**Design your own Pilgrimage around your community**

A local pilgrimage walk is a spiritual journey with God around your community. An opportunity to observe, pray and listen to God.

“For we walk by faith, not by sight.” 2 Corinthians 5.7

**Preparation:**

1. **Choose Your Route:** Select a walkable route that covers significant areas in your community, such as parks, landmarks, schools, or places of worship.
2. **Gather Materials:** Bring a journal for reflections if you would find it helpful, a water bottle, and comfortable walking shoes. If you find it helpful take a playlist of music and songs.
3. **Before you start:** Take a moment to pray and think. Ask God to speak and help you listen.

**Structure:**

1. **Start Point: Your Home**
   * **Prayer Point:** Thank God for your community and the connections we all share. Thank God for all those you will encounter on your walk.
   * Thank you, Lord, for all those who help our community to run smoothly because of their jobs, voluntary work or neighbourliness. Help us to be supportive and encouraging and to step in to situations where we can serve. Bless our neighbours and strengthen those who are working in your name in order to bring healing and comfort to those in need. Amen (Source unknown)
   * You might like to start by listening to a reflection from the [Pray as you Go App](https://pray-as-you-go.org/)[[1]](#footnote-1)
   * **Reflection:** Consider your place in the community and the relationships you value.
2. **First Stop: Local Park**
   * **Prayer Point:** Think about the park, the people and animals who use it. Give thanks for those who work there caring for it. Take time to appreciate the environment, the beauty of nature.
   * **Prayer from** [**TearFund**](https://www.tearfund.org/-/media/tearfund/files/campaigns/reboot-campaign/prayer-in-the-park/prayer-in-the-park---prayer-guide-2021.pdf)**[[2]](#footnote-2):** Creator God, we acknowledge that as your handiwork, we stand alongside all that you have made. Trees and rivers, mountains and valleys, soaring birds and scuttling creatures, all are held within your care. May we grow in our love and appreciation for the fabulous variety around us; and may our awe and wonder draw us closer to the natural world, and through it to you, the God of all things. Amen.
   * **Reflection:** Think about nature and its role in your life. What brings you peace?
3. **Second Stop: Local School or Nursery** 
   * **Prayer Point:** Think about the pupils, teachers and families connected to the school. The joys, challenges and struggles they face. Spend some time praying for them.
   * **Download a Leaflet to help you pray:** [**Prayers for Schools from CARE**](https://www.prayforschools.org/wp-content/uploads/2024/10/Seven-ways-to-pray-2024.pdf)**[[3]](#footnote-3)**
   * **Reflection:** Reflect on the importance of education and the future of the community.
4. **Third Stop: Place of Worship**
   * **Prayer Point:** Ask God to Bless this place of worship and all who gather here.

Father, we pray for this church. May it be a beacon of hope and love in our community. A source of unity and a place where all can encounter the love of our living God. We pray that it may support families – old and young. May it be a place of healing for those in pain and hospitality for the lonely. Let it be marked by faithful service and the preaching of the good news. Amen

* + **Reflection:** Consider the role of faith in your life and how it shapes your values.

1. **Fourth Stop: Local High Street**
   * **Prayer Point:** May these businesses thrive and contribute to the community. Bless their owners and employees.
   * Thank you for the gift of work. We pray for all employers, workers and customers who live and work in our community. May they work and serve with care, patience, integrity and love. Thank you that each one provides a vital service and builds community. Encourage them when things are hard and may each day bring moments of joy, laughter and hope. Amen.
   * **Reflection:** Think about the economic health of your community, the vital role businesses play in creating community and the importance of supporting local businesses.
2. **Fifth Stop: Local Health Centre**
   * **Prayer Point:** Think about the doctors, nurses, health worker, and receptionists who provide essential services and the patients who need them.
   * Father, we are so blessed to have good medical care in our country. We pray for all who serve, particularly those who serve long, long hours with limited funds. We thank you for them and ask that you will give them the strength they need. We pray for all who are receiving care. Bless our nurses, our doctors, those who work in laboratories and who drive our ambulances. Be close to all those who work in this centre and in the wider NHS. Amen
   * **Reflection:** How have you benefited from the work of doctors and nurses? How might we support and encourage medical professionals?
3. **Final Stop: On your street**
   * **Prayer Point:** Reflect on your journey and the blessings you’ve received. Pray that you may be a positive presence in your community. Pray for your neighbours asking God to bless them.

We pray for this local community

and for all people in their daily life and work.

We pray for the young and the elderly,

for families, and all who are alone.

We give thanks for human skill and creativity

and all that reveals your loveliness. (Common Worship)

* + **Reflection:** Take time to meditate or journal about your experience. What did you learn? What do you feel grateful for? How have you changed? How can you contribute differently to your community moving forward?

**Conclusion:**

* **Closing Prayer:** Thank you for this journey. May I continue to walk with purpose and love in my community.

**Tips for Your Walk**

* **Invite Others:** Share this experience with family or friends for deeper reflection.
* **Be Mindful:** Stay present during your walk, paying attention to your surroundings and feelings.
* **Adjust as Needed:** Feel free to adapt the route and prayer points to fit your community’s unique character.

Enjoy your pilgrimage!

1. https://pray-as-you-go.org [↑](#footnote-ref-1)
2. https://www.tearfund.org/-/media/tearfund/files/campaigns/reboot-campaign/prayer-in-the-park/prayer-in-the-park---prayer-guide-2021.pdf [↑](#footnote-ref-2)
3. https://www.prayforschools.org/wp-content/uploads/2024/10/Seven-ways-to-pray-2024.pdf [↑](#footnote-ref-3)