

Pilgrim Walker: Walking with loss

A companion for times of grief, longing, or heavy hearts.

"THE LORD IS NEAR TO THE BROKENHEARTED, AND SAVES THE CRUSHED IN SPIRIT." PSALM 34:18

A Prayer to use as you begin

Lord of the Journey, I walk today with a heavy heart.
You know the space left vacant in my life,
the quiet weight I carry step by step.
Meet me on this path.
I do not ask for quick answers or easy comfort,
only for your presence alongside me.
Guide my feet, quiet my mind, and hold my grief
in your loving hands. Amen.

First Stop: Gathering the Weight

*(Stop whenever you feel the urge; on a bench, by a wall,
or simply standing still.)*

"COME TO ME, ALL YOU THAT ARE WEARY AND ARE
CARRYING HEAVY BURDENS, AND I WILL GIVE YOU REST."
MATTHEW 11:28

Grief is not just a thought; it lives in the body. It changes how we breathe, how we move, and how we carry ourselves. In Christian pilgrimage, we bring our whole selves to God—not a sanitized version, but the raw, honest truth of our pain.

- Feel the ground beneath you supporting your full weight.
- Notice what you are holding in your body right now—tight shoulders, a heavy chest, clenched hands.
- Pick up something small nearby—a fallen leaf, a small stone, or even hold a piece of paper or coin in your pocket. Let it represent the specific sorrow or name you carry today. Hold it tightly for a moment, acknowledging its weight.

Pilgrim Walker: A Time of Change

A companion for crossroads, big decisions, and transitions.

"FOR I KNOW THE PLANS I HAVE FOR YOU," DECLARES THE LORD,
"PLANS TO PROSPER YOU AND NOT TO HARM YOU, PLANS TO GIVE
YOU HOPE AND A FUTURE." JEREMIAH 29:11

A Prayer to use as you begin

Sovereign God, through the ages you have called your people to step out into the unknown.
As I walk today, my life is changing.
Old seasons are ending, and new paths are unfolding.
Quiet my anxieties and ground my restless mind.
Help me to trust that wherever I step, you have already gone before me. Guide my feet in paths of righteousness for your name's sake. Amen.

First Stop: Looking Back

*(Stop whenever you feel the urge; on a bench, by a wall,
or simply standing still.)*

"REMEMBER THE FORMER THINGS, THOSE OF LONG AGO; I
AM GOD, AND THERE IS NO OTHER." ISAIAH 46:9

Every transition requires leaving something behind. In the Kingdom of God, no season is wasted—even the hard, painful, or confusing ones have shaped who you are today. Before stepping into what comes next, we honor where we have been and thank God for His faithfulness in the season that is closing.

- Turn around physically and look back at the path or space behind you.
- Name in your mind one thing from your recent past that you are deeply grateful for.
- Name one burden, fear, or disappointment from that same season that you need to leave behind.
- Take a deep breath in, and as you exhale, consciously release that burden into God's care.

Pilgrim Walker: Inspire

*A companion for creative blocks, dryness,
and seeking fresh vision.*

"THE HEAVENS DECLARE THE GLORY OF GOD; THE SKIES
PROCLAIM THE WORK OF HIS HANDS. DAY AFTER DAY THEY POUR
FORTH SPEECH; NIGHT AFTER NIGHT THEY REVEAL KNOWLEDGE."
PSALM 19:1–2

A Prayer to use as you begin

Master Artist of the heavens and the earth,
My mind feels tired and my spirit feels dry.
I step onto this path seeking a spark of your divine life.
Awaken my dulled senses today.
Give me eyes to see beauty in the unexpected,
ears to hear your still, small voice,
and an open heart to receive fresh vision from your Spirit.
Amen.

First Stop: Awakening

*(Stop whenever you feel the urge; on a bench, by a wall,
or simply standing still.)*

"OPEN MY EYES THAT I MAY SEE WONDERFUL THINGS IN
YOUR LAW." PSALM 119:18

We often miss inspiration because we live at a frantic pace, skimming the surface of life. God is continually speaking through creation, architecture, scripture, and silence, but we must slow down to notice. Inspiration begins with attentiveness.

- Pause completely and stay still for ninety seconds.
- See: Find a tiny detail near you (a pattern in stone, the vein of a leaf, light shifting) that you would normally walk straight past. Look at it closely.
- Hear: Close your eyes and name three distinct sounds around you.
- Thank the Creator for the artistry hidden in the ordinary.

Second Stop: Drink

(Pause mid-way through your journey or inside a quiet sanctuary.)

"JESUS SAID, 'LET ANYONE WHO IS THIRSTY COME TO ME AND DRINK. WHOEVER BELIEVES IN ME, STREAMS OF LIVING WATER WILL FLOW FROM WITHIN THEM.'" JOHN 7:37–38

You cannot pour from an empty cup. Creative block or spiritual fatigue is often a sign that we have been trying to create or solve problems out of our own limited reserves. Christ invites us to stop striving and allow His Spirit to refill our inner well.

- Place your hands over your heart or stomach.
- Take a slow, deep breath, imagining breathing in the life-giving Spirit of God (Ruach).
- Exhale slowly, letting go of the pressure to produce, perform, or have all the answers.
- Pray: "Lord, refill my well."

Third Stop: Spark

(Pause towards the end of your time walking.)

"SEE, I AM DOING A NEW THING! NOW IT SPRINGS UP; DO YOU NOT PERCEIVE IT?" ISAIAH 43:19

God is a God of resurrection and perpetual renewal. Inspiration rarely comes as a complete roadmap; it usually arrives as a small seed—a single word, a feeling of peace, a sudden thought, or a shift in perspective. Hold that small seed gently.

- Look up at the sky or out across the furthest horizon you can see. Notice the scale and openness.
- What is one small, positive idea, impression, or shift in mindset that has touched you during this walk?
- Commit to nurturing that small spark, no matter how modest it seems.

A prayer for your journey's end

May the Creator stir my imagination.
May the Christ who makes all things new refresh my mind.
And may the Holy Spirit breathe fresh life, wonder, and joy into my hands and heart today.
+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Second Stop: Crossroads

(Pause mid-way through your journey or inside a quiet sanctuary.)

"STAND AT THE CROSSROADS AND LOOK; ASK FOR THE ANCIENT PATHS, ASK WHERE THE GOOD WAY IS, AND WALK IN IT, AND YOU WILL FIND REST FOR YOUR SOULS."

JEREMIAH 6:16

Decision-making can bring paralysis. We often demand a map, but God usually offers a lantern—enough light for just the next step. True Christian discernment is not about knowing every detail of the future; it is about trusting the character of the One who walks beside us.

- Look down at your feet. Consider the next single step you need to take in your life.
- Ask God: "What is the faithful, loving step for me to take next?"
- Stand in stillness for two minutes, inviting the Holy Spirit to bring clarity and peace over your motives.

Third Stop: Stepping Forward

(Pause towards the end of your time walking.)

"BE STRONG AND COURAGEOUS. DO NOT BE AFRAID; DO NOT BE DISCOURAGED, FOR THE LORD YOUR GOD WILL BE WITH YOU WHEREVER YOU GO." JOSHUA 1:9

Change requires courage, but Christian courage is not the absence of fear; it is the conviction that God's grace is sufficient for whatever lies ahead. As your journey today nears its end, take the opportunity to face toward the path ahead with holy expectation.

- Turn your body to face forward deliberately.
- Stretch your arms out slightly, hands open, as an act of willingness to receive whatever God has prepared for your next chapter.
- Take three intentional steps forward, declaring silently: "I walk forward in faith, not in fear."

A prayer for your journey's end

May the Father guide my steps.
May the Son be the light upon my path.
May the Holy Spirit fill my heart with wisdom and courage for every new horizon.
+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Second Stop: Silence and Promise

(Pause mid-way through your journey or inside a quiet sanctuary.)

"VERY EARLY IN THE MORNING, WHILE IT WAS STILL DARK, JESUS GOT UP, LEFT THE HOUSE AND WENT OFF TO A SOLITARY PLACE, WHERE HE PRAYED." MARK 1:35

Loss often brings a profound, uncomfortable silence. Yet in the Christian tradition, wilderness and quiet spaces are not empty; they are where God draws closest. On the cross, Christ knew the depth of human isolation and abandonment, so that no dark valley we walk in is ever void of His presence.

- Spend two minutes in complete silence. Listen to the wind, the distant sounds, or the quiet within the building.
- Ask God: "Where are you in this grief?" Listen without forcing an answer.

Third Stop: Hope and Resurrection

(Pause towards the end of your time walking.)

"I AM THE RESURRECTION AND THE LIFE. THOSE WHO BELIEVE IN ME, EVEN THOUGH THEY DIE, WILL LIVE."

JOHN 11:25

Christian hope does not pretend that pain isn't real, nor does it demand that we "move on." Resurrection hope is the quiet assurance that loss does not have the final word. The seeds planted in darkness will one day bear the fruit of eternal life and restoration.

- Take the item you gathered at Stop 1 (or focus on your breathing).
- As a physical act of entrustment, place the object gently on the ground, lay it on a stone, or open your palms upward to release the tension you've held.
- You are not forgetting; you are entrusting those whom you love into the eternal care of God.

A prayer for your journey's end

May the God of all comfort fold me in His love.
May Christ, who wept at the grave of His friend, walk beside me in my tears.
May the Holy Spirit, the Comforter, bring quiet peace to my soul as I take my next steps forward.
+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Pilgrim Walker: Saying Sorry

A companion for when we've messed up.

"CREATE IN ME A PURE HEART, O GOD, AND RENEW A STEADFAST SPIRIT WITHIN ME." PSALM 51:10

A Prayer to use as you begin

Merciful God,

I walk today conscious of where I have fallen short.
I have spoken words I regret, taken paths that led away
from love, and left undone things I ought to have done.
Give me the honesty to face my faults without excuse,
and the courage to trust in your limitless mercy.
As I walk, wash clean my spirit and heal what has been
broken. Amen.

First Stop: Acknowledgement

*(Stop whenever you feel the urge; on a bench, by a wall,
or simply standing still.)*

"IF WE CLAIM TO BE WITHOUT SIN, WE DECEIVE OURSELVES
AND THE TRUTH IS NOT IN US. IF WE CONFESS OUR SINS, HE
IS FAITHFUL AND JUST AND WILL FORGIVE US OUR SINS."
1 JOHN 1:8–9

"Repentance" (Metanoia) in the Christian tradition literally
means to change one's mind, to turn around, or to adopt a
new direction. It is not about shame or self-hatred; it is an
act of liberation. It begins when we stop making excuses
and name our mistakes before a God who already knows
them and loves us anyway.

- Clench both of your hands tightly into fists.
- In the quiet of your mind, bring to God the specific
wrong, harsh word, or broken relationship you are
carrying.
- Acknowledge the harm it caused to yourself, to
others, or to God. Do not minimize it, but bring it
fully into the light.

Pilgrim Walker: Thanksgiving

*A companion for joy, milestones, answered prayers,
and grateful hearts.*

"THIS IS THE DAY THAT THE LORD HAS MADE; LET US REJOICE
AND BE GLAD IN IT." PSALM 118:24

A Prayer to use as you begin

Generous God, Source of all life, goodness, and beauty,
I walk today with a heart full of thanksgiving.
For the gift of this day, the breath in my lungs,
and the countless blessings - both seen and unseen -
that fill my life.
As I step out, tune my soul to the music of your creation.
Help me to pause, to celebrate, and to offer you my quiet
praise for all that you have done,
and all that you continue to give. Amen.

First Stop: Counting the Gifts

*(Stop whenever you feel the urge; on a bench, by a wall,
or simply standing still.)*

"BLESS THE LORD, O MY SOUL,
AND FORGET NOT ALL HIS BENEFITS." PSALM 103:2

Joy is not merely a mood; in the Christian tradition, it is a
spiritual discipline rooted in gratitude. We so easily notice
what is missing, broken, or burdensome that we can
become blind to the abundance around us. Pilgrimage
invites us to slow down and name the specific graces we
have received.

- Look around you at the sky, the ground, or the shelter
of a building.
- Bring to mind three specific things in your life right
now that you are deeply grateful for—a person, a
answered prayer, a recent milestone, or simple daily
bread.
- Speak a silent "Thank you" to God for each one.

Pilgrim Walker: Young Pilgrim

An adventure in walking, looking, and exploring with God.

"YOUR WORD IS A LAMP TO GUIDE MY FEET
AND A LIGHT FOR MY PATH." PSALM 119:105

A Prayer to use as you begin

God of big adventures and quiet paths,
Thank you for my feet that walk, my eyes that see, and my
heart that explores.
As I step out today, help me to remember that a
pilgrimage isn't just a walk - it's a journey with You!
Be with me in every step, show me wonder in small things,
and keep me safe as I explore. Amen.

First Stop: The Spy Stop

*(Stop whenever you see something interesting—a cool rock, a tall
tree, or a quiet corner.)*

"LOOK AT THE BIRDS OF THE AIR... NOTICE HOW THE LILIES
OF THE FIELD GROW." MATTHEW 6:26, 28

Jesus was a great walker! Whenever He walked with His
friends, He didn't just rush to the end. He stopped to look
at seeds, birds, clouds, and trees. Being a pilgrim means
becoming a detective for God's creation—slowing down
to notice the amazing world He built for us.

- Become a detective: Stand still like a statue for 30
seconds.
- Find 3 different colors in nature or on the building
around you.
- Find 1 texture (something rough, smooth, cold, or
soft).
- Whisper: "Thank you God for making such an amazing
world!"

Second Stop: The Heavy Bag

(Pause mid-way through your journey or inside a quiet sanctuary.)

SCRIPTURE: "CAST ALL YOUR WORRIES ON HIM, BECAUSE HE CARES FOR YOU." 1 PETER 5:7

Have you ever carried a backpack that was way too heavy? It makes walking tiring! Sometimes we carry "heavy thoughts" in our minds too—like being worried about school, being cross with a friend, or feeling scared. The brilliant news is that God doesn't want us to carry those heavy thoughts alone. He asks us to hand them over to Him.

- Squeeze your hands into tight fists. Think about one worry or thing that made you sad or cross this week.
- Take a deep breath in... and as you blow out, open your hands wide!
- Imagine that worry floating away into God's big, safe hands. You don't have to carry it anymore.

Third Stop: The Lighthouse

(Pause near the end of your walk.)

"JESUS SAID, 'I AM THE LIGHT OF THE WORLD. WHOEVER FOLLOWS ME WILL NEVER WALK IN DARKNESS.'" JOHN 8:12

When it gets dark, a flashlight shows us where to step so we don't trip over. Jesus promised to be like a light for our lives. When we aren't sure how to be kind, how to share, or what choice to make, we can ask Him to show us the way.

- Look down at your shoes. Think about where those feet will go tomorrow (school, home, seeing friends).
- Ask Jesus: "Help me to shine your light and kindness wherever my feet take me next."
- Take three giant, joyful pilgrim steps forward!

A prayer for your journey's end

May God the Father guard my steps.

May Jesus walk right beside me as my best friend.

May the Holy Spirit fill my heart with joy, courage, and fun!

+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Second Stop: The Overflowing Cup

(Pause mid-way through your journey or inside a quiet sanctuary.)

"YOU ANOINT MY HEAD WITH OIL; MY CUP OVERFLOWS. SURELY GOODNESS AND MERCY SHALL FOLLOW ME ALL THE DAYS OF MY LIFE." PSALM 23:5–6

Christian celebration is grounded in the knowledge that God is a lavish giver. In Christ, we are invited to a perpetual feast of grace. Even in seasons where life feels complex, there are deep wells of joy that circumstance cannot steal. True thanksgiving recognizes that every good and perfect gift comes from above.

- Stand or sit in stillness for two minutes with your hands open, turned upward in a posture of receiving.
- Reflect on a moment recently where you felt true peace, delight, or love.
- Acknowledge that moment as a direct whisper of God's kindness to you.

Third Stop: Blessing Others

(Pause towards the end of your time walking.)

"FREELY YOU HAVE RECEIVED; FREELY GIVE." MATTHEW 10:8

Gratitude cannot be contained; when a vessel is full, it overflows. The natural outcome of thanksgiving is generosity. As your pilgrimage comes to a close, consider how the joy and gratitude you carry today can become a blessing to someone else when you return to your daily life.

- Think of one person who needs encouragement, help, or a word of appreciation this week.
- Decide on one small, concrete act of kindness or gratitude you will do for them today.
- Take a confident, joyful step forward, ready to share the goodness you have received.

A prayer for your journey's end

May the God of hope fill me with all joy and peace in believing. May Christ's light shine in my eyes and radiate from my life. And may the Holy Spirit scatter seeds of delight and praise along every path I walk.

+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Second Stop: The Foot of the Cross

(Pause mid-way through your journey or inside a quiet sanctuary.)

"HE DOES NOT TREAT US AS OUR SINS DESERVE... AS FAR AS THE EAST IS FROM THE WEST, SO FAR HAS HE REMOVED OUR TRANSGRESSIONS FROM US." PSALM 103

The heart of the Gospel is that forgiveness is not earned; it is given. On the Cross, Christ absorbed the worst of human bitterness and failure, offering mercy in exchange. You do not need to punish yourself to earn God's love.

- Open your clenched fists slowly, turning your palms face up.
- Imagine placing your regrets and failures into the hands of Christ.
- Repeat quietly: "Lord Jesus Christ, Son of God, have mercy on me, a sinner."
- Know that in Christ, you are met with grace, not condemnation.

Third Stop: Freedom

(Pause towards the end of your time walking.)

"THEREFORE, IF ANYONE IS IN CHRIST, THE NEW CREATION HAS COME: THE OLD HAS GONE, THE NEW IS HERE!" 2 CORINTHIANS 5:17

Forgiveness sets us free, but grace calls us to action.

Repentance finishes with a willingness to make amends - to apologize, to forgive, or to make a practical change in how we live. You walk away from this path not as a captive to your past, but as a forgiven child of God.

- What is one practical step of reconciliation you need to take after this walk? (e.g., sending a text, making an apology, choosing to let go of a grudge against someone else).
- Take a deep, fresh breath of air.
- Walk forward with your head held high, accepting the gift of a clean slate.

A prayer for your journey's end

May the Peace of Christ, which passes all understanding, guard my heart. And may the Holy Spirit empower me to walk in newness of life, today and always.

+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen.