

An Opening Prayer for Pilgrimage

Read/recite a prayer or Psalm (e.g., Psalm 63, 84, or 130)

Begin walking ...

Meditate on part of the Psalm that resonates with you.

Consider Jesus' question, "what do you want?" Notice the desire of your heart.

Walk with a relaxed/listening posture – listening for the voice and leading of the Spirit to give you a sense of His presence with you, noticing your heart & desire to be on this walk with Him.

*if you are walking with someone ... walk in quiet until 1 person is ready to share their answer to Jesus' question. Continue in quiet – listening- then sharing what is sensed from the Lord. Person 2 shares ... etc...

Prayer as You Continue to Walk

Pay attention to what is happening around you ... sounds, smells, views, the feel of the ground beneath your feet. Spend at least a minute or two with each of your senses noticing.

Seek to be present to God, what is being communicated to you in your noticing?

As you walk and seek God, what obstacles are you noticing? What invitations are you sensing?

Reflect on your desire for relationship and speak with God about that desire. Perhaps you ask God what He desires. Listen for God to answer, being careful not to impose what you think God might say but being open to what is being communicated.

*Reminder: as we listen for/to God, there will be times when silence is that which we notice most. God delights in silence and silence may be a reminder of God's grace toward you.

Come back to the question ... "What do you want?" Are you noticing anything different?

*You will have many spaces where you seem to have wandering from attentiveness to God ... simply return to loving awareness when you notice, remembering that God is holding you during your walk --- your attentiveness or lack of attentiveness is not as important as your intention.

Prayer as You Conclude Your Walk

As you come to the end of your pilgrimage, give thanks. Recount all the ways you noticed and experienced God along the way. What are you noticing about your desire for God now?

Conclude with praying the Lord's Prayer ("Our Father who are in heaven ...")

