

# Prayers for a Pilgrimage Walk

*I rejoiced when they said to me,  
"Let us go to the house of the LORD."*

Psalm 122:1

# Pilgrimage

A pilgrimage is a journey to a sacred place. The practice of going on a pilgrimage can be traced to the early Church, when Christians traveled to the places made holy by the life and ministry of Jesus, as well as to the tombs of martyrs and saints. Today, from the shrines of the Holy Land to Lourdes, Fatima, and Guadalupe, and the *Camino de Santiago*, there are many famous pilgrimage sites visited each year by millions of Christians throughout the world.

A Jubilee Year, or holy year, is a special time of grace and mercy. During a Jubilee, pilgrims can journey to designated pilgrimage site and cross the threshold of a Holy Door, which represents Jesus, who states: "I am the door" (John 10:1). On the way, pilgrims can engage in short prayers, aloud or silence, as well as in meaningful conversations with companions.

## Walking is a spiritual exercise

Jesus gives life a direction and a destination. The Church on earth is a pilgrim on a journey to the glory of heaven (*Catechism of the Catholic Church* 846). The very act of walking from one place to another can express our spiritual journey to God. A pilgrim walks with eyes fixed on Jesus and an openness to the possibility of undergoing spiritual transformation in the Spirit.

# Plenary Indulgence during the Jubilee Year

Throughout the Jubilee, a plenary indulgence in the usual form of the Church, will be granted to all who have confessed their sins, received Holy Communion, and visit a pilgrimage site to spend some time there at least to pray the Our Father, Hail Mary, and Glory Be with the intention of uniting themselves with the missionary spirit of Our Lady of Guadalupe, Star of the New Evangelization, and St. Junípero Serra, founder of Mission San Gabriel.

*An indulgence is a remission before God of the temporal punishment due to sins whose guilt has already been forgiven, which the faithful Christian who is duly disposed gains under certain prescribed conditions through the action of the Church which, as the minister of redemption, dispenses and applies with authority the treasury of the satisfactions of Christ and the saints.*

*“An indulgence is partial or plenary according as it removes either part or all of the temporal punishment due to sin.” The faithful can gain indulgences for themselves or apply them to the dead (CCC 1471).*

## Before beginning the journey

To start, choose an intention for the walk. Your intention can be a form of petition requesting a special grace from God for yourself or on behalf of another. You can request a favor from God, such as spiritual, emotional, or physical healing. You can also walk a pilgrimage in thanksgiving for blessings already received. Moreover, you can walk a pilgrimage as a form of penance as you seek to renew your relationship with God and commit to beginning again.

Why are you choosing to set out on this journey?

What intention will you carry in your heart each step along the way?

## Opening Prayer

Lord Jesus Christ,

You call me to follow you,

and I choose to walk with you.

Open the eyes of my heart to see my life in a new way.

With each step I take, help me to be open to change.

As I walk this pilgrimage, give me the grace to...

*[here mention your intention in your own words]*

I ask this in your Most Holy Name. Amen.

## Prayers for the journey

### Litany of Trust

From the belief that I have to earn your love, **deliver me, Jesus.**

From the fear that I am unlovable, **deliver me, Jesus.**

From the false security that my strength is sufficient, **deliver me, Jesus.**

From the fear that trusting you will leave me destitute, **deliver me, Jesus.**

From all suspicion of your words and promises, **deliver me, Jesus.**

From the rebellion against childlike dependency on you, **deliver me, Jesus.**

From refusals and reluctances in accepting your will, **deliver me, Jesus.**

From anxiety about the future, **deliver me, Jesus.**

From resentment or excessive preoccupation with the past, **deliver me, Jesus.**

From restless self-seeking in the present moment, **deliver me, Jesus.**

From disbelief in your love and presence, **deliver me, Jesus.**

From the fear of being asked to give more than I have, **deliver me, Jesus.**

From the belief that my life has no meaning or worth, **deliver me, Jesus.**

From the fear of what love demands, **deliver me, Jesus.**

From discouragement, **deliver me, Jesus.**

That you are continually holding me, sustaining me, and loving me, **Jesus, I trust in you.**

That your love is greater than my sins and failings and transforms me, **Jesus, I trust in you.**

That not knowing what tomorrow brings is an invitation to lean on you, **Jesus, I trust in you.**

That you are with me in my suffering, **Jesus, I trust in you.**

That my suffering, united to yours, will bear fruit in this life and the next, **Jesus, I trust in you.**

That you will not abandon me, since you are present in your Church, **Jesus, I trust in you.**

That your plan is better than anything else, **Jesus, I trust in you.**

That you always hear me and, in Your goodness, always respond to me, **Jesus, I trust in you.**

That you give me the grace to accept forgiveness and to forgive others, **Jesus, I trust in you.**

That you give me all the strength I need for what is asked, **Jesus, I trust in you.**

That my life is a gift, **Jesus, I trust in you.**

That you will teach me to trust you, **Jesus, I trust in you.**

That you are my Lord and my God, **Jesus, I trust in you.**

That I am your beloved one, **Jesus, I trust in you.**

Adapted from the Litany of Trust by Sr. Faustina Maria Pia, SV

## **Litany of Praise**

(with titles and images of Jesus drawn from the Scriptures)

Praise you, Jesus, you are my Life, my Love.

Praise you, Jesus, you are the Name above all names.

Praise you, Jesus, you are Emmanuel, God with us.

Praise you, Jesus, you are the King of kings.

Praise you, Jesus, you are the King of creation.

Praise you, Jesus, you are the King of the universe.

Praise you, Jesus, you are the Lord of lords.

Praise you, Jesus, you are the Almighty.

Praise you, Jesus, you are the Christ.  
Praise you, Jesus, you are the Messiah.  
Praise you, Jesus, you are the Anointed One.  
Praise you, Jesus, you are the Lamb of God.  
Praise you, Jesus, you are the Lion of Judah.  
Praise you, Jesus, you are the Bright Morning Star.  
Praise you, Jesus, you are our Champion and Shield.  
Praise you, Jesus, you are our Strength and our Song.  
Praise you, Jesus, you are our Way, the Truth, and the Life.  
Praise you, Jesus, you are the Wonderful Counselor.  
Praise you, Jesus, you are the Prince of Peace.  
Praise you, Jesus, you are the Light of the World.  
Praise you, Jesus, you are the Living Word.  
Praise you, Jesus, you are the Redeemer.  
Praise you, Jesus, you are the Holy One of Israel.  
Praise you, Jesus, you are the Good Shepherd.  
Praise you, Jesus, you are the Sheep Gate.  
Praise you, Jesus, you are the Lord of Hosts.  
Praise you, Jesus, you are the Rock of Ages.  
Praise you, Jesus, you are my Hiding Place.  
Praise you, Jesus, you are the Savior of the World.  
Praise you, Jesus, you are the Strong Tower.  
Praise you, Jesus, you are the Mountain Refuge.

Praise you, Jesus, you are the Bread of Life.  
Praise you, Jesus, you are the Font of Holiness.  
Praise you, Jesus, you are the Living Waters.  
Praise you, Jesus, you are the True Wine.  
Praise you, Jesus, you are my Spouse and my Maker.  
Praise you, Jesus, you are our Fortress.  
Praise you, Jesus, you are our Deliverer.  
Praise you, Jesus, you are our Victory.  
Praise you, Jesus, you are our Salvation.  
Praise you, Jesus, you are our Righteousness.  
Praise you, Jesus, you are our Wisdom.  
Praise you, Jesus, you are our Sanctification.  
Praise you, Jesus, you are our Justification.  
Praise you, Jesus, you are the Door.  
Praise you, Jesus, you are the Great I AM.  
Praise you, Jesus, you are the Great High Priest.  
Praise you, Jesus, you are the Cornerstone.  
Praise you, Jesus, you are our Sure Foundation.  
Praise you, Jesus, you are our Joy.  
Praise you, Jesus, you are our Portion and Cup.  
Praise you, Jesus, you are our Healing and Wholeness.  
Praise you, Jesus, you are our Covenant.  
Praise you, Jesus, you are the Promise of the Father.



Praise you, Jesus, you are the Everlasting One.

Praise you, Jesus, you are the Most High God.

Praise you, Jesus, you are the Lamb that was Slain.

Praise you, Jesus, you are the Just and Merciful Judge.

Praise you, Jesus, you are the Balm of Gilead.

Praise you, Jesus, you are the Mighty Warrior.

Praise you, Jesus, you are my Defense.

Praise you, Jesus, you are the Bridegroom.

Praise you, Jesus, you are my Patience.

Praise you, Jesus, you are my Provider.

Praise you, Jesus, you are the Resurrection and the Life.

Praise you, Jesus, you are the Alpha and the Omega.

Praise you, Jesus, you are the Beginning and the End.

Praise you, Jesus, you are all that I need.

Praise you, Jesus, you are all that I want.

Praise you, Jesus, you are worthy of all praise!

Adapted from "Litany of Praise" by Linda Schubert, *Miracle Hour*

## **Litany of the Saints**

Lord, have mercy,

**Lord, have mercy.**

Christ, have mercy,

**Christ, have mercy.**

Lord, have mercy,

**Lord, have mercy.**

Holy Mary, Mother of God, **pray for us.**

Holy Mary, Mother of the Church, **pray for us.**

Our Lady of Guadalupe, **pray for us.**

Our Lady of the Angels, **pray for us.**

St. Michael, **pray for us.**

St. Gabriel, **pray for us.**

St. Raphael, **pray for us.**

All you holy angels and archangels, **pray for us.**

St. John the Baptist, **pray for us.**

St. Joseph, **pray for us.**

All holy patriarchs and prophets, **pray for us.**

St. Peter and St. Paul, **pray for us.**

St. Andrew, **pray for us.**

St. John and St. James, **pray for us.**

St. Thomas, **pray for us.**

St. Matthew, **pray for us.**

St. Mark, **pray for us.**

St. Luke, **pray for us.**

St. Mary Magdalene, **pray for us.**

St. Barnabas, **pray for us.**  
All holy apostles and evangelists, **pray for us.**  
St. Stephen, **pray for us.**  
St. Ignatius, **pray for us.**  
St. Lawrence, **pray for us.**  
St. Cyprian, **pray for us.**  
St. Emydius, **pray for us.**  
St. John Fisher and St. Thomas More, **pray for us.**  
St. Andrew Kim, **pray for us.**  
St. Lorenzo Ruiz, **pray for us.**  
St. Paul Miki, **pray for us.**  
St. Isaac Jogues and St. John de Brébeuf, **pray for us.**  
St. Charles Lwanga, **pray for us.**  
St. Perpetua and St. Felicity, **pray for us.**  
St. Agnes, **pray for us.**  
St. Barbara, **pray for us.**  
St. Vibiana, **pray for us.**  
St. Maria Goretti, **pray for us.**  
All holy martyrs, **pray for us.**

St. Leo and St. Gregory, **pray for us.**  
St. Ambrose, **pray for us.**  
St. Jerome, **pray for us.**  
St. Augustine, **pray for us.**  
St. Athanasius, **pray for us.**  
St. Basil and St. Gregory, **pray for us.**  
St. John Chrysostom, **pray for us.**  
St. Patrick, **pray for us.**  
St. Cyril and St. Methodius, **pray for us.**  
St. Charles Borromeo, **pray for us.**  
St. Francis de Sales **pray for us.**

St. Anthony, **pray for us.**  
St. Benedict, **pray for us.**  
St. Bernard, **pray for us.**  
St. Francis and St. Dominic, **pray for us.**  
St. Bonaventure, **pray for us.**  
St. Thomas Aquinas, **pray for us.**  
St. Ignatius Loyola, **pray for us.**  
St. Francis Xavier, **pray for us.**  
St. Vincent de Paul, **pray for us.**  
St. John Vianney, **pray for us.**  
St. John Bosco, **pray for us.**  
St. John XXIII, **pray for us.**  
St. Paul VI, **pray for us.**  
St. John Paul II, **pray for us.**  
St. John Neumann, **pray for us.**  
St. Damien of Molokai, **pray for us.**  
St. Ferdinand, **pray for us.**  
St. Catherine of Siena, **pray for us.**  
St. Clare, **pray for us.**  
St. Teresa, **pray for us.**  
St. Therese of the Child Jesus, **pray for us.**  
St. Rose of Lima, **pray for us.**  
St. Monica, **pray for us.**  
St. Teresa of Calcutta, **pray for us.**  
St. Francis Xavier Cabrini, **pray for us.**  
St. Katherine Drexel, **pray for us.**  
St. Elizabeth Ann Seaton, **pray for us.**  
St. Rose Duchesne, **pray for us.**  
St. Kateri Tekakwitha, **pray for us.**  
All holy men and women, **pray for us.**

From every sin, **Lord, deliver us, we pray.**

From the snares of the devil, **Lord, deliver us, we pray.**

From anger and hatred, **Lord, deliver us, we pray.**

From every evil intention, **Lord, deliver us, we pray.**

From everlasting death, **Lord, deliver us, we pray.**

By your coming as man, **Lord, deliver us, we pray.**

By your birth, **Lord, deliver us, we pray.**

By your baptism and fasting, **Lord, deliver us, we pray.**

By your sufferings and cross, **Lord, deliver us, we pray.**

By your death and burial, **Lord, deliver us, we pray.**

By your rising to new life, **Lord, deliver us, we pray.**

By your return in glory to the Father, **Lord, deliver us, we pray.**

By your gift of the Holy Spirit, **Lord, deliver us, we pray.**

By your coming again in glory, **Lord, deliver us, we pray.**

Lord, show us your kindness, **Lord, we ask you, hear our prayer.**

Give us true repentance, **Lord, we ask you, hear our prayer.**

Raise our thoughts and desires to you, **Lord, we ask you, hear our prayer.**

Strengthen us in your service, **Lord, we ask you, hear our prayer.**

Bless the fruits of the earth and of our labor, **Lord, we ask you, hear our prayer.**

Spare us from disease, hunger, and war, **Lord, we ask you, hear our prayer.**

Reward with eternal life all who do good to us, **Lord, we ask you, hear our prayer.**

Grant eternal rest to all who have died in the faith, **Lord, we ask you, hear our prayer.**

Guide and protect your holy Church, **Lord, we ask you, hear our prayer.**

Keep the pope and all the clergy in faithful service to your Church, **Lord, we ask you, hear our prayer.**

Bring all Christians together in unity, **Lord, we ask you, hear our prayer.**

Lead all people to the light of the Gospel, **Lord, we ask you, hear our prayer.**

Lamb of God, you take away the sins of the world: **have mercy on us.**

Lamb of God, you take away the sins of the world: **have mercy on us.**

Lamb of God, you take away the sins of the world: **have mercy on us.**

**Amen.**

## **Prayer upon arrival at the pilgrimage site**

Lord Jesus Christ,

By your Passion and Resurrection you obtained for me  
the power to strip away the old self and to step into new life.

As I cross the threshold of this Holy Door, I leave behind...

*[here mention in your own words what you want to leave behind in order to  
follow Jesus more closely as his disciple]*

Show me your mercy and come to my aid.

I ask this in your Most Holy Name. Amen.

## **Prayer after crossing the Holy Door**

Heavenly Father, we thank You for the gift of Your servant, St. Junípero Serra, and for all the missionaries, native peoples, and immigrants who established Mission San Gabriel Arcángel, that Your Kingdom might extend to the ends of the earth.

Help us to walk in their footsteps as missionary disciples. Guided by their example, may we be always faithful and courageous in proclaiming the Gospel of Your Son, Jesus Christ our Lord.

Father, look upon Your family here in Los Angeles with mercy. Taught by the Word of Truth and fed with the Bread of Life, may Your Church here always seek to do Your will, and be the sign of Your love for all peoples, who are sons and daughters of God, all of us loved and desired by You, and born for greater things.

Renew us and strengthen us, and cleanse our hearts. By Your grace, may we follow Jesus with joy and holiness of life, and together with Him build a new world of faith and a city of saints.

Through the intercession of the Blessed Virgin of Guadalupe, Mother of the Americas, may we continue always forward in the mission of St. Junípero Serra, making Jesus Christ known to every heart in every nation.

We ask this, through Jesus Christ our Lord, in the unity of the Holy Spirit. Amen.

## **Prayer upon exiting the Holy Door**

Lord Jesus Christ,  
I give you thanks for calling me to be your disciple  
and for sending me to be your missionary in the world.  
As I step forth from this holy place,  
give me the grace to be an authentic witness to your love by my life  
and to proclaim you on my lips with joy.  
I ask this in your Most Holy Name. Amen.

# Prayer as you end your pilgrimage

Lord Jesus Christ,

As this pilgrimage comes to an end,

help me to walk in newness of life.

By your Spirit, transform me into your likeness.

Give me your...

*[here mention in your own words any attributes of Jesus you want to grow in (patience, humility, compassion, etc.)]*

Jesus, fill me with your life and love.

I ask this in your Most Holy Name. Amen.