

# Introduction Pilgrim Pathways

In the Christian Faith Some people choose to go on a pilgrimage, a walking journey that gives them space to reflect and think about their relationship with God and how they can follow Jesus' example and be loving, giving and compassionate to the world around them.

With 6 weeks of content, Pilgrim Pathways will take pupils on a pilgrimage journey, looking at 6 different items that are important on a walking pilgrimage. Each week will focus on a different item beginning with a lamp and followed with a map, first aid kit, walking stick, shelter and finally food & drink. Pilgrim Pathways will help pupils explore how these items symbolise ideas that can help them when facing challenges in their personal life journey. They are designed to encourage reflection and practical actions that can support pupils' wellbeing and happiness.

Each week, the resource includes:

- An introduction to the pilgrimage symbol
- Bible links
- A short video reflection
- 4 practical challenges
- A closing prayer

The resource can be used for collective worship in school or church settings. Activities and challenges are suitable for KS2 and KS3 but can be adjusted for use with KS1 and KS4 pupils. Downloadable resources come in the form of a PowerPoint, video files and printable sheets.

The concept and original concept was designed by the Archbishops Young Leaders Award and developed and adapted with permission by Faith in the North.



# Week 1 Called out of Darkness.

## Symbol- A lamp

John 8:12

12 Later, Jesus talked to the people again. He said, "I am the light of the world. The person who follows me will never live in darkness. He will have the light that gives life."

International Children's Bible

Matthew 4:17-20

<sup>17</sup> From that time Jesus began to preach, saying, "Change your hearts and lives, because the kingdom of heaven is coming soon." <sup>18</sup> Jesus was walking by Lake Galilee. He saw two brothers, Simon (called Peter) and Simon's brother Andrew. The brothers were fishermen, and they were fishing in the lake with a net. <sup>19</sup> Jesus said, "Come follow me. I will make you fishermen for men." <sup>20</sup> At once Simon and Andrew left their nets and followed him.

International Children's Bible

## Intro

Lots of people from different faiths undergo special journeys called Pilgrimages. These experiences give them space to reflect and think about their relationship with God and how their faith can impact their lives.

Walking Pilgrimages are often quite simple, and people carry very little, but there are some key items that help people to find their way. Our first item today is a lamp. Watch our short video on the next slide, explaining what pilgrimage is and how a light can help us during our journey.



## Questions

- Who or what brings light into your life?
- How can they help you on life's journey?
- How and where can you bring light into the lives of others?

## Activities

### *Discover*

- Research the story of 'The Lady of the Lamp'.
- How did she bring light into the darkness of war?
- What Can you learn from her example?

### *Reflect*

Try a finger labyrinth. Use this as a time to think, reflect or to pray about bringing light to the world. (You can find one on the Faith in the North resource hub)

## Prayer

Loving Lord, you lay a path before us and light our way. Help us to see where we can be light in the darkness.

Lord bless us with a light filled journey through life.

Amen.

### *Create*

- Make your own lamp. Use coloured film for the windows and place an LED tealight inside to let the light shine out.
- On the outside write character virtues that a person needs to bring light in a dark place.

### *Act*

- Who has been an important light in your life? How could you say thank you to them?
- Where can you be a light for others and show kindness?



# Week 2 My Chart and Guide

## Symbol- Map

### Psalm 119:17-20

<sup>17</sup> Bless me with life so that I can continue to obey you. <sup>18</sup> Open my eyes to see wonderful things in your Word. <sup>19</sup> I am but a pilgrim here on earth: how I need a map—and your commands are my chart and guide. <sup>20</sup> I long for your instructions more than I can tell.

The Living Bible

### Matthew 22:37-40

<sup>37</sup> Jesus replied, “‘Love the Lord your God with all your heart, soul, and mind.’ <sup>38-39</sup> This is the first and greatest commandment. The second most important is similar: ‘Love your neighbour as much as you love yourself.’ <sup>40</sup> All the other commandments and all the demands of the prophets stem from these two laws and are fulfilled if you obey them. Keep only these and you will find that you are obeying all the others.”

The Living Bible

## Intro

When we set out on a journey we make a plan. We might look at a map or check the route out. We might look at the weather forecast and pack wellies or a sun hat. What we can find out beforehand is important or we could find ourselves under prepared for a situation. The key item on our pilgrimage today is a map. Watch our video to see why a map is an important tool on our journey.



## Questions

Who or what acts like a map in your life and helps gives you direction?

What are you passionate about?

Is there something that gives a strong direction in your life and shapes your actions?

## Activities

### Discover

- Find out about someone whose faith gives a strong direction to their beliefs and actions.
- Discover how their faith helps them to make a difference in the world or their local community.

### Reflect

- What are you passionate about? What is really important to you?
- How can you raise awareness about this issue, in your school or the wider community?

## Prayer

Creator God, who made the world and all that is in it

Guide us on our journey with you with peace and love

Jesus came to show us the Way, the Truth and the Life

Help us to follow his path

Show us who to serve and how to help them

Amen

### Create

- Take some time to reflect on who or what gives you direction in your life.
- Make a map or timeline of your life's journey so far with these ideas and include where you would like to go in the future.

### Act

- Create an act of collective worship or share with others in an assembly about a cause you are passionate about.
- Create a map or guide that might help younger pupils, or siblings with an issue they are struggling with.



# Week 3 The Lord is my Strength

## Symbol- First Aid Kit

### Psalm 28

<sup>6</sup> Praise be to the LORD,  
for he has heard my cry for mercy.

<sup>7</sup> The LORD is my strength and my shield;  
my heart trusts in him, and he helps me.

My heart leaps for joy,  
and with my song I praise him.

### Luke 8:40-56

<sup>48</sup> Then [Jesus] said to her, "Daughter, your faith has healed you. Go in peace." <sup>49</sup> While Jesus was still speaking, someone came from the house of Jairus, the synagogue leader. "Your daughter is dead," he said. "Don't bother the teacher anymore." <sup>50</sup> Hearing this, Jesus said to Jairus, "Don't be afraid; just believe, and she will be healed." NIV

## Intro

Going on a Journeying or pilgrimage can be a great transforming experience, but it can also be difficult. It can be physically tough and sometimes even difficult mentally and emotionally. The third item to help us on our journey is a first aid kit. Watch the video and find out what can be a helpful first aid kit as we pilgrimage.



## Questions

If the journey of life becomes hard, who can you turn to for support?

Who offers a good listening ear?

Who could you recommend to a friend that might be struggling?

## Activities

### Discover

- Research charities and organisations that can help children and young people with their physical or mental health.
- Design a display that can be seen in school or ask if you can have a page on the school website to display links to good support.

### Reflect

- Try a finger labyrinth journey. Use this as a time to think, reflect or to pray about any challenges you are facing.
- What might help you face those challenges? Who could you talk to about those challenges?

## Prayer

God of all time

Stay close to us as we journey. When our feet and our hearts are weary, we ask for your protection and comfort. When we laugh and enjoy the sunshine, help us continue to support and encourage others. We ask that you give us good friends for the journey and help us to be good friends to others.

Amen

### Create

- Read Psalm 121. If you know of someone who needs some reassurance, write or print it out for them.
- Create a card or bookmark with words of encouragement to give to someone who is struggling.

### Act

- Create a motivation or encouragement corner in school. Fill this with activities, inspiring quotes or prayers that will help others feel supported
- Take a walk with a friend or family member. How could you encourage each other on this journey?



# Week 4 Firm Foundations

## Symbol Walking stick

Hebrews 11:1-16

<sup>1</sup>Faith shows the reality of what we hope for; it is the evidence of things we cannot see. <sup>2</sup>Through their faith, the people in days of old earned a good reputation. NLT

Luke 6 47-49

<sup>47</sup> As for everyone who comes to me and hears my words and puts them into practice, I will show you what they are like. <sup>48</sup> They are like a man building a house, who dug down deep and laid the foundation on rock. When a flood came, the torrent struck that house but could not shake it, because it was well built. <sup>49</sup> But the one who hears my words and does not put them into practice is like a man who built a house on the ground without a foundation. The moment the torrent struck that house, it collapsed and its destruction was complete.” NIV

## Intro

Many people who go on a walking pilgrimage take with them a walking stick to help them stay strong and stable. Watch the video explaining how a walking stick can also be a symbol of all the wise people who have gone before us, who inspire us and help us continue on our journey.



## Questions

Who from the past or present is like a walking stick in your life?

Who keeps you strong and stable?

Who inspires you and supports you on your journey?

## Activities

### Discover

- Ask someone with a faith to share with you their experience of God.
- How does their faith help them on life's journey?

### Create

- Draw around your feet and those belonging to someone with bigger feet to create some footprints.
- Write or draw in the bigger footprints the character virtues of someone who inspires you.
- Write or draw on the smaller footprints character virtues you would like to develop and how you will work towards that.

## Prayer

Loving Lord

You stayed close to the Father in prayer help us to stay close to your ways. Thank you for inspiring people today and in history place in our path people who are wise helpers. Show us how we can inspire and support others each day

Amen

### Reflect

- Use the letters of the word inspire to help you think about the character and qualities of someone who inspires you. For example i- for interesting, p- for patient.
- Choose two that you would like to develop. How might you do this?

### Act

- Share a skill or talent that you or your friends have that others can be inspired by and encourage others to learn and develop it.
- Celebrate someone who has inspired you on your journey. Call or write them a letter to thank them.



# Week 5 Shelter from the Storm

## Symbol - Shelter

Psalm 46:1-3

<sup>1</sup>God is our refuge and strength,  
an ever-present help in trouble.

<sup>2</sup>Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,

<sup>3</sup>though its waters roar and foam  
and the mountains quake with their surging. NIV

Matthew 8:23-27- Jesus Calms the Storm

<sup>23</sup> Then he got into the boat and his disciples followed him. <sup>24</sup> Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. <sup>25</sup> The disciples went and woke him, saying, "Lord, save us! We're going to drown!" <sup>26</sup> He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm. <sup>27</sup> The men were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!"

NIV

## Intro

When people take part in walking pilgrimages, they need to find shelter at night, some will camp, some will book places to stay along the way. Sometimes during a day's walking, people will need to take shelter or find a place of safety. Our fifth item is shelter. Watch the video to find out more about the shelters found on Lindisfarne in Northumberland, also known as Holy Island, and where we can take shelter during the storms of life.



## Questions

who or what helped you when life has felt stormy?

Have you tried something new, outside your comfort zone?

What did you learn about yourself during this time?

## Activities

### Discover

- Find out about someone who has shown resilience during difficult times: Nelson Mandela, Bethany Hamilton, Martin Luther King.
- What helped them carry on trying?
- How can their story encourage us?

### Create

- Find a box and some lollipop sticks and make a shelter like those on Holy Island.
- On the inside of the walls write or draw things that you shelter from.
- On the outside write or draw people or things that help you when you are scared and need to shelter.

## Prayer

Jesus, friend and saviour Be with us in the storms of life

Encourage us to step out of our comfort zone

Help us to be open to new things and to grow in confidence.

Help us to see ourselves as you see us, full of potential for good

Amen

### Reflect

- Build a wall of resilience bricks. Cut brick shapes in paper. Write on each of them times when you have faced something new or have been worried, but still achieved it and developed new skills or bravery.
- Think of who has encouraged you and the character virtues you developed. Add these to your wall.

### Act

- Try out a new activity or hobby, perhaps without the security of your circle of friends. Take this as an opportunity to stretch yourself.
- Support or raise awareness for a homeless charity that offers people shelter.



# Week 6 Serving Others

## Symbol Food & Drink

Matthew 25:35

For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in,

More Reading: Matthew 14:13-21

1When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns. 14 When Jesus landed and saw a large crowd, he had compassion on them and healed their sick.

As evening approached, the disciples came to him and said, "This is a remote place, and it's already getting late. Send the crowds away, so they can go to the villages and buy themselves some food."

Jesus replied, "They do not need to go away. You give them something to eat."

"We have here only five loaves of bread and two fish," they answered.

"Bring them here to me," he said. 19 And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. 20 They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over. 21 The number of those who ate was about five thousand men, besides women and children.

## Intro

The final item needed on our pilgrimage is food and nourishment. On walking pilgrimages, the food is often quite simple, traditional to the places pilgrims are visiting, but it helps to sustain them, so they have enough energy to walk. One day Jesus took a small amount of food and made it so there was enough to go around. Watch the video on the next slide to find out more.



## Questions

Who do you connect with during your mealtimes?

How could you use that mealtime differently?

What activities or actions do you do that show your care for others?

## Activities

### Discover

- Find out more about the charities Trussell Trust, FareShare or Home-Start. How do they support those in need?
- Can you raise awareness of their work, collect food, or raise money for them?

### Create

- Make a meal, cake or biscuits for someone in your community.
- Decorate the cake or biscuits with something that shows why you have chosen this person to receive your gift.

### Reflect

## Prayer

Loving Lord

We thank you for travelling alongside us on our journey of life

Thank you for showing us the way. Help us to follow your example as we travel alongside many others. Continue to light our path this Easter and beyond so that we may see where we can serve one another

Amen

- What do you know about the story of Jesus? What examples from his life and teaching do you try to follow in your life?
- What questions do you have about faith in God? Write them down and ask a teacher you trust, school chaplain, Christian youth worker or local vicar to share their thoughts.

### Act

- Provide some fun activities, pre-recorded songs, a quiz, or story telling for a group of people in an elderly residents' home.
- Make a bag of hope for lonely residents in your community with a message of encouragement.



