

A day walking with Jesus

Introduction To A Self-Guided Walking Retreat

Praying while walking is a time honoured practice among Christians. Pilgrimage, a long journey to a sacred place, goes back hundreds of years. In fact it might be argued that the journey of Israel from Egypt to the Promised Land was a pilgrimage. A long rambling journey that was used by God to transform a people and prepare them for the new life God had prepared for them.

On a pilgrimage, the journey is at least as important as the destination. In pilgrimage one gives attention to the work of the Spirit within, with the expectation that God is leading us to a new place.

If you can't join Kaye and Owen in Stanthorpe, decide what time you can give to this retreat and where you might walk. It can be undertaken over 1,2 or 3 days and I would suggest aiming for about 10 - 15kms per day. Divide your time in three, planning to use about the same amount of time on each section.

No matter how long you choose to walk, take about half an hour at the start of each section to sit and read through the guide. As you walk pay attention to your surroundings, being open to anything the Spirit might use to shape and guide your reflection. Remember there are no right answers and your internal journey might seem to have nothing to do with the content of the guide provided.

Your walk is with Jesus not the "retreat leader". Let Jesus take you where he wants and be open to the prompting of the Spirit.

Before you start the next session and when your walk is complete make some notes about anything that has been significant for you. Don't dismiss distractions along the way; they may be the promptings of the Spirit. Remember prayer is a conversation with God and God may want to change the subject to something that is important for you.

I trust that your pilgrimage will bring refreshment and inspiration and take you on a closer walk with God throughout your life.