

Prayer Course II: Week 5

Pilgrimage (Walking with God)

Introduction:

The tradition of walking to sacred sites as an act of prayer is a very ancient one. Pilgrims walk the ancient routes to this day, and the act of walking and praying as a way of opening our selves up to God is a powerful experience for many.

Background:

Throughout the middle ages people walked large distances to Rome, and even when they could to Jerusalem. However there was also always a tradition of much more local and brief pilgrimages, to local holy sites or chapels. Many of these would have been completed in a day or even in an hour, so the normal working person could take part.

The destination is only part of the point of pilgrimage, it is as much about the walking and the praying on route, as it is about arriving. It is also as much about returning as it is about going. There is a rhythm to pilgrimage, rather like the rhythm of our breath in and out, but much slower.

That rhythm can help us to learn to just be with God. So on the way out we will pour out our worries and pain to God, when we are at our destination we will sit still and listen, and on our return we will walk back with God blessing the world around us.

Purpose:

To walk with God, and learn to just be with God.

Process:

- Select a place to walk to: It does not have to be religious but is better if it is or some where quiet. Make sure it is nearby and easily walked there and back each day.
- Pray for God's help in your prayer.
- Walk there, and pour out your worries and concerns onto God as you go.
- Once there, be still and listen to God.
- Walk back, quietly with God, blessings the world around you.
- Say the Lord's Prayer

Further reading and resources:

The way of the pilgrims

Pilgrims progress

Piers Plowman