks for the journey so far.