

**A Prayer Walk  
Through  
Lent 2021**



**Journal/Reflection Guide**

**Feb 17 – March 28, 2021**

**DIOOCESE OF BC (ISLANDS & INLETS)**

# **A Prayer Walk Through Lent 2021**

## **What is a prayer walk?**

Simply put – it is an intentional act of praying while walking. In a way, a prayer walk is a spiritual practice of seeking God’s guidance, mercy and transforming embrace — both for the community and individuals we pray for and for ourselves. It is an opportunity to become aware of what we see while we walk, by connecting prayer-walking with intentional observations, reflection, and contemplation. Examples of a prayer walk have included making a pilgrimage to a sacred place, walking a labyrinth, or walking the Stations of the Cross. A prayer walk allows us to engage all of our senses and to engage with the world around us as we pray.

## **Where do we start?**

Beginning on Ash Wednesday until Palm Sunday, you are invited to start a daily spiritual practice of walking while you pray. This can be done individually or with another person (while maintaining safe distancing of course!). Each day choose a route and an amount of time that you are able and willing to walk. It could be in your own neighbourhood, a nearby community. It could be in a park or near the water. It could be anywhere you choose to walk. Begin with a pray of intention, asking God’s Spirit to guide you as you start walking. There is no expectation of how far or how fast or slow you walk. It’s your journey. Listen to what your body is saying.

*Lift up your eyes and look around (Isa 60:4a)*

While walking, look around and offer a prayer for people, families, homes, businesses, service groups, facilities, and care homes. Listen and observe with all your senses. Be intentional, mindful of all you see. Use all of your senses. What is God revealing to you as you walk?

When you come to the end of your walking prayer time, offer a pray of thanksgiving. Take a few minutes to write down your thoughts and respond to the reflection questions. If journaling is not to your liking, consider other art forms such as drawing, painting, photography, poetry, collage. Be as creative as you wish.

### **How might I pray?**

Here is a prayer which you might use to start your prayer walk on each day:

God of our pilgrimage,  
you have given us a desire  
to take the questing way  
and set out on our journey.

Help us to keep our eyes fixed on Jesus,  
that whatever we encounter as we travel,  
we may seek to glorify you by the way we live. Amen

-Pilgrimage Prayers | Pilgrims Way ([pilgrimswaycanterbury.org](http://pilgrimswaycanterbury.org))

Other intentions for which you might pray:

- Pray for discernment -- Seek the gift of seeing the community through Christ's "lens," and to discern what God is already doing there; ask God to show you how you can pray with

greater insight for the people, events, and places in the community.

- Pray for blessing – Pray for each person, home and organization you encounter.
- Pray with empathy -- See and feel what people live with every day; offer intercession for those things that you observe.
- Pray in the stillness -- allow times of silence for God's spirit to speak to you, or through you.
- Pray for hope and light to flow in and through the community and neighbourhood where you are walking.
- Pray for creation – What are the groans of creation that you might be aware of?
- Give thanks to God for the blessings and gifts that exist in the community.
- Pray for yourself, that God might minister to your heart, mind, body and spirit. What am I in need of at this time?

## How to Use This Guide

Each day of this 40-day prayer walk journey a different quote or scripture passage is offered for your reflection. They are there for your benefit. Take it or leave it. It is your journey. You are not expected to share what you have written down, drew or created. It is for your own edification. It is your choice as to what you will share with others.

Once a week there will be an opportunity to connect with fellow pilgrims who are participating in this 40-day prayer walk. We will come together for one hour on Zoom **Thursdays at 11am** each week through Lent. This is a time to share our experiences of praying and walking. What are we discovering

along the way? What has been stretching or encouraging? This get-together each week is also a way of encouraging each other to keep walking and praying during Lent. It is also a time to listen to the movement of the Spirit who is leading us on this journey of walking and praying.

### **Journal Reflection Questions**

Some possible questions to reflect on each day as you make your daily prayer walk. They are offered as suggestions to aid in your reflecting. Consider reflecting on a couple questions each time. You may not need these prompts and are able to reflect on your own. Do what works for you!

- What did I notice/see/experience on my walk?
- What is missing or invisible?
- Are there issues or problems that I noticed along the way?
- How was this experience of walking today for me?
- What did I notice in my own spirit?
- How is this prayer walk changing me?
- What am I grateful for?
- What is God revealing to me in this time and place?
- Can I recall a previous pilgrimage experience? What did I learn? What were the challenges? What was transformative?
- When/where did I encounter the Sacred?
- Is there a word, a scripture passage or image that comes to mind today?
- Are there themes or threads emerging as I walk?

## **DAY ONE – ASH WEDNESDAY, February 17**

**Quote:** The geographical pilgrimage is the symbolic acting out an inner journey. The inner journey is the interpolation of the meanings and signs of the outer pilgrimage. One can have one without the other. It is best to have both.

*Thomas Merton (1999). "Mystics and Zen Masters", p.92, Macmillan*



## **DAY TWO – Thursday, February 18**

### **Scripture Quote:** Exodus 13:18-22

So God led the people by the roundabout way of the wilderness towards the Red Sea. The Israelites went up out of the land of Egypt prepared for battle. And Moses took with him the bones of Joseph, who had required a solemn oath of the Israelites, saying, 'God will surely take notice of you, and then you must carry my bones with you from here.' They set out from Succoth, and camped at Etham, on the edge of the wilderness. The LORD went in front of them in a pillar of cloud by day, to lead them along the way, and in a pillar of fire by night, to give them light, so that they might travel by day and by night. Neither the pillar of cloud by day nor the pillar of fire by night left its place in front of the people.





### **DAY THREE – Friday, February 19**

**Quote:** "I am convinced that pilgrimage is still a bona fide spirit-renewing ritual. But I also believe in pilgrimage as a powerful metaphor for any journey with the purpose of finding something that matters deeply to the traveler. With a deepening of focus, keen preparation, attention to the path below our feet, and respect for the destination at hand, it is possible to transform, even the most ordinary journey into a sacred journey, a pilgrimage." ~ Phil Cousineau



## **DAY FOUR – Saturday, February 20**

### **Scripture Quote:** Deut. 10:12-13

So now, O Israel, what does the LORD your God require of you? Only to fear the LORD your God, to walk in all his ways, to love him, to serve the LORD your God with all your heart and with all your soul, and to keep the commandments of the LORD your God and his decrees that I am commanding you today, for your own well-being.



## **DAY FIVE – FIRST SUNDAY OF LENT - Sunday, February 21**

**Quote:** "Hiking - I don't like either the word or the thing. People ought to saunter in the mountains - not hike! Do you know the origin of that word 'saunter?' It's a beautiful word. Away back in the Middle Ages people used to go on pilgrimages to the Holy Land, and when people in the villages through which they passed asked where they were going, they would reply, "A la sainte terre,' 'To the Holy Land.' And so they became known as sainte-terre-ers or saunterers. Now these mountains are our Holy Land, and we ought to saunter through them reverently, not 'hike' through them."" ~ John Muir



## **DAY SIX – Monday, February 22**

### **Scripture Quote:** Deut. 11:11-12

But the land that you are crossing over to occupy is a land of hills and valleys, watered by rain from the sky, a land that the LORD your God looks after. The eyes of the LORD your God are always on it, from the beginning of the year to the end of the year.





## **DAY SEVEN – Tuesday, February 23**

**Quote:** "The paradox: there can be no pilgrimage without a destination, but the destination is also not the real point of the endeavor. Not the destination, but the willingness to wander in pursuit characterizes pilgrimage. Willingness: to hear the tales along the way, to make the casual choices of travel, to acquiesce even to boredom. That's pilgrimage -- a mind full of journey." ~ Patricia Hampl

*Patricia Hampl (1993). "Spillville: A Collaboration", Milkweed Editions*



## **DAY EIGHT – Wednesday, January 24**

**Scripture Quote:** Joshua 1:9

I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the LORD your God is with you wherever you go.'



## DAY NINE – Thursday, January 25

**Quote:** "And thus ever by day and night, under the sun and under the stars, climbing the dusty hills and toiling along the weary plains, journeying by land and journeying by sea, coming and going so strangely, to meet and to act and react on one another, move all we restless travellers through the pilgrimage of life." ~ Charles Dickens

*Charles Dickens (2014). "Little Dorrit: Extended Annotated & Illustrated Edition", p.75, Jazzybee Verlag*



## **DAY TEN – Friday, February 26**

**Scripture Quote:** Isaiah 2:5

O house of Jacob,  
come, let us walk  
in the light of the LORD!





## **DAY ELEVEN – Saturday, February 27**

**Quote:** "Faith is not the clinging to a shrine but an endless pilgrimage of the heart. Audacious longing, burning songs, daring thoughts, an impulse overwhelming the heart, usurping the mind--these are all a drive towards serving Him who rings our hearts like a bell. It is as if He were waiting to enter our empty, perishing lives." ~ Abraham Joshua Heschel

*Abraham Joshua Heschel (1976). "Man Is Not Alone: A Philosophy of Religion", p.174, Macmillan*



**DAY TWELVE – SECOND SUNDAY OF LENT - Sunday, February  
28**

**Scripture Quote:** Isaiah 40:3-4

A voice cries out:

'In the wilderness prepare the way of the LORD,  
make straight in the desert a highway for our God.

Every valley shall be lifted up,  
and every mountain and hill be made low;  
the uneven ground shall become level,  
and the rough places a plain.



## **DAY THIRTEEN – Monday, March 1**

**Quote:** "Love is what we are born with. Fear is what we learn. The spiritual journey is the unlearning of fear and prejudices and the acceptance of love back in our hearts. Love is the essential reality and our purpose on earth." ~ Marianne Williamson



## **DAY FOURTEEN – Tuesday, March 2**

**Scripture Quote:** Isaiah 40:31

but those who wait for the LORD shall renew their strength,  
they shall mount up with wings like eagles,  
they shall run and not be weary,  
they shall walk and not faint.





## **DAY FIFTEEN – Wednesday, March 3**

**Quote:** "It may be that when we no longer know what to do, we have come to our real work, and that when we no longer know which way to go, we have begun our real journey." ~

Wendell Berry

*Wendell Berry (2011). "Standing by Words", p.97, Counterpoint Press*



## **DAY SIXTEEN – Thursday, March 4**

**Scripture Quote:** Isaiah 43:18-19

Do not remember the former things,  
or consider the things of old.

I am about to do a new thing;

now it springs forth, do you not perceive it?

I will make a way in the wilderness  
and rivers in the desert.



## **DAY SEVENTEEN – Friday, March 5**

**Quote:** "Curiosity restores is a state of heightened awareness. Culturally, this has been considered a child's activity. By the time we're grown, we're supposed to know enough not to get bogged down in life's miraculous detail. But the spiritual journey reactivates our sense of miracle and invites us to pause again, squatting over the sidewalk cracks, to ponder the lives of ants and stars." ~ Christina Baldwin

*Christina Baldwin (1991). "Life's Companion: Journal Writing as a Spiritual Quest", Bantam*



## **DAY EIGHTEEN – Saturday, March 6**

**Scripture Quote:** Isaiah 55:12

For you shall go out in joy,  
and be led back in peace;  
the mountains and the hills before you  
shall burst into song,  
and all the trees of the field shall clap their hands.





## **DAY NINETEEN – THIRD SUNDAY OF LENT – March 7**

**Quote:** “Rather, ten times, die in the surf, heralding the way to a new world, than stand idly on the shore.” – Florence Nightingale



## **DAY TWENTY – Monday, March 8**

### **Scripture Quote:** Micah 6:8

He has told you, O mortal, what is good;  
and what does the LORD require of you  
but to do justice, and to love kindness,  
and to walk humbly with your God?



**DAY TWENTY-ONE – Tuesday, March 9**

**Quote:** “It is the beauty within us that makes it possible for us to recognize the beauty around us.” – Joan Chittister



## **DAY TWENTY-TWO – Wednesday, March 10**

### **Scripture Quote: Mark 4:3-9**

'Listen! A sower went out to sow. And as he sowed, some seed fell on the path, and the birds came and ate it up. Other seed fell on rocky ground, where it did not have much soil, and it sprang up quickly, since it had no depth of soil. And when the sun rose, it was scorched; and since it had no root, it withered away. Other seed fell among thorns, and the thorns grew up and choked it, and it yielded no grain. Other seed fell into good soil and brought forth grain, growing up and increasing and yielding thirty and sixty and a hundredfold.' And he said, 'Let anyone with ears to hear listen!'





**DAY TWENTY-THREE – Thursday, March 11**

**Quote:** “The feeling remains that God is on the journey too.” –  
Teresa of Avila



## **DAY TWENTY-FOUR – Friday, March 12**

**Scripture Quote:** Luke 24:32 (Emmaus Road story)

They said to each other, 'Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?'



## **DAY TWENTY-FIVE – Saturday, March 13**

**Quote:** “The path is not long, but the way is deep. You must not only walk there, you must be prepared to leap.” – Hildegard of Bingen



## **DAY TWENTY-SIX – FOURTH SUNDAY OF LENT – March 14**

### **Scripture Quote:** John 8:12

Again Jesus spoke to them, saying, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'





**DAY TWENTY-SEVEN – Monday, March 15**

**Quote:** “The journey is essential to the dream.” – Francis of Assisi



**DAY TWENTY-EIGHT – Tuesday, March 16**

**Scripture Quote:** John 14:5

Thomas said to him, 'Lord, we do not know where you are going. How can we know the way?'



**DAY TWENTY-NINE – Wednesday, March 17**

**Quote:** “There is meaning in every journey that is unknown to the traveler.” – Dietrich Bonhoeffer



## **DAY THIRTY – Thursday, March 18**

### **Scripture Quote:** Acts 3:8-10

Jumping up, he stood and began to walk, and he entered the temple with them, walking and leaping and praising God. All the people saw him walking and praising God, and they recognized him as the one who used to sit and ask for alms at the Beautiful Gate of the temple; and they were filled with wonder and amazement at what had happened to him.





**DAY THIRTY-ONE – Friday, March 19**

**Quote:** “Be present in all things and thankful for all things.” –  
Maya Angelou



## **DAY THIRTY-TWO – Saturday, March 20**

**Scripture Quote:** Acts 9:3 (Damascus Road Experience)

Now as he was going along and approaching Damascus, suddenly a light from heaven flashed around him.



**DAY THIRTY-THREE – FIFTH SUNDAY OF LENT – March 21**

**Quote:** “Take the first step in faith. You don’t have to see the whole staircase, just take the first step.” – Martin Luther King Jr.



## **DAY THIRTY-FOUR – Monday, March 22**

**Scripture Quote:** 2 Corinthians 5:6-7

So we are always confident; even though we know that while we are at home in the body we are away from the Lord— for we walk by faith, not by sight.





**DAY THIRTY-FIVE – Tuesday, March 23**

**Quote:** “The spiritual life does not remove us from the world but leads us deeper into it.” – Henri J. M. Nouwen



## **DAY THIRTY-SIX – Wednesday, March 24**

**Scripture Quote:** Ephesians 3:16-17

I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love.



**DAY THIRTY-SEVEN – Thursday, March 25**

**Quote:** “The Holy Land is everywhere.” – Black Elk (Native American)



**DAY THIRTY-EIGHT – Friday, March 26**

**Scripture Quote:** 2 Thessalonians 3:5

May the Lord direct your hearts to the love of God and to the steadfastness of Christ.





**DAY THIRTY-NINE – Saturday, March 27**

**Quote:** “Christ beside me, Christ before me, Christ behind me, Christ within me, Christ beneath me, Christ above me.” – Saint Patrick



## **DAY FORTY – PALM SUNDAY – March 28**

**Scripture Quote:** 1 John 2:6

whoever says, 'I abide in him (Jesus)', ought to walk just as he walked.

