

## Prayer for the world

*“Finally then,  
brothers and sisters,  
we ask and urge you in the Lord Jesus,  
that as you received from us  
how you ought to **walk**  
and to please God,  
just as you are doing,  
that you do so more and more.”  
(1 Thessalonians 4:1)*

As you continue walking, allow what you notice to remind you of situations around the world:

- Pray faith, hope and charity for these places.
- If you are being sponsored, pray for the cause you are walking for.

Coming to the end of a walk can be tiring but also satisfying.

- How can you continue to walk in faith, hope and charity more and more?
- Consider how you might be able to pray for people and places as you go about your daily life.

Pick up something from your walk to remind you of this prayer.



## Prayer as you finish

*“And now these three remain:  
faith  
hope  
and charity.  
but the greatest of these is charity.”  
(1 Corinthians 13:13)*

- Reflect on how you have been spurred on in faith, hope and charity on this walk.
- How may you continue this journey now this walk has come to an end?

## Prayer of blessing

*“May the grace of the Lord Jesus Christ,  
and the love of God,  
and the fellowship of the Holy Spirit  
be with you all.”  
(2 Corinthians 13:14)*

### RETREATS OFFICE

Anglican Diocese of Cyprus and the Gulf

Phone: +357-22-671220

Mobile: +357-99-155092

E-mail: [retreats@cypgulf.org](mailto:retreats@cypgulf.org)

[www.cypgulf.org/retreats](http://www.cypgulf.org/retreats)



# Pilgrimage Prayers and Reflections using the words of St Paul

Walking together in Lent

In the steps of St Paul  
in the Spirit  
of Faith, Hope and Charity



# Walking and Praying

## Prayer as you start

*“As you received Jesus Christ the Lord, so **walk** in him, rooted and built up in him, and established in the faith, just as you were taught, abounding in thanksgiving.” (Colossians 2:6-7)*

As you begin walking you may like to repeat the words above out loud or to yourself, keeping with the rhythm of your walking. As you walk, look, listen, touch, and smell. Stop and look at the roots you see in nature - what do they say to you?

After some time:

- Praise God for what you have noticed so far.
- Thank God for the mobility he has given you.
- Thank God for the big things and small.

Pick up something from your walk to remind you of this prayer.

*“Praise be to the God and Father of our Lord Jesus Christ.” (2 Corinthians 1:3)*



## Prayer for yourself

*“**Walk** in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God.” (Colossians 1:10)*

Consider how pleasing your life is to God, what you do, how you behave, how you interact with others, how you use what you have been given, etc.

Reflect on the good work you are doing:

- What is that?
- What type of fruit is coming from that?
- Consider if there is scope for more work and more fruit?

Reflect on your knowledge of God:

- How happy are you with this?
- What could you do to increase this understanding and experience?

Pick up something from your walk to remind you of this prayer.

*“**Walk** by faith, not by sight.” (2 Corinthians 5:7)*



## Prayer for others

*“Since we **walk** by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.” (Galatians 5:25-26)*

As you continue walking notice:

- How you are keeping in step with yourself or others.
- Reflect on what it means for you to walk by God’s Spirit.

If you are walking with others, keep walking but step back from the group for a few minutes and reflect on your relationships:

- Who are you most thankful for?
- Where could there be more charity in relating to others?
- Listen to hear if God might be prompting you to reach out more to your community.

Pick up something from your walk to remind you of this prayer.

*“Be imitators of God, as beloved children. and **walk** in love. (Ephesians 5:1)*

