



SANDHURST PILGRIMAGE
PILGRIM GUIDE
FORMATION # 1

PRAYER

HOPE IS ALIVE!

YOU BELONG!

YOU ARE KNOWN!

YOU ARE LOVED!

YOU ARE SENT!

PRAYER & REFLECTION

Scripture Reading

Luke 11:1-13

He was praying in a certain place, and after he had finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." So he said to them, "When you pray, say:

Father, may your name be revered as holy.
May your kingdom come.
Give us each day our daily bread.
And forgive us our sins,
for we ourselves forgive everyone indebted to us.
And do not bring us to the time of trial."

And he said to them, "Suppose one of you has a friend, and you go to him at midnight and say to him, 'Friend, lend me three loaves of bread, for a friend of mine has arrived, and I have nothing to set before him.' And he answers from within, 'Do not bother me; the door has already been locked, and my children are with me in bed; I cannot get up and give you anything.' I tell you, even though he will not get up and give him anything out of friendship, at least because of his persistence he will get up and give him whatever he needs.

"So I say to you, Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. Is there anyone among you who, if your child asked for a fish, would give a snake instead of a fish? Or if the child asked for an egg, would give a scorpion? If you, then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!"

- Think about or share a line from the reading that struck you in a particular way.
- Jesus instructs us to pray and pray persistently.
 - What is prayer?
 - Why do we pray?
 - How do we pray as a Catholic Community and as individuals?
 - What is your experience of prayer?

Composing a personal/ group prayer

You may choose to do this activity as a part of your group session or to reflect and complete this activity in your own time and your own space. Remember that prayer is deeply personal and there are as many ways to pray as there are people who pray. For example, instead of writing a fully composed prayer of words, you may want to just focus on single words on a page, or short phrases, or you may like to express your prayer through art or write a short song.

- **Invite Jesus** to enter into your personal faith journey and into your pilgrimage journey to ACYF.
- Ask the **Holy Spirit** to help you to **SEE, HEAR, FEEL** and **RECOGNISE** the **presence of Jesus** throughout the pilgrimage.

Throughout your pilgrimage journey, keep coming back to the following questions:

What is Jesus saying to me through these experiences?

How am I growing in my relationship with Jesus?

DAILY PRAYER CHALLENGE

Daily prayer helps to build a personal relationship with God. It is a time to listen, speak and grow in faith, making Jesus a part of your everyday life. Prayer and reflection can help us to process our thoughts, emotions and experiences. In a world full of distractions and pressures, this habit can bring peace, clarity, and a sense of purpose and help us make choices that are grounded in love and guided by the Holy Spirit.

Spending time in prayer reminds us that we are not alone and God walks with us through every challenge. The ACYF Pilgrimage Prayer Challenge is to begin and end every day with prayer and reflection. If you miss a day or two, don't give up. That's okay. Faith is a journey, and there will be times when it is hard and we fall. Jesus calls us to get back up and keep going.

This is just a guideline to help you. They are not rules. Everyone has a different way to pray and this way may not be your way. Make this time your own and do it in a way that helps you feel closer to God.

If you are struggling with prayer, reach out to your small group leader or a fellow pilgrim for support and guidance. Perhaps you may find it easier at the beginning to pray with a friend or in a group and this is also a way that you can share and grow together on your journey.

Start the day with Scripture:

You may want to begin with a prayer that you have composed or with an **Our Father** or simply take a moment to become still and invite the Holy Spirit into your heart.

Read the Scripture based on the reference provided for each day. A physical Bible in your hands is best but if you must, you can find the reading online – just be sure that you aren't distracted by anything else on your device.

After reading the scripture, take a few moments to think about what stands out for you; any words, phrases or ideas. Allow the Spirit to speak and open yourself to listen.

Reflect on the questions provided for each day. If you want to, record your responses, thoughts and ideas into your journal (write, draw, doodle).

Physically recording these prayerful reflective moments helps them to become more tangible (real) and they have a better chance of sticking in your mind, heart and spirit.

End your prayer time with another invitation for the Holy Spirit to be with you and guide you through the day or simply pray the **Glory Be**.

End the day with an Examen

The **Examen** is a simple yet powerful form of prayer developed by St. Ignatius of Loyola. Its purpose is to help us become more aware of God's presence in our daily lives and to reflect on how we are living in response to God's love.

The Examen involves five steps:

1. **Give thanks** for the day's blessings.
2. **Ask for light** to see the day clearly.
3. **Review the day**, noticing moments of grace and times of struggle.
4. **Seek forgiveness** for any failings.
5. **Look ahead** to tomorrow with hope and trust in God.

The Examen nurtures self-awareness, gratitude, and spiritual growth. It helps us recognise God at work in our everyday experiences and encourages us to live more intentionally and lovingly.

Examen

Become aware of the
presence of God.

Close your eyes,
or focus on a candle, the light of
Christ,

or on Jesus on the cross.

Call on the Blessed Trinity:

God, the Father;

God, the Son; and

God, the Holy Spirit.

Speak to them now, daring to call God our Father,
“Abba,” like Jesus.

Abba (Pause for 5-10 seconds)

Jesus (Pause for 5-10 seconds)

Holy Spirit (Pause for 5-10 seconds)

Repeat 3-5 times

Invite the Blessed Trinity to help you see
the past 24 hours with God’s eyes.

God, the Father, breathed life into the world at the beginning of time. He created heaven and earth, the sun, the moon and the stars, animals and plants, and humankind. Everything the Father created was good.

How have I seen the hand of the divine Master in creation in the past day?

God, the Son, walks with us to bring heaven on earth each day. He offers friendship, encouragement and guidance. He calls us to inspire, to heal and to challenge.

Where have I seen Jesus in the past day?

Where have I been Jesus?

God, the Holy Spirit, gifts us with peace and joy. The Good Spirit draws us toward God in word, prayer and action. Meanwhile, the Bad Spirit takes us away feeling empty, dispirited and self-absorbed.

When has the Good Spirit drawn me to God in the past day?

How have I responded?

God, I give thanks for your love and mercy in my life, and for this time with you as my friend.

And so, I praise you.

Glory be to the Father, to the Son, and to the Holy Spirit, as it was in the beginning is now and ever shall be, world without end.

Amen.

DAILY SCRIPTURE

Sept 1

Luke 4:16-30 — Jesus reads in the synagogue

- How does Jesus' teaching challenge the people in His community?
- How open am I to hearing God's message in unexpected ways?
- How can I bring God's love into my own community?

Sept 2

Luke 4:31-37 — Jesus teaches with authority

- What does it mean to speak truth with confidence?
- How do I respond when I see someone acting with integrity?
- How can I act boldly in ways that reflect my values?

Sept 3

Luke 4:38-44 — Jesus heals many

- Who around me could use help or encouragement?
- How do I respond when someone needs support?
- How can I trust Jesus to work through me to bless others?

Sept 4

Luke 5:1-11 — Calling of the first disciples

- What might God be calling me to do that feels uncertain?
- How do I respond to opportunities to follow Jesus?
- Who can I encourage to join me in doing good?

Sept 5

Luke 5:33-39 — New wine, new wineskins

- How open am I to new ways of learning about God?
- Where do I need to let go of old habits to grow?
- How can I help others embrace positive change?

Sept 6

Luke 6:1-5 — Jesus and the Sabbath

- How do I balance rules with compassion?
- When have I acted kindly even when it wasn't expected?
- How can I care for others in practical ways?

Sept 7**Luke 14:25-33 – Counting the cost of discipleship**

- What would it cost me to follow Jesus more fully?
- How do I decide what is most important in life?
- Who could support me in living out my faith?

Sept 8**Matthew 1:18-23 – Birth of Jesus**

- How does Jesus' birth bring hope to the world today?
- What new beginnings am I experiencing or hoping for?
- How can I share hope and joy with someone this week?

Sept 9**Luke 6:12-19 – Jesus chooses the twelve**

- Who inspires me to grow in faith?
- How can I be a leader or helper in my community?
- What gifts do I have to offer to others?

Sept 10**Luke 6:20-26 – Beatitudes and woes**

- Which qualities do I want to develop in myself?
- How can I respond to challenges with hope and faith?
- How can I lift others up this week?

Sept 11**Luke 6:27-38 – Love your enemies**

- How do I respond to people who are difficult to love?
- Who might I forgive this week?
- How can I show mercy in practical ways?

Sept 12**Luke 6:39-42 – Remove the plank from your eye**

- What habits or attitudes do I need to change?
- How do I help others without judging them?
- How can I listen more carefully before acting?

Sept 13**Luke 6:43-49 — Trees and houses**

- What habits help me grow strong in faith?
- Where am I building on a solid foundation?
- How can I correct areas where I need improvement?

Sept 14**John 3:13-17 — God's love and salvation**

- How do I experience God's love in my life?
- How can I share God's love with others this week?
- What does it mean to truly believe in Jesus?

Sept 15**John 19:25-27 — Jesus entrusts Mary**

- Who do I care for or need to support?
- How do I show loyalty and love to family or friends?
- How can I reflect Jesus' compassion in my life?

Sept 16**Luke 7:11-17 — Jesus raises a widow's son**

- Who around me feels hopeless or overlooked?
- How can I offer comfort or hope to others?
- Where do I trust Jesus to bring life in difficult situations?

Sept 17**Luke 7:31-35 — People criticise Jesus**

- How do I respond when people misunderstand me?
- Where do I need patience with others?
- Who can I encourage despite difficulties or judgment?

Sept 18**Luke 7:36-50 — Jesus forgives a sinner**

- Who do I need to forgive?
- How can I accept God's forgiveness in my life?
- Where can I show grace to someone else today?

Sept 19**Luke 8:1-3 — Women support Jesus' ministry**

- Who supports me in my life?
- How can I encourage or help others this week?
- What gifts can I share with my community?

Sept 20**Luke 8:4-15 — Parable of the sower**

- What helps me grow in faith?
- What distracts me from following Jesus?
- How can I cultivate “good soil” in my life?

Sept 21**Luke 16:1-13 — Faithful with money**

- How do I manage my resources responsibly?
- How can I use my gifts and time to serve others?
- Who might benefit from my help or generosity?

Sept 22**Luke 8:16-18 — Light under a bushel**

- How can I share what I’ve learned with others?
- Where can I let my talents shine?
- How do I act with honesty and integrity?

Sept 23**Luke 8:19-21 — Jesus’ true family**

- Who supports me in growing in faith?
- How do I make God a priority in my life?
- How can I strengthen relationships that matter?

Sept 24**Luke 9:1-6 — Mission of the twelve**

- How can I serve others in my community?
- What message or act of kindness can I share?
- Who might need my encouragement this week?

Sept 25**Luke 9:7-9 — Herod hears about Jesus**

- Who influences me positively or negatively?
- How do I follow Jesus instead of the crowd?
- Where can I make choices that reflect my values?

Sept 26**Luke 9:18-22 — Peter confesses Jesus**

- What do I believe about Jesus?
- How can I express my faith confidently?
- Who can I share my faith with this week?

Sept 27

Luke 9:43-45 — Jesus predicts his death

- How do I face difficult truths?
- Where can I trust Jesus during challenges?
- How do I support others going through tough times?

Sept 28

Luke 16:19-31 — Rich man and Lazarus

- What am I grateful for in life?
- How can I help or care for those in need?
- Where can I practice generosity or compassion?

Sept 29

John 1:47-51 — Nathanael meets Jesus

- How do I respond when I encounter something surprising?
- Who could I invite to explore faith with me?
- How can I trust God even when I don't understand everything?

Sept 30

Luke 9:51-56 — Jesus and the Samaritan village

- How do I respond to rejection or conflict?
- Where can I act with patience and understanding?
- How can I show kindness to everyone, even strangers?

Oct 1

Luke 9:57-62 — The cost of following Jesus

- What would following Jesus look like in my school, home, or friendships?
- What makes it hard for me to make faith a priority?
- How can I take a small step in trusting or following Jesus this week?

Oct 2

Matthew 18:1-5, 10 — Childlike humility and dignity

- How can I trust God like a child trusts their parents?
- Who in my life needs to be treated with kindness and respect?
- How can I notice people who are usually ignored or overlooked?

Oct 3

Luke 10:13–16 — Accountability for what we know

- Where do I know what's right but sometimes choose to ignore it?
- How can I pay more attention to what God is asking of me?
- Who could I talk to about making better choices?

Oct 4

**Luke 10:17–24 — Rejoicing that our names
are written in heaven**

- What makes me feel thankful for life right now?
- How can I celebrate the small good things I see every day?
- Who can I share gratitude or encouragement with this week?

Oct 5

**Luke 17:5–9 — Mustard-seed faith and
serving humbly**

- Where can I trust God even when it feels small or uncertain?
- How can I help someone this week without expecting anything in return?
- What's one thing I can do to practice faith in my everyday life?

Oct 6

**Luke 10:25–37 — The Good Samaritan
(love your neighbor)**

- Who might need my help, even if they're different from me?
- How can I show kindness to someone I don't usually interact with?
- What's one small way I can be a "Good Samaritan" today?

Oct 7

Luke 10:38–42 — Mary and Martha: choosing the better part

- How do I balance being busy and making time for reflection or prayer?
- When do I feel distracted from what really matters?
- What could I do this week to listen or focus on God?

Oct 8

Luke 11:1–4 — The Lord's Prayer (how to pray)

- Which part of the Lord's Prayer speaks to me the most today?
- How can I bring both my big and small worries to God?
- Who could I pray for this week?

Oct 9

Luke 11:5–13 — Ask, seek, knock: God hears us

- What is something I've stopped praying for too soon?
- Do I believe God cares about the little things in my life?
- How can I make space for God in my daily routine?

Oct 10

Luke 11:15–26 — Staying filled with Jesus' presence

- What do I let fill my time or mind instead of God?
- How can I resist distractions that lead me away from what's good?
- Where could I invite God more into my day?

Oct 11

Luke 11:27–28 — Blessed are those who listen and act

- Do I only hear good advice, or do I act on it?
- What's one thing from Jesus' teachings I can try this week?
- Who can encourage me to keep listening and acting on God's word?

Oct 12

Luke 17:11–19 — Gratitude and faith

- What is something I often take for granted?
- How can I remember to thank God regularly?
- Who deserves a "thank you" from me this week?

Oct 13

Luke 11:29–32 — Responding to God's message

- When do I ignore opportunities to do the right thing?
- How can I pay attention to what God is asking me?
- Who can I ask for advice or encouragement in faith?

Oct 14

**Luke 11:37–41 — Inner goodness matters
more than appearance**

- Do I worry more about what others think than what God thinks?
- How can I practice kindness or generosity this week?
- What can I do to improve my heart, not just my image?

Oct 15

Luke 11:42–46 — Justice, mercy, and fairness

- Where could I be more fair or understanding with others?
- How can I show mercy to someone I don't get along with?
- Who might need my help to feel included or understood?

Oct 16

Luke 11:47–54 — Listening to wisdom

- Who speaks helpful advice into my life?
- When do I find it hard to listen to advice?
- How can I become more open to guidance?

Oct 17

Luke 12:1–7 — God knows and loves me

- Where do I act differently around different people?
- What fear keeps me from being myself?
- How does knowing God knows and loves me change how I act?

Oct 18

Luke 10:1–9 — Sent on mission

- Where is Jesus asking me to help or be kind this week?
- How can I bring peace to a tense situation?
- Who could I encourage or support today?

Oct 19

Luke 18:1–8 — Keep praying and don't give up

- What is something I need to keep asking God for?
- When has waiting been worth it?
- Who could I encourage to keep going even when it's hard?

Oct 20

Luke 12:13–21 — Life isn't just about stuff

- Where do I focus too much on material things?
- How can I practice being content with what I have?
- What's one way to use my resources to help someone else?

Oct 21

Luke 12:35–38 — Be ready and faithful

- How can I stay alert to do the right thing?
- What daily habit could help me grow closer to God?
- If I had to act on faith today, what would it look like?

Oct 22

Luke 12:39–48 — Stewardship: use what's given well

- What gifts or opportunities has God given me?
- How can I be responsible with my talents and time?
- Where can I take initiative instead of waiting for others?

Oct 30

Luke 13:31–35 — Courage and Jesus' heart

- Where do I need courage to do what's right?
- How does Jesus' love inspire me to care for others?
- Who could I encourage or support this week?

Oct 31

Luke 14:1–6 — Choosing Mercy

- When have I let rules stop me from helping or caring?
- What small act of mercy can I do today?
- How can I reflect Jesus' heart in my school, home or work life?

Nov 1

Matthew 5:1–12 — The Beatitudes: living blessed

- Which "blessed" qualities do I see in myself or want to grow?
- How can I respond to challenges with hope and faith?
- Who could I encourage or support this week in a small way?

Nov 2

Luke 7:11–17 — Jesus raises a widow's son

- Who in my life feels hopeless or overlooked?
- How can I bring comfort or help to someone in need?
- Where can I trust Jesus to bring new life or hope?

Nov 3

Luke 14:12–14 — Invite the excluded

- Who in my community might feel left out?
- How can I reach out to include someone this week?
- What does "giving without expecting anything back" look like for me?

Nov 4

Luke 14:15–24 — The Great Banquet

- What keeps me from saying "yes" to God's invitations?
- How can I celebrate the opportunities God gives me?
- Who could I invite to share in kindness, friendship, or faith?

Nov 5

Luke 14:25–33 — Counting the cost

- What challenges do I face in following Jesus?
- What sacrifices am I willing to make for what truly matters?
- How can I ask God to help me stay faithful?

Nov 6

Luke 15:1-10 — Lost sheep and coin: God's joy

- When have I felt lost or overlooked?
- How does it feel knowing God seeks me out?
- How can I celebrate others' successes and recoveries this week?

Nov 7

Luke 16:1-8 — Shrewd manager

- How can I be wise with the resources I have?
- Where do I need to think ahead and plan better?
- How can I use my time or gifts to help others today?

Nov 8

Luke 16:9-15 — Faithful with wealth and God

- How do I use my possessions or talents to help others?
- What is more important to me: things or people?
- How can I show generosity this week?

Nov 9

John 2:13-22 — Jesus clears the temple

- Where do I see injustice in my life or school?
- How can I act courageously to do what's right?
- How can I bring respect and honesty into my daily choices?

Nov 10

Luke 17:1-6 — Forgiveness and faith

- Who do I need to forgive, even if it's hard?
- How does faith help me handle challenges?
- How can I grow in patience this week?

Nov 11

Luke 17:7-10 — Serving humbly

- How do I serve others without expecting praise?
- Where can I help this week in school, home, or community?
- What does humility look like in my life?

Nov 12

Luke 17:11-19 — Gratitude and healing

- Who or what am I grateful for today?
- How can I show thanks in action, not just words?
- How does gratitude change the way I see others?

Nov 13

Luke 17:20-25 — God's kingdom is near

- What does God's kingdom mean to me in everyday life?
- How can I notice God's presence this week?
- How can I help others see the good in their lives?

Nov 14

Luke 17:26-37 — Stay faithful amid challenges

- What distractions pull me away from what's right?
- How can I stay focused on what really matters?
- Where can I take a stand for my faith this week?

Nov 15

Luke 18:1-8 — Keep praying and never give up

- What do I need to keep asking God for?
- How does persistence help me grow?
- Who could I support with encouragement this week?

Nov 16

Luke 21:5-19 — Endurance and faith in hard times

- How can I stay strong in challenges at school, work or home?
- Where do I see God working through difficult situations?
- Who can I help persevere this week?

Nov 17

Luke 18:35-43 — Jesus heals the blind

- Who needs my help to "see" hope or truth?
- How can I trust Jesus to help me in hard situations?
- How can I bring clarity or support to others?

Nov 18

Luke 19:1-10 — Zacchaeus climbs the tree

- When have I tried something bold to get closer to God?
- How can I make amends or change something in my life?
- Who can I reach out to this week with openness and honesty?

Nov 19

Luke 19:11-28 — Parable of the minas: using gifts wisely

- What gifts or talents has God given me?
- How can I use them well for others?
- What project or challenge can I commit to this week?

Nov 20

Luke 19:41-44 — Jesus weeps over Jerusalem

- What injustices or sadness touch my heart?
- How can I act compassionately this week?
- Who might need comfort or understanding from me?

Nov 21

Luke 19:45-48 — Jesus drives out the merchants

- Where do I see distractions or wrong priorities in my life?
- How can I clear space for what really matters?
- How can I help make my community better or fairer?

Nov 22

Luke 20:27-40 — Resurrection and eternal life

- How does knowing God offers eternal life affect my decisions?
- What hope can I carry this week because of faith?
- Who can I encourage to trust in God's promises?

Nov 23

Luke 23:35-43 — Jesus forgives on the cross

- Who do I struggle to forgive?
- How can I practice forgiveness in small ways today?
- How does Jesus' mercy inspire me?

Nov 24

Luke 21:1-4 — The widow's offering

- How can I give even if I have little?
- Where can I contribute to my family, school, or community?
- How do small acts of generosity matter?

Nov 25

Luke 21:5-11 — Signs of the times

- How do I notice God working in today's world?
- What current challenges need my awareness or action?
- How can I respond faithfully to what I see?

Nov 26

Luke 21:12-19 — Perseverance in trials

- How do I stay faithful under pressure or challenge?
- What helps me stay strong when things are hard?
- Who could I support or encourage in their struggles?

Nov 27

Luke 21:20-28 — Trust in God's guidance

- Where do I need courage to trust God more?
- How can I respond calmly in tense situations?
- Who can I inspire to stay hopeful and faithful?

Nov 28

Luke 21:29-33 — God's kingdom is sure

- How does knowing God's promises are certain help me today?
- Where can I live with hope and patience?
- How can I share hope with someone else this week?

NOV 29

ACYF DEPARTURE DAY

Luke: 24:13 –35

The Road to Emmaus

- As you prepare on this day for this part of your pilgrimage to ACYF –
- How does the disciples journey reflect your own journey as a pilgrim on a journey?
- Is your heart open to encounter the risen Christ in the experiences of ACYF?
- What hopes do you hold for ACYF?
- When you return home from ACYF, how do intend to share the hope and joy of this encounter when you return home?

COMMON CATHOLIC PRAYERS

Sign of the Cross

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

Our Father (The Lord's Prayer)

Our Father,
Who art in heaven,
hallowed be Thy name.
Thy kingdom come,
Thy will be done, on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace, the Lord is with thee.
Blessed art thou amongst women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death. Amen.

Glory Be

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end. Amen.

The Angelus

The Angel of the Lord declared unto Mary.
And she conceived by the Holy Spirit.

Hail Mary, full of grace...

Behold the handmaid of the Lord.
Be it done unto me according to thy word.

Hail Mary, full of grace...

And the Word was made Flesh.
And dwelt among us.

Hail Mary, full of grace...

Pray for us, O Holy Mother of God,
that we may be made worthy of the promises of Christ.

Let us pray. Pour forth, we beseech thee, O Lord, thy grace
into our hearts, that we, to whom the Incarnation of Christ,
thy son, was made known by the message of an angel,
may by his passion and cross be brought to the glory of his
resurrection, through the same Christ our Lord. Amen.

Act of Contrition

O my God, I am heartfully sorry for having offended thee, and I detest all my sins because of thy just punishment, but most of all because I have offended thee my God, who is all good and deserving of all my love. I firmly resolve, with the help of thy grace, to sin no more, and to avoid the near occasion of sin. Amen.

Morning Offering

Dear Lord, I do not know what will happen to me today — I only know that nothing will happen that was not foreseen by you and directed to my greater good from all eternity. I adore your holy and unfathomable plans and submit to them with all my heart for love of you, the pope, and the Immaculate Heart of Mary. Amen.

Guardian Angel Prayer

Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.

Grace Before Meals

Bless us, O Lord, and these thy gifts, which we are about to receive, from thy bounty, through Christ our Lord. Amen.