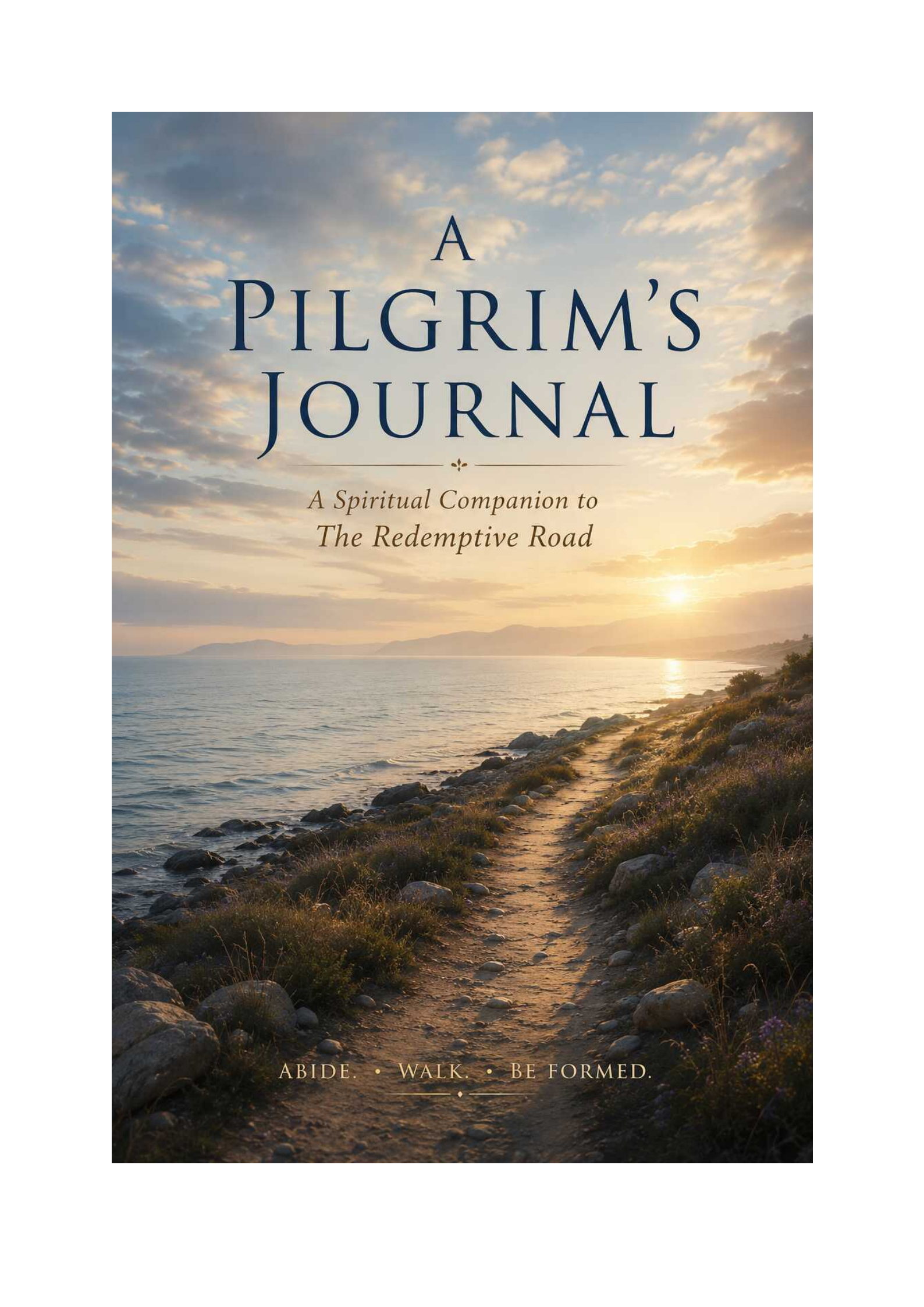




A PILGRIM'S JOURNAL

*A Spiritual Companion to
The Redemptive Road*

ABIDE. • WALK. • BE FORMED.

A PILGRIM'S JOURNAL

**A SPIRITUAL COMPANION TO THE
REDEPTIVE ROAD**

*"TEACH ME YOUR WAY, O LORD,
THAT I MAY WALK IN YOUR TRUTH."
(PSALM 86:11)*

BEN F. GRAY

COMPANION RESOURCE FOR THE BOOK, *THE REDEPTIVE ROAD — A LIVING
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A PILGRIM'S JOURNAL

A SPIRITUAL COMPANION TO: *THE REDEMPTIVE ROAD*

Introduction: The Journal as Sacred Journey

Discipleship is not merely something to be learned; it is a path to be walked. Theology informs the mind, but pilgrimage forms the soul. This journal is an invitation to slow your pace, attend to the presence of God, and reflect on the ways His Spirit is shaping you along the journey.

Throughout Scripture, God often forms His people on the road. Abraham followed a call into the unknown. Israel learned trust in the wilderness. The prophets encountered God in deserts, caves, and lonely places. Jesus Himself frequently withdrew from the crowds to pray, seeking communion with the Father in solitude and silence. The early Church continued this pattern, discovering that deserts, rivers, mountains, and remote places could become classrooms of grace and spaces of transformation.

This journal grows out of that same tradition. It is not a workbook to complete, but a companion for the journey. Its purpose is not performance but attentiveness; not perfection but presence. Through prayer, Scripture, reflection, and honest listening, it invites you to notice where God is already at work and how He may be calling you deeper into the life of Christ.

As you move through these pages, take your time. Sit with the questions. Pray through the Scriptures. Allow silence to become part of your response. Let your reflections become conversation with God.

One of the lessons I learned while travelling through the deserts of the Middle East is that, in the biblical imagination, the ear often takes precedence over the eye. Spiritual formation begins not merely in seeing but in hearing. Again and again, Scripture calls us to listen:

"He who has an ear, let him hear what the Spirit says..." (Revelation 2:7)

Listening is the posture of a disciple.

Remember:

You are not writing to impress — you are writing to remember.

You are not journaling to achieve — you are journaling to abide.

May these pages become a place of encounter, reflection, and renewal as you continue walking the Redemptive Road.

"The path of the righteous is like the light of dawn, which shines brighter and brighter until full day." (Proverbs 4:18)

Note: This journal serves as a companion to the book, *The Redemptive Road*. While it may be used independently, it reflects many of the themes explored in the book: pilgrimage, discipleship, prayer, sacred place, faithful presence, and spiritual formation. Together, they invite us to discover that discipleship is not merely information to be learned but a journey of formation in Christ.

(5-10 MINUTES EACH EVENING)

A Pilgrim's Breath Prayer

Pause for a moment of silence and pray the words slowly.

- *What grace met me today?*
- *Where did I feel close to God?*
- *Where did I feel distant from God?*

Do not worry about finding the right words.

Let them be simple.

Let them be true.

Let them become seeds of prayer and reflection.

As you finish, entrust the day to God and rest in the confidence of His presence and grace.

[illegible]

¹ Adapted from the ancient 8th-century Irish prayer, St. Patrick's Breastplate.

WEEKLY RHYTHM OF JOURNALING

The journey of discipleship unfolds one step at a time.

The following seven-day rhythm is designed to help you reflect prayerfully on key themes explored throughout *The Redemptive Road*.

Each day focuses on a different aspect of the pilgrim life: attentiveness, listening, surrender, prayer, service, community, and worship.

Move through the days at your own pace.

You may choose to complete one day each week, one day each day, or revisit particular themes as needed.

Take time to read the Scriptures slowly, sit with the reflection questions, and respond honestly to the prompts.

There are no right answers.

The goal is not to finish the journal, but to become more attentive to the work of God in your life.

As you begin, invite the Holy Spirit to guide your thoughts, shape your prayers, and deepen your walk with Christ.

DAY 1 – WHERE AM I ON MY JOURNEY?

Every pilgrimage begins with an honest recognition of where we are. Before looking ahead, take a moment to consider your present season of life and faith. Bring your thoughts before God without pretence or pressure, trusting that He already knows your heart and welcomes your honest reflection.

Reflection Questions

- Am I resting in the Lord's presence, or am I striving toward the next thing?
- What rhythms currently nourish my soul, and which ones leave me weary?
- How are prayer, solitude, worship, community, and service shaping my walk with Christ?
- In what ways might the Holy Spirit be inviting me to walk with Jesus, not merely work for Him?

Journal Prompt

"Today, I feel as though I am in the part of the journey where..." _____

Prayer

"Lord, help me to see myself honestly and to recognise Your presence in this season of my journey. Guide my steps and teach me to walk closely with You."

Scripture for Reflection

- Psalm 139:23–24
"Search me, O God, and know my heart! Try me and know my thoughts! ... and lead me in the way everlasting!"
- Matthew 11:28–30
"Come to me, all who labour and are heavy laden, and I will give you rest."
- Isaiah 30:15
"In returning and rest you shall be saved; in quietness and in trust shall be your strength."

Pilgrim's Phrase for the Day

"In returning and rest you shall be saved." (Isaiah 30:15)

Create Your Own

"Today, my phrase for the journey is..." _____

DAY 2 – LISTENING TO THE LAND AND SPIRIT

Throughout Scripture, God often met people in particular places—a wilderness, a mountain, a riverbank, a garden, a shoreline, or a quiet hillside. While God is present everywhere, certain places can help us become more attentive to His presence.

Moses encountered God in the wilderness. Elijah heard His gentle voice on the mountain. The disciples walked with Jesus along the shores of Galilee and encountered Him again by the sea after His resurrection. Today, reflect on the spaces, landscapes, and environments that have helped you listen more deeply to the voice of God.

Reflection Questions

- Where do I feel most aware of God's presence—a physical place, a landscape, a room, or a sacred space?
- How have particular places shaped my experience of grace and spiritual growth?
- Are there locations that remind me of God's faithfulness, peace, or guidance?
- How might I create or revisit a space of stillness and attentiveness in this season?

Journal Prompt

"The place where my soul listens best is..." _____

Prayer

"Lord, open my ears to hear Your voice and my eyes to recognise Your presence. Help me to find stillness in You and to become attentive to the ways You are speaking in my life."

Scripture for Reflection

- Exodus 3:5
"Do not come near; take your sandals off your feet, for the place on which you are standing is holy ground."
- Luke 5:16
"But he would withdraw to desolate places and pray."
- Psalm 19:1
"The heavens declare the glory of God, and the sky above proclaims his handiwork."

Pilgrim's Phrase for the Day

"Be still, and know that I am God." (Psalm 46:10)

Create Your Own

"Today, my phrase for the journey is..." _____

DAY 3 – EMBRACING EXILE AND PRESENCE

The people of God have often been shaped in seasons of exile. Abraham left what was familiar. Israel learned dependence in the wilderness. The early Christians understood themselves to be strangers and pilgrims in the world.

Centuries later, the Desert Fathers of Egypt and North Africa withdrew to the margins of society in search of deeper communion with God, while Celtic pilgrims crossed seas and frontiers as *peregrini pro Christo*—pilgrims for Christ—entrusting themselves to His leading wherever He might take them.

Exile is not simply about geography; it is the spiritual recognition that our deepest identity and hope are found in God rather than in comfort, success, or security.

Today, reflect on what it means to live as a faithful presence where God has placed you, while remembering that your ultimate home is in Him.

Reflection Questions

- What comforts, habits, or routines might God be inviting me to loosen my grip on in this season?
- Where am I being called to live as a faithful witness in my daily relationships, work, community, or place of service?
- In what areas of life am I tempted to settle for comfort rather than deeper trust in God?
- What might a “holy exile” look like for me at this stage of my journey?

Journal Prompt

"A small exile I can embrace this week is..." _____

Prayer

"Lord, teach me to hold lightly the things that draw my heart away from You. Help me to live faithfully where You have placed me, trusting that my true home is found in Your presence."

Scripture for Reflection

- 1 Peter 2:11
"Beloved, I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul."
- Jeremiah 29:7
"But seek the welfare of the city where I have sent you into exile, and pray to the Lord on its behalf..."
- Hebrews 13:14
"For here we have no lasting city, but we seek the city that is to come."

Pilgrim's Phrase for the Day

"I am a pilgrim, not a settler."

Create Your Own

"Today, my phrase for the journey is..." _____

DAY 4 – PRAYER AS SACRED GEOGRAPHY

Prayer is more than words spoken to God; it is a journey of the heart into His presence. Like a pilgrim travelling a road, we experience different landscapes in prayer. At times we walk through deserts of waiting, beside still waters of peace, along shores of renewal, or across hills of fresh vision and hope. Each landscape can become a place of encounter where God meets us and draws us closer to Himself.

Today, take time to reflect on the terrain of your prayer life and the ways God may be inviting you to walk more deeply with Him.

Reflection Questions

- If I were to picture my prayer life as a landscape, what would it look like today?
- Am I walking through a season of desert, shore, mountain, valley, river, or open road?
- Where have I recently experienced God's presence, guidance, comfort, or challenge in prayer?
- What invitation might the Holy Spirit be extending to me through this season of the journey?

Journal Prompt

"Today, my prayer path looks like..." _____

Prayer

"Lord, teach me to walk slowly, listen deeply, and recognise Your presence along every stretch of the journey. Whether the road is familiar or unknown, help me to trust that You are walking with me."

Scripture for Reflection

- Psalm 23:2–3

"He makes me lie down in green pastures. He leads me beside still waters. He restores my soul."

- Luke 24:32

"Did not our hearts burn within us while he talked to us on the road, while he opened to us the Scriptures?"

- Mark 1:35

"And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed."

Pilgrim's Phrase for the Day

"Lead me beside still waters." (Psalm 23:2)

Create Your Own

"Today, my phrase for the journey is..." _____

DAY 5 – SERVICE AS SPIRITUAL FORMATION

The Christian life is not formed by prayer alone. God also shapes us through acts of service, hospitality, compassion, and faithful obedience. Often, it is in serving others that we discover both the presence of Christ and the transforming work of the Spirit within us.

Jesus did not merely teach about servanthood; He embodied it. He washed the feet of His disciples, welcomed the overlooked, and gave Himself for the life of the world. As we follow Him, service becomes more than something we do—it becomes part of who we are becoming.

Today, reflect on the ways God may be using service to shape your character, deepen your faith, and draw you into His mission.

Reflection Questions

- How has God used service to shape and mature my faith?
- When have I encountered Christ through serving others?
- Do I experience joy, burden, resistance, or renewal in serving?
- How might I serve in a way that forms me spiritually rather than simply exhausts me?

Journal Prompt

"In serving others, I see God in..." _____

Prayer

"Lord Jesus, form Your servant heart within me. Help me to serve with humility, wisdom, and love. May my actions reflect Your grace, and may my service become an offering of worship to You."

Scripture for Reflection

- John 13:14–15
"If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you also should do just as I have done to you."
- Matthew 25:40
"Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me."
- Galatians 5:13
"Through love serve one another."

Pilgrim's Phrase for the Day

"As you did it to one of the least of these..." (Matthew 25:40)

Create Your Own

"Today, my phrase for the journey is..." _____

DAY 6 – WALKING WITH THE CLOUD OF WITNESSES

No pilgrim walks entirely alone. Throughout history, countless believers have followed Christ with courage, faithfulness, sacrifice, and hope. Some are remembered in books and histories; many more are known only to God. Yet all bear witness to the faithfulness of Christ across the generations.

The writer of Hebrews reminds us that we are surrounded by "so great a cloud of witnesses." Their lives encourage us to persevere, trust God's promises, and continue the journey set before us.

As we walk the Redemptive Road, we do so in the company of those who have gone before us and those who walk beside us today.

Today, reflect on the people whose faith has shaped your own journey.

Reflection Questions

- Who has most influenced and encouraged my walk with Christ?
- What qualities of faith, courage, humility, or perseverance do I admire in them?
- How has God used spiritual companions, mentors, family members, or faithful believers to strengthen me?
- What kind of legacy of faith am I leaving for others?

Journal Prompt

"A witness whose journey encourages me is..." _____

Optional Reflection

Write a short letter of gratitude to someone whose life has helped shape your faith. If they are no longer living, write as an act of remembrance and thanksgiving to God.

Prayer

"Lord, thank You for those who have walked before me and those who walk beside me today. Strengthen me through their example, and help me to live faithfully so that my life may encourage others to follow Christ."

Scripture for Reflection

- Hebrews 12:1–2

"Therefore, since we are surrounded by so great a cloud of witnesses... let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith."

- 2 Timothy 1:5

"I am reminded of your sincere faith, a faith that dwelt first in your grandmother Lois and your mother Eunice..."

- Philippians 3:17

"Brothers, join in imitating me, and keep your eyes on those who walk according to the example you have in us."

Pilgrim's Phrase for the Day

"We are surrounded by so great a cloud of witnesses." (Hebrews 12:1)

Create Your Own

"Today, my phrase for the journey is..." _____

Optional Closing Prayer

*"God of all generations,
Thank You for those who have gone before me in faith.
May their witness strengthen my resolve,
their faith encourage my trust,
and their perseverance inspire my obedience.
Help me to run my race with endurance,
fixing my eyes on Jesus,
and trusting Your grace for every step of the journey.
Amen."*

DAY 7 – CREATING MY PILGRIM'S PRAYER

Every journey leaves its mark upon us. As you reach the end of this week's pilgrimage, take time to reflect on what God has been revealing, teaching, encouraging, or challenging in your life.

Throughout these pages you have considered your present season, listened for God's voice, reflected on pilgrimage and exile, explored the landscape of prayer, considered the role of service, and remembered the cloud of witnesses who walk before and beside you.

Now pause and gather these reflections into a prayer of your own.

Allow your words to be simple and honest.

Give thanks. Express your hopes, questions, longings, and commitments.

Offer the journey back to God and entrust the road ahead to His care.

Reflection Questions

- Looking back over this week, what themes or insights have emerged most clearly?
- Where have I sensed God's presence, guidance, or invitation?
- What is God teaching me in this season of my journey?
- What prayer is rising from my heart today?

Journal Prompt

Compose your own prayer, poem, blessing, or reflection to the Lord.

Write freely and honestly, using the language of your own journey. _____

Prayer

"Lord, let the journey shape my prayer, and let my prayer shape my life. May my words draw me closer to You, and may my life become a testimony to Your grace and faithfulness."

Scripture for Reflection

- Psalm 45:1

"My heart overflows with a pleasing theme; I address my verses to the king..."

- Romans 12:1

"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship."

- 1 Thessalonians 5:17-18

"Pray without ceasing; giving thanks in all circumstances."

Pilgrim's Phrase for the Day

"My heart overflows with a pleasing theme." (Psalm 45:1)

Create Your Own

"Today, my phrase for the journey is..." _____

LOOKING BACK AND MOVING FORWARD

As you come to the end of this seven-day journey, take a moment to pause and reflect on the road you have travelled.

Over the past week you have considered where you are on your journey, listened for God's voice, reflected on the call of pilgrimage, explored the landscape of prayer, considered the role of service, and remembered those who have walked before you in faith.

Perhaps some reflections have brought encouragement. Others may have raised questions, challenges, or new invitations from the Holy Spirit. Whatever your experience, take a moment to consider what God may have been teaching you through this time of prayer and reflection.

The path you have walked through these pages reflects a deeper pattern of discipleship:

Awareness.

Attentiveness.

Identity.

Communion.

Participation.

Companionship.

Response.

This is the rhythm of the pilgrim life.

At the heart of this journey lies a simple but profound truth:

Discipleship is not merely information to be learned but a journey of formation in Christ.

The goal is not simply to know more about Him, but to walk with Him, listen to Him, follow Him, and be transformed into His likeness through the work of the Holy Spirit.

The Desert Fathers² understood this. The Celtic *peregrini*³ understood this. The first disciples understood this. The journey itself becomes a place of transformation as we learn to walk faithfully with Christ.

Yet the journey does not end here.

The purpose of pilgrimage is never merely to arrive at a destination, but to be continually shaped by the One who calls us onward.

The Desert Fathers discovered that the wilderness could become a place of encounter. The Celtic pilgrims crossed seas and frontiers, trusting God to guide their steps. The first disciples left familiar roads to follow Jesus, embracing a path that demanded trust, and discovered that the journey itself became part of their formation.

The same invitation remains today.

You may not be called to cross a desert or sail into unknown waters, but you are called to follow Christ faithfully in the places where He has planted you. Every prayer, every act of

² The Desert Fathers and Mothers were early Christian hermits, monks, and ascetics who lived in the Egyptian desert and surrounds from the third century onward.

³ The *peregrini* were early Celtic Christian pilgrims—primarily from Ireland and Scotland—who left their homelands in voluntary exile.

As you step beyond these pages, remember the invitation that has echoed throughout this journal and throughout *The Redemptive Road*:

Walk.

Abide in Christ, remaining rooted in His presence, His Word, and His love.

Be formed into the likeness of Christ, as the Holy Spirit shapes your character, renews your mind, and deepens your faith.

May you continue along the Redemptive Road with hope and perseverance, attentive to the Spirit's voice and confident in God's faithfulness.

And may the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all.

"The path of the righteous is like the light of dawn, which shines brighter and brighter until full day." (Proverbs 4:18)

As you conclude this journey, take a moment to offer yourself afresh to God through prayer.

Additional thoughts: _____

[illegible]

CLOSING PRAYERS FOR THE JOURNEY

As you conclude this week's reflections, take a moment to offer yourself afresh to God.

These prayers are provided as companions for the road ahead. You may pray them as written, adapt them in your own words, or return to them whenever you desire to renew your commitment to Christ.

Whether you find yourself at the beginning of the journey, in the midst of the road, or entering a new season of discipleship, may these prayers help you remain attentive to the Spirit's leading and rooted in the grace of God.

Choose one prayer, or pray all three slowly and thoughtfully, allowing the words to become your own.

Prayer of Surrender and Filling

(References: Romans 12:1–2; Ephesians 5:18; John 16:13)

“Father, I offer myself to You again—body, soul, and spirit—as a living sacrifice, holy and acceptable in Christ. Do not let me be conformed to the pattern of this world, but transform me by the renewing of my mind through Your Word and Spirit.

Holy Spirit, fill me afresh. Lead me into all truth. Guide my steps, sanctify my desires, and empower me to live as a witness to the gospel of Jesus.

Help me to walk in obedience, not by might nor by power, but by Your Spirit (Zechariah 4:6).

Let Your fruit grow in me—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control—so that my life might glorify the Father.

In Jesus' name, Amen.”

Prayer of Commission and Dependence

(References: Matthew 28:18–20; Acts 1:8; Galatians 5:25)

“Lord Jesus, You have all authority in heaven and on earth. I thank You for calling me to follow You and walk this Redemptive Road. As I go into a new week, teach me to obey all that You have commanded and to make disciples by my life and words.

Holy Spirit, clothe me with power from on high. Fill me with boldness, wisdom, and compassion to be a faithful witness in every place You send me. Help me to live in step with You, not running ahead or falling behind.

Keep my heart sensitive to Your voice and my hands ready to serve. May Your presence go before me, and may Your glory be revealed in and through me.

In the name of the Father, and of the Son, and of the Holy Spirit, Amen.”

Prayer of Abiding and Fruitfulness

(References: John 15:1–11; Psalm 1; Colossians 1:9–12)

“Father, thank You for drawing me to Yourself and inviting me to abide in You. Help me to remain connected to the True Vine, so that I may bear lasting fruit that glorifies Your name.

Teach me to abide in Your Word and in prayer daily. Let Your Spirit cultivate patience and endurance in my heart, so that I may grow in love and grace.

Fill me with the knowledge of Your will through all wisdom and spiritual understanding, that I might walk worthy of You, bearing fruit in every good work and growing in the knowledge of God.

May Your peace guard my heart and mind in Christ Jesus as I journey forward. Amen.”

Scripture Acknowledgment

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