

Pilgrim's Prayers

Lord, you know our beginning and our end. Help me to realise I am only a pilgrim on this earth and save me from being too attached to worldly possessions.

May I experience the freedom to wander, the freedom to hope and the freedom to love as I journey. **Amen**

Pilgrim God, You are our origin and our destination. Travel with us, we pray, in every pilgrimage of faith, and every journey of the heart. Give us the courage to set off, the nourishment we need to travel well, and the welcome we long for at our journey's end. So may we grow in grace and love of you and in the service of others. through Jesus Christ our Lord, **Amen**

Teach me, O God, to see my life here on earth as a pilgrim's path to you; my rest and my home. Give me grace to tread it courageously in the company of my community of faith. Help me to not get discouraged when the road gets tough, not get disheartened when tiredness creeps in, nor fearful when the unexpected happens.

For I know that I never walk this journey alone. You are there supporting me every step of the way with endless mercy, compassion and love. May I always be aware of your presence and support along the way and ever be a witness to this as I encounter other pilgrims on my way. **Amen**

May God the Father who created you,
guide your footsteps,

May God the Son who redeemed you,
share your journey,

May God the Holy Spirit who sanctifies
you, lead you on life's pilgrimage,
and the blessing of God, Father, Son
and Holy Spirit

be with you wherever you may go. **Amen**



The Pilgrim's

Prayer Card

Making a pilgrimage through our local area, to our **local Holy Places**, gives us new opportunities for personal spiritual growth, for connecting with and to pray for our community.

- **As you begin**, say a prayer for the journey ahead
- **Take time to walk mindfully**, aware of being fully alive in the present moment.
- **Travel slowly through landscape** that is familiar, taking the opportunity to look through different eyes – eyes made aware of God's glory in creation, of God who walks with you always – to the extraordinary range of people and places through which we pass, often blindly, each day
- **As you journey and pass gathering places** pray for those who work there and the people who visit them: the school, the pub, the shops, the post office.
- **At the council buildings or offices**, pray for those involved in local government. As you pass a car park, pray for drivers.
- **If you pass a hospital or health centre**, pray for the sick and those who care for them.
- **At a cemetery** take a moment say a prayer for the dead and those who mourn their passing.
- **Walking through a park**, maybe sit for a moment, resting in God and saying Thanks for the gift of relaxation and leisure. Spend time simply being in God's presence.
- **As you travel** bring to mind the journeys that Jesus made in his lifetime, from that first journey to the stable in Bethlehem, his journey as a child as a refugee to Egypt, through the teaching and healing in the villages around Jerusalem to that last bitter walk to the cross and afterwards along the road to Emmaus.

These journeys will bring us back to where we started but we may no longer be the same people. With open eyes and hearts we may have discovered God where he has always been...
right in the midst of the everyday.