

Prayer Pilgrimage

Pray With Scripture + Deepen Your Relationship With God + Grow As A Witness to Jesus

This prayer pilgrimage is based on a Prayer Journal in [Unbinding The Gospel: Real Life Evangelism](#) by Martha Grace Reese. The purpose is to pray with scripture, deepen your relationship with God and grow as a witness to Jesus who saves, blesses and changes lives.

Use the daily scripture passage, quotes and reflection questions to become more receptive to the Spirit. The daily prayer is only a foot print. Walk into deeper conversation as the Spirit leads you. Invite a prayer partner or a group of prayer partners to join the journey. Plan a way to share with your fellow pilgrims once a week. Try a face to face meeting, a conference call, a blog or a Facebook page. Starting with Day 5 of the second week, you will want to have an individual prayer partner. You will meet or be in contact with this person every 5th day for the rest of the prayer pilgrimage. On Day 7 every week, you and the rest of the pilgrims in your group will share experiences and pray together in community.

You may wish to light a candle, choose a particular place or a regular time of day. Do what is most comfortable for you. Keep track of your own reflections and the promptings of the Spirit and be prepared to share with your prayer partner or group. To download this resource:

Week 1: Day 1

Psalm 103

Light a candle or take some slow deep breaths to center yourself. Ask God to bless this six-week prayer journey. Read Psalm 103 slowly. Which words, phrases or images capture your attention? What in this psalm do you know to be true? What have you experienced? For what do you bless the Lord with all that is in you? How do you tell others about these things?

O God, you are the Holy One of Israel. Your steadfast love endures forever. I bless your name with all that is within me. You are the source of my life, my family, my friends. Teach me to tell others about my experience of you.

Week 1: Day 2

Matthew 4:17-22

Light a candle or take some slow deep breaths to center yourself. Thank God for beginnings. Read the story of new beginnings for Peter, Andrew, James and John. Think of beginning a newer richer life with Jesus. What will you leave behind to follow? An opinion? A behavior? A possession? A relationship? Are you keeping Jesus at a safe distance?

Blessed Lord, here in my hands are the things I need to leave behind to follow you. I give them to you. Fill me with a vision of your love for me. Let me hear your call ever more clearly. Help me focus on you and what you are calling me to be and do.

Week 1: Day 3

Mark 1:39-45; 6:30-44; 8:2

Light a candle or take some slow deep breaths to center yourself. As you read these stories, picture what was going on. How did Jesus feel toward the people? How did he act on his feelings? Ask God to help you see with Christ's eyes as you check out your news source or walk through your neighborhood. Listen to the Spirit as you pray for someone you have seen or read about. What do you feel? How will you act on those feelings?

Gracious God, are you moving me out of my comfort zone? Is that what it means to be called? Give me your compassion, love and pity so that I can act to bring a blessing to others.

Week 1: Day 4

Mark 7:24; 31; 8:22, 27; 9:2, 30,33

Walking gets us from one place to another. It slows us down, giving us time to think, time to pray. Put on your sneakers. Take some deep breaths. Inhale the freshness of new air. Exhale the old and stale. Ask the Spirit of Christ to come into your heart and soul to heal and renew as you walk. Who are the people and situations you can pray for? Look about you. What can you bless? For what are you thankful?

O God, you are my God. You are in the air I breathe, the places I walk, the people I meet. Renew my strength. Walk with me. Run with me. Let me not be weary or faint.

Week 1: Day 5

Genesis 2:18; Mark 6:7; Philippians 2:1-4

Light a candle or take some slow deep breaths to center yourself. Read around these verses (a little before, a little after) Think about relationships and community. There are times to be alone, but fullness of life comes in community. How does God hold you in relationship? How are you blessed by community? Who is God calling you to join with in community? What will you do today to build a relationship?

Most holy God, you join with me in relationship through Jesus. What do I need to see about others? Who is waiting to know something of you through me? Show me the way to new relationships with people I don't know yet. Work in my heart that I may be open to them and be a blessing in their lives.

Week 1: Day 6

Light a candle or take some slow deep breaths to center yourself. Take time to reflect over the past few days of scripture and prayer. Look at your notes if you wrote any. Reread the scripture passage that most impacted you. What have you learned, discovered or remembered this week about your relationship with God? What has happened because of your prayer? What do I want to share with my prayer pilgrimage partners?

Gracious God, loving friend, I meet you in scripture and prayer. You meet me in people and events. Help me continue to grow in this discipline. I am ready to be changed by you.

Week 1: Day 7

Meet your prayer pilgrimage partners today. It may be by conference call, a face-to-face encounter, a flurry of postings on a Facebook page wall. As the traditional African-American song says, we "stand in the need of prayer." Share your experiences, joys and struggles with them. What have you learned about God? about praying? about yourself? about others? Take time to listen to God together. Craft a mighty group conversation with God.

Week 2: Day 1

Isaiah 40:10-17; 28-31

Light a candle or take some slow deep breaths to center yourself. Sit quietly for a few moments. Let go of the bustle of thoughts and feelings to be open to God. Read the words of Isaiah slowly. What lines strike you most powerfully? Is there a word or phrase that you will take with you for the rest of the day? What does Isaiah tell you about God? About yourself? About your community? Read the passage again. Can you stay with it a while longer? What do you notice? What comes into your mind?

Amazing God, I am in awe of your greatness and humbled by your love for me. Lead me gently like a lamb; show me your way. Give me the power and strength to reach for the heights, as on the wings of an eagle. Let me see my day, today as an adventure with you.

Week 2: Day 2

Mark 10:46-52

Light a candle or take some slow deep breaths to center yourself. Read through this story as a story about relationships. Look for details that reveal the dynamic and quality of the relationship. Who is blind? Who sees? Is blindness a barrier to relationship? What are your blind spots? How can they be transformed into opportunities for relationship to blossom? What other questions or observations come to your mind?

Lord, you are filling my heart with your love. Let me feel that love as a healing presence, overcoming the blindness of my soul. Open the eyes of my soul so that I can see you. Open the eyes of my heart so that I can see others and be seen by others.

Week 2: Day 3

Thessalonians 1:1-5; Ephesians 6:18-20

Find a copy of your congregation's newsletter, or a print-out of ministry opportunities from its website. Light a candle or take some slow deep breaths to center yourself. Read these passages, bearing in mind that the words from Paul to the Thessalonians are some of the first written words we have from a follower of Jesus. What is the gift this faithful leader gives to others who are in new relationships with Jesus? Is this a gift that you offer readily to others? Quakers describe intercessory prayer for people and ministries as "holding them in the light." Hold the people and ministries of your congregation in the light of your hands. Pray, surrounding them with love and blessing. What does this prayer move you to do?

Oh God, you hold me in the light. Teach me to hold others in the light.

Week 2: Day 4

Psalms 66

Light a candle or take some slow deep breaths to center yourself. Think about joy. Open yourself to feel the deep abiding joy of the Lord. What are the words in the psalm that most deeply affect you? Tell a story of God's awesome power, or one of answered prayer. Where have you seen the Spirit at work? Take some sticky notes or cards with you today and jot down the reflections of God you see. Put them in a visible place where you will continue to see them.

Beloved God, I want to know the spirit of joy in your presence. I long to tell the glory of your name. Give me glimpses of your power, your glory, your presence today. Help me tell these stories with joy.

Week 2: Day 5

James 5:13-18

Light a candle or take some slow deep breaths to center yourself. Read the passage and think about praying together with another person. What one thing about you does God lead you to ask another to pray for? This must be for you? What do you need prayer for? Meet with a prayer partner today in some way: on the phone, on line, in person. Talk about what you are learning about prayer, about God, about yourself. Then pray for each other. Agree to continue praying for each other every day for a week.

Lord Jesus, I hold my prayer partner in the light before you. I ask that you bless my partner...

Week 2: Day 6

Light a candle or take some slow deep breaths to center yourself. Think back over the second week of prayer. Reread your favorite scripture from the week. Look over your notes and insights, the ministries and people you have prayed for. Prepare to share with your fellow prayer pilgrims. What are the most important things you have learned, remembered, discovered this week? What one insight would you like to share with the others?

O gracious Jesus, you are taking me ever more deeply into relationship with you and with others. Pardon what I have missed or done wrong. By your holy presence make me ever more fully your servant.

Week 2: Day 7

Meet your prayer pilgrimage partners today. It may be by conference call, a face-to-face encounter, a flurry of postings on a Facebook page wall. Share your experiences, joys and struggles with them. What have you learned about God? about praying? about yourself? about others? Take time to listen to God together. Hold each other in the light. Craft a mighty group conversation with God.

Week 3: Day 1

Hebrews 4:14-16

Light a candle or take some slow deep breaths to center yourself. Read the passage slowly. You may want to read around the passage (verses before and verses after). Close your eyes and think about it. What phrases, words, images capture your attention? Pray that God will continue to speak to you as you read the passage again. What in you needs sympathy from Jesus? What are your weaknesses? What needs mercy? What in you longs for grace?

Jesus, my great high priest, you have been human. You know every part of me, every action and longing of my life. Thank you for your love, your understanding, your sacrifice, your prayer.

Week 3: Day 2

Numbers 6:22-27

Light a candle or take some slow deep breaths to center yourself. This passage is so familiar from liturgical use that it needs to be read slowly, more than once. Stay with these words of blessing. What are actions of blessing? What are the images of blessing? What are the benefits of blessing? What does it mean to say, "I am blessed"? What does it mean about relationships to bless others? Go through your day, blessing people, places and situations. What does it mean to you to bless others in the name of God? How does it change your relationship to them?

My Lord and my God, bless me and keep me. Turn your gracious face toward me and hold me in the light. Show me your favor. Grant me your peace. Make me a blessing to others.

Week 3: Day 3

2 Timothy 1:1-15

Light a candle or take some slow deep breaths to center yourself. Read this passage. What is the subject? Who are the actors? How are they in relationship to one another? Think about your relationship with Jesus? Who introduced you to Jesus? Who helped you follow Jesus? How do you serve Jesus? To whom have you introduced Jesus? Who are you helping to follow Jesus? How is prayer a part of this?

Good and gracious God, thank you for the relationship with you that is growing in me. Thank you for (names), who introduced me to you. Thank you for (names), who taught me to follow you. Blessed Holy Spirit, show me those who you want me to introduce to Jesus. Make me a faithful witness.

Week 3: Day 4

Light a candle or take some slow deep breaths to center yourself. Choose your own text today. You may want to revisit an old favorite, or use one of the texts you are studying as you prepare to teach or proclaim God's Word. Pick out a sentence or phrase and repeat it several times to memorize it. Take it with you today. Do something rhythmic or repetitive today. Say your scripture sentence or phrase in time to your movements. At the end of the day, read the whole passage again. Do you understand it differently? Has it become more a part of you?

God, you are in my heart, and my mind, and my movements today. Reveal yourself to me through this word on this day. Show me with whom and how I should share your love.

Week 3: Day 5

Matthew 18:15-20

Light a candle or take some slow deep breaths to center yourself. As you prepare to be in touch with your prayer partner read this passage. How does this passage address the power of prayer and relationships? What heartens you? What puzzles and dismays you? What do you want to share with your prayer partner? Meet with your prayer partner today in some way: on the phone, on line, in person. Review your experience of praying for each other. How has the power of prayer been made known to you? Share your prayer requests and pray for one another. Keep praying for each other until you meet next week.

O mighty God, hear our common supplication. We trust in the promise of your presence in this relationship. Grant our petitions. Make yourself known to us as we pray for one another.

Week 3: Day 6

Light a candle or take some slow deep breaths to center yourself. Think back over the third week of prayer. Reread your favorite scripture from the week. Look over your notes and insights. Prepare to share with your fellow prayer pilgrims. What are the most important things you have learned, remembered, discovered this week? What one insight would you like to share with the others?

Most Holy God, meeting with each other is to come into your presence. I wait with great anticipation the opportunity to deepen relationships with others that you love. Be with us as we prepare.

Week 3: Day 7

Meet your prayer pilgrimage partners today. It may be by conference call, a face-to-face encounter, a flurry of postings on a Facebook page wall. Share your experiences, joys and struggles with them. What have you learned about God? about praying? about yourself? about others? Take time to listen to God together. Hold each other in the light. Craft a mighty group conversation with God. Start with these words:

We rejoice in you and delight in your presence. Be with us in our sharing, in our praying and in our witness.

Week 4: Day 1

Isaiah 30:20-21; John 14:16-26

Light a candle or take some slow deep breaths to center yourself. Read the passages. Think about the presence of the Spirit in your life. Where do you see the Spirit guiding your steps? Where has the Spirit taught you new truths? What does life in the Spirit mean to you? What can you turn over to the Spirit today allowing your steps, decisions, conversations, thoughts to be guided by the Spirit?

Come Holy Spirit. Make yourself known in my life, every day, every minute, in every thought and decision. Help me grown into holy relationship with you. Direct my thoughts and steps. Make me a witness today.

Week 4: Day 2

Luke 4:1-13

Light a candle or take some slow deep breaths to center yourself. Read the passage. What claims your attention right away? Read it again. Are there new things that seem to shine out? Think about being in a thoroughly unfamiliar place, relationship, situation. What happens when you are destabilized? Giving things up or fasting can be a destabilizing situation that allows you to find new ways of behaving or being in relationship, or helps you claim those things that are most central to your values and beliefs. What is a day-long fast that you can do? Think about it and prepare to begin in two days. Pray that your fast will help you deepen your relationship with Jesus and find new ways of behaving.

Almighty God, I am coming to know you more and finding you in new ways. Be with me as I seek a closer walk, as I prepare to leave my comfort zone and depend on you even more. Show me what I can release in order to cling more tightly to you.

Week 4: Day 3

John 6:1-14

Light a candle or take some slow deep breaths to center yourself. Sit quietly for a few minutes. If the weather is good, find a grassy place. Read John's story about Jesus providing food for 5000 hungry people. Think about what it is like to be hungry: for food, for healing, for relationship. What are your hungers? Who do you know is hungry for food? What can you do to feed the hungry? Ask Jesus to point you in the direction of a place or a situation where you can feed the hungry.

Lord Jesus, I want to be your disciple. I want to be generous, eager to share. Show me the way to a place where I can feed others today, as you fed 5000 hungry folk so long ago. Help me be in a healing relationship with the hungry.

Week 4: Day 4

Matthew 6:1-18

Light a candle or take some slow deep breaths to center yourself. Read the scripture passage as you prepare for a day of fasting. Invite the Spirit of God to fill the empty places that are created by the fast. This is a day for joyful communion with the Spirit and a time of behaving in a different way than usual. May this day of fasting be a blessing.

Blessed Lord, most holy God, I am leaving -----behind today, giving it up so that you can fill me with your presence and teach me new behaviors. When I am tempted to fall back on what I am used to, show me the joy of a life changed by you.

Week 4: Day 5

Meet with a prayer partner today in some way: on the phone, on line, in person. Talk about what you are learning about prayer, about God, about yourself. Share stories of feeding others and fasting in the Lord. Share experiences, thoughts, struggles. Talk about how prayer is changing your lives. Refocus the prayers you are praying for each other.

O Jesus, you are changing us, forming us, molding us into more faithful disciples. We thank you for the richness of a relationship with you. We thank you for the gift that each of us has become for the other. Hear us now as we pray for one another.

Week 4: Day 6

Light a candle or take some slow deep breaths to center yourself. Today is a day of review and reflection. Reread a favorite scripture from this week or another. What is staying with you? How is your relationship with God becoming new? Be ready to share with your prayer group tomorrow. What is the most important discovery, learning, memory of this past week? What is one thing you want to share with everyone tomorrow?

Gracious God, I want to respond to your overflowing love. Give me words of praise. Show me how to express my gratitude. Make me a witness, so that I can boldly tell others what is happening in my life because of you.

Week 4: Day 7

Meet your prayer pilgrimage partners today. It may be by conference call, a face-to-face encounter, a flurry of postings on a Facebook page wall. Share your experiences, joys and struggles with them. What have you learned about God? about praying? about yourself? about others? Take time to listen to God together. Hold each other in the light. Craft a mighty group conversation with God.

Week 5: Day 1

John 8:12

Light a candle or take some slow deep breaths to center yourself. Read around this scripture verse. Think about light. Think about darkness. Take this one verse and read it aloud several times with different emphases. Can you find a rhythm that vibrates in your being? What does it mean to you to that Jesus is the Light of the World? Practice a way to tell this to someone you meet today.

Shining Jesus, you are the source of light that cannot be extinguished. Illumine my way. Give light to my path. Be a lamp that does not falter. May I be a faithful reflection of your light as the moon witnesses to the sun even when it is absent from the sky.

Week 5: Day 2

1 Samuel Chapter 1

Light a candle or take some slow deep breaths to center yourself. Read Hannah's story. How would you describe her relationship with God? Words that perhaps come to mind are surrender or sacrifice. What are other stories you know of surrender or sacrifice? How do they connect with your life? the life of your congregation? Are you ready to surrender your greatest hope to God? Let go of control? Hand over what you most love? Listen to what God is telling you about surrender in your life or that of your congregation.

Lord Jesus Christ, Son of God, have mercy on me. All I have and am is yours. Help me know what you are calling me to do. What can I surrender so that your name is glorified, and your works are known?

Week 5: Day 3

Acts 8:26-40

Light a candle or take some slow deep breaths to center yourself. Read the story of Phillip, the witness to Jesus. What are the key questions in this story? How does Phillip respond? Make a list of people you know who are not connected to God? Or maybe you do not know of their connection... Pray for the people on this list. Pray for their relationships with Jesus. Pray that you will be like Phillip, ready to witness and tell stories of Jesus when the Holy Spirit gives you an opportunity.

Here's my list, Lord. I pray for each of them. Let me feel your love for these people. Prepare me, O Holy Spirit to tell the story of Jesus when the opportunity is there. Help me jump into the chariot and build a relationship with someone.

Week 5: Day 4

1 Thessalonians 5:16-22

Light a candle or take some slow deep breaths to center yourself. Read this passage and think about praying without ceasing. What does this mean to you? How has this prayer pilgrimage influenced your opinion? What is a prayer story you can tell to others? The Jesus Prayer is a simple sentence that you can repeat many times. Some people pray it using beads as an accompaniment and tool to keep focus. Physical movement, rhythm, music also is a helpful tool. Whatever you try, pray this prayer throughout the day. End your time with God in gratitude.

Lord Jesus Christ, Son of God, Have mercy on me, A sinner.

Week 5: Day 5

Mark 7:24; 31; 8:22, 27; 9:2, 3:30-33; Matthew 18:15-29

Light a candle or take some slow deep breaths to center yourself. Read these passages from week 1 and week 3. You have prayed on the move. You and your prayer partner have prayed in oneness of spirit. Ask God to show you where you should be walking today. Invite Jesus to walk with you. On your prayer walk, pray for every resident. Pray for the houses, apartments, schools, businesses. If you are walking with your partner, one can pray for the right side of the street and one for the left side. Pray that God's peace and protection will cover the area; that Christ might be made known. If you meet people, you may want to ask them if there is anything specific for which you can pray. Talk over your experience with your prayer partner.

We are walking in the light of God. We are praying in the light of God. We are growing in the light of God. Illumine our lives and that of our neighborhood with your presence O God.

Week 5: Day 6

Light a candle or take some slow deep breaths to center yourself. Think back over the fifth week of prayer. Reread your favorite scripture from the week. Look over your notes and insights, Bring to mind the neighborhoods and people you have prayed for. Prepare to share with your fellow prayer pilgrims. What are the most important things you have learned, remembered, discovered this week? What one insight would you like to share with the others?

Change my heart, O God. Make me more fully yours. As you have claimed me, help me to claim neighborhoods, people and places for you. I praise you for what I am learning.

Week 5: Day 7

Meet your prayer pilgrimage partners today. It may be by conference call, a face-to-face encounter, a flurry of postings on a Facebook page wall. Share your experiences, joys and struggles with them. What have you learned about God? about praying? about yourself? about others? Take time to listen to God together. Hold each other in the light. Craft a mighty group conversation with God.

Week 6: Day 1

Psalm 30

Light a candle or take some slow deep breaths to center yourself. Begin your encounter with this psalm by reading it through. Think about the images that the psalmist has used to witness to God's presence. What resonates with you? Pray the psalm and ask God to show you what is the best of this passage for you today.

In weeping and in joy, in the long hours of the night and in the hope of a rising sun, you are with me O God. You are my protector. Your love surrounds and upholds me. Weeping or rejoicing, I am yours.

Week 6: Day 2

Numbers 28

Light a candle or take some slow deep breaths to center yourself. Read the passage. Think about your offerings. What do you give? What do you keep? What does it mean to give away the first and best? to burn it up? Are you ready to trust God that much? Ask God to teach you to be generous.

My life is in your hands. All that I have is from your hands. Help me to give you the first fruits and trust that you will give me enough to take care of all my needs. Cast out all fear and fill my lips with praise.

Week 6: Day 3

Ezekiel 37:1-14

Light a candle or take some slow deep breaths to center yourself. Read this passage and look into the valley of death. It was God's breath that revived the dead bones. What was Ezekiel required to do? Do you wonder if your congregation will make it? God's Spirit is ready to blow. What is required of you? What will you do? What behaviors do you already have? What do you need to learn to do?

O Breath of Life. We are yours. The church is yours. I pray for the congregation. May it be filled with energy, creativity, joy. Give us courage to put everything on the table and allow you to give new life. Use us for your purposes.

Week 6: Day 4

Luke 24:13-52

Light a candle or take some slow deep breaths to center yourself. Read the passage. Some have said that if we had no other stories of Jesus, this one would be enough. Read it again, slowly. Hear the words spoken in fear and disillusion. Hear the words of teaching and reassurance. Sit at the table. What is revealed to you?

Risen Lord Jesus, make me your disciple. Speak to my fears. Show yourself to me in the breaking of bread. Teach me to speak with teaching and reassurance to those who live in fear and disillusion.

Week 6: Day 5

Matthew 28:16-20

Light a candle or take some slow deep breaths to center yourself. Read the story called the great commission. What is the biggest challenge for you in carrying out this commission? What does Jesus offer to reassure your fears and hesitations? Think about the people you have prayed for. Think of those you have not prayed for yet. Think about how this great commission can be lived out in your congregation. Read the passage again.

Precious Lord Jesus, you give us the biggest and most exciting job of all, and you give us everything we need to do it. Help me to cling to your promise, to dwell in the light of your presence and go make disciples.

Week 6: Day 6

Take stock of this 40 day experience. Hold images in your mind of people and situations you have prayed for. Think of the quality and depth of your relationship with Jesus. Think about new behaviors you have tried. What do you want to continue? What do you want to share? What is God calling you to do now?

Lord have mercy. Bless me with your love for others. Come with me on this new adventure of discipleship.