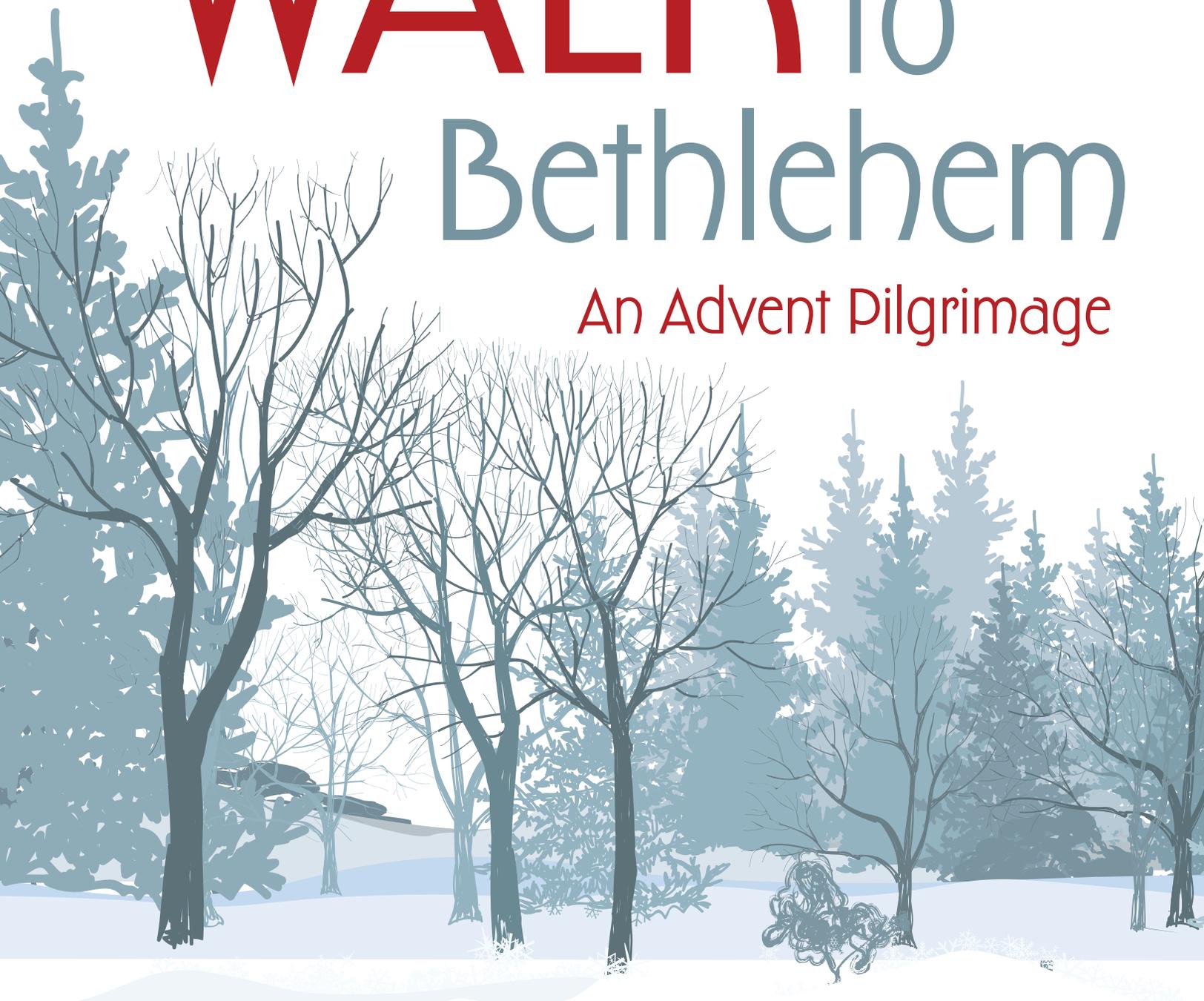


WALK to Bethlehem

An Advent Pilgrimage



Mary and Joseph walked from Nazareth to Bethlehem, where Jesus was born in a manger. This Advent, you are invited to join this journey towards Christmas.

Commit to walking each day. As you walk, reflect on the biblical passages below. They will remind you of the Advent promises that are ours in Jesus: **Hope, Peace, Joy, and Love.**

Week 1 – HOPE

SUNDAY

Joseph also went from the town of Nazareth in Galilee to Judea, to the city of David called Bethlehem...he went with Mary, to whom he was engaged and who was expecting a child.

Luke 2: 4-5

MONDAY

You must follow exactly the path that the Lord your God has commanded you, so that you may live, and that it may go well with you.

Deuteronomy 5:33

TUESDAY

Let us hold fast to the confession of our hope without wavering, for he who has promised is faithful.

Hebrews 10:23

WEDNESDAY

“For surely I know the plans I have for you...” says the Lord, “plans for your welfare and not for harm, to give you a future and a hope.”

Jeremiah 29:11

THURSDAY

May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.

Romans 15:13

FRIDAY

With the eyes of your heart enlightened, you may know what is the hope to which he has called you.

Ephesians 1:18

SATURDAY

I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.

John 8:12

Week 2 – PEACE

SUNDAY

Glory to God in the highest heaven, and on earth peace among those whom he favours!

Luke 2:14

MONDAY

Now may the Lord of peace give you peace at all times and in all ways.

2 Thessalonians 3:16

TUESDAY

Obey my voice, and I will be your God, and you shall be my people; and walk only in the way that I command you.

Jeremiah 7:23

WEDNESDAY

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.

Philippians 4: 6-7

THURSDAY

The Lord gives strength to his people, the Lord blesses his people with peace.

Psalms 29:11

FRIDAY

Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

John 14:27

SATURDAY

For unto us a child is born, to us a son is given, and the government shall be upon his shoulders and he will be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace.

Isaiah 9:6

Week 3 – JOY

SUNDAY

Therefore keep the commandments of the Lord your God, by walking in his ways and by fearing him.

Deuteronomy 8:6

MONDAY

Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Hebrews 12:2

TUESDAY

Be strong, be courageous and keep the charge of the Lord your God, walking in his ways and keeping his statutes, his commandments, and his ordinances.

1 Kings 2: 2-3

WEDNESDAY

Make a joyful noise to the Lord, all the earth.

Psalms 100:1

THURSDAY

God has told you what is good; and what does the Lord require of you but to do justice, and to love kindness and to walk humbly with your God.

Micah 6:8

FRIDAY

The joy of the Lord is your strength.

Nehemiah 8:10

SATURDAY

When the wise men saw that the star had stopped, they were overwhelmed with joy.

Matthew 2:10

Week 4 – LOVE

SUNDAY

You shall love the Lord your God with all your heart, and with all your soul, and with all your strength and with all your mind; and your neighbor as yourself.

Luke 10:27

MONDAY

And now these three remain: faith, hope and love. But the greatest of these is love.

1 Corinthians 13:13

TUESDAY

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God.

1 John 4:7

WEDNESDAY

I have loved you with an everlasting love.

Jeremiah 31:3

THURSDAY

Your steadfast love is before my eyes, and I walk in faithfulness to you.

Psalms 26: 3

FRIDAY

As the Father has loved me, so I have loved you, abide in my love.

John 15:9

SATURDAY

I bring you good news of great joy for all the people; to you is born this day in the city of David, a Savior, who is the Messiah, the Lord.

Luke 2:10-11

*“The people who
walked in darkness
have seen a great light.”*

Isaiah 9:2

Keep track of how far you walk.
Remember that Emmanuel,
God with us, is our companion
on each step of the journey.



Average Step Conversions

- Average 100 steps/minute
- 12-14 minutes/km
- 1200-1400 steps/km

Free Apps for iPhone & Android:

Most apps work best outdoors where they can access your location using GPS

- Pacer – Pedometer Plus
- Pedometer ++
- Map My Walk
- Strava
- Run Keeper

Week 1 - HOPE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DISTANCE OR STEPS							

Week 2 - PEACE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DISTANCE OR STEPS							

Week 3 - JOY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DISTANCE OR STEPS							

Week 4 - LOVE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DISTANCE OR STEPS							

Special thanks to the Rev. Dr. Jean Morris and Grace Presbyterian Church (Calgary) for giving us permission to adapt and share this resource.



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