

Pilgrimage at Home (Tony Cook March 24 2020)

The purpose of a pilgrimage is to journey physically and spiritually to learn something more or new about God and about yourself as you journey. This pilgrimage at home resource may help you to physically move about your home as a family whilst learning more about God and the faith in your family. Pilgrimage at home can be done in a house or flat using the rooms you have and ignoring any instructions that are not relevant to your home. It can be done across a whole day or part of a day, you decide. There are some suggestions but please feel free to change or adapt anything to make it relevant to the age of the people living in your household. There are five activities to help:

- Moving in and around your home
- Doing an activity together
- Linking the activity to scripture
- Reflecting in different ways
- Having a focus for prayer

Room	Activity	Bible verse to read in each space	Reflection	Prayer focus
Start at the front door to your home				
Front door	Have someone stand inside the house to let the others in whilst the rest of the household stand outside. Those outside knock on the door and enter, as you enter, greet each other with a welcome.	Revelation 3:20 (NIV) Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me.	Talk to each other about the things you like about your home. As you do so, listen out for God's voice because he is interested in all we do. After sharing invite someone to read the poem below. Love for Home Poem by Stupell Industries. May this home be a place of happiness and health; of patience, respect and generosity; a home full of creativity, humour and love. May those who live here, and	Thank God for your home and all the things you like about it. You might want to also welcome God afresh to be present in your home.

			those who visit, know only blessings and peace.	
Move to the Lounge / sitting and relaxing area				
Lounge / sitting and relaxing area	The lounge is usually somewhere in the home where people sit and relax. So why not watch a film or play a board game together as a way of relaxing	Genesis 2:2-3 (CEV) By the seventh day God had finished his work, and so he rested. God blessed the seventh day and made it special because on that day he rested from his work.	Make a list of all the fun things you like doing together and make a commitment to doing more fun things, you could even get a household calendar and put some fun things on dates. this could be hung up where everyone can see it.	Thank God for all the fun things you do together and pray that he helps you to make space to do them more often.
Move to the Bathroom				
Bathroom	When in the bathroom put some water in the sink and wash each other's hands with soap.	John 13: 4 – 7 (GNT) simplified Jesus rose from the table, poured some water into a bowl and began to wash the disciples' feet. When he came to Peter, Peter refused to have his feet washed by Jesus. Jesus answered him, you do not understand what I am doing, but later you will. If I don't wash your feet you can no longer be my disciple.	In Jesus' day only servants washed people's feet. The disciples believed Jesus was their king! And a King should never wash anyone's feet. This is possibly why Peter refused to let Jesus wash his feet. But the lesson Jesus wanted to teach his disciples was, it doesn't matter how important you think you are; you should always be prepared to serve and help others. Think for a few minutes about how you can help each other in your family. Then share this. after you might want to think how your family can help other people.	Have a moment of silence, before saying this prayer together Loving God help me each day to serve and help others. Amen.

Move to the Kitchen / place where food is prepared and made				
Kitchen / place where food is prepared and made. If the home has a dining room, you can move into this space to eat.	Go into the kitchen and prepare some food together, this could be a simple sandwich or a full meal. Then eat the food together.	John 6:35 (NIV) Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.	Have a conversation about the bible reading and what Jesus might have been saying when he said he is the bread of life. If you have time or feel it is appropriate, you could have a family agape communion using your own words and symbols of bread and wine.	Thank God for the food he provides for you and your family. Pray also for those who don't have enough food and for all the foodbanks helping to feed struggling families.
Move to the bedroom/s (this can be repeated for the number of bedrooms)				
Bedroom/ sleeping area (this can be repeated for the number of bedrooms)	Everyone sits on the bed / beds and the person / people who sleep in this room say what they most like about their bedroom. They could share their funniest / weirdest dream	Psalm 4:8 (NIV) In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.	If there is space everyone laydown, close their eyes and be silent for two minutes (try not to fall asleep) and reflect on God being with you as you sleep and rest.	After two mins someone read the verse from Psalm 4: 8 as a prayer, and all respond with amen.
Move to the garden / balcony /outdoor space (if applicable)				
Garden / balcony /outdoor space (if applicable)	If you are able, GO OUTSIDE, if you have a garden walk around the garden trying to spot things you have not seen before. If your outdoor space is limited, do what you	Psalm 8 (GNT) Lord, your name is the most wonderful name in all the earth! It brings you praise in heaven above. You have taught children and babies to sing praises to you to silences your enemies. I look at	Find a space in your outside space where you can be still and quiet for a few moments. In the stillness breath in the air, spend some time looking at the things around you, listen to the sounds, taking in the smells and colours. Also look out for any animals, birds and insects.	Arrange the things you found into a focus for prayer and use your own words to thank God for his creation. And ask him to show you how you

	<p>can. As you wonder around your outside space, collect things that can be arranged as a prayer focus.</p>	<p>the heavens, which you made with your hands. I see the moon and stars, which you created. But why is man important, why do you take care of human beings? You made man a little lower than the angels and you crowned them with glory. You put him in charge of everything you made and put all things under his control, all the sheep, the cattle and the wild animals, the birds in the sky, the fish in the sea, and everything that lives under water. Lord our Master, your name is the most wonderful name in all the earth.</p>	<p>As you do these things remember God made them and wants you to help look after them.</p> <p>Then come back together and share the things you saw, heard or smelt</p>	<p>can better look after the world.</p>
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