



PRAYERS FOR THE PILGRIMAGE TO A HOLY SITE

In the gathering area before the pilgrimage start, the pilgrimage leader introduces the celebration and begins:

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

All answer:
Amen.

All pray together:
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

Leader:
May the God of Hope,
who in the Word made Flesh
fills us with every joy and peace in our faith,
through the power of the Holy Spirit,
be among us.

All answer:
Blessed be the Lord, our hope.

Scripture Reading:

A READING FROM THE LETTER TO THE ROMANS. 5,1-5

Therefore, since we are justified by faith,
we have peace with God through our Lord Jesus Christ.
Through him we have obtained access to this grace in which we stand,
and we rejoice in our hope of sharing the glory of God.
More than that, we rejoice in our sufferings,
knowing that suffering produces endurance, and endurance produces
character, and character produces hope,
and hope does not disappoint, because God's love has been poured into
our hearts through the Holy Spirit who has been given to us.

After the reading, a brief silence is observed.

Leader:

Let us set out in the name of Christ:
The way who leads to the Father,
The truth who makes us free,
The life who renews The world.

The pilgrimage to the local pilgrim church begins.

**In the bus or car, a designated leader begins the prayer of Litany of Trust, then
the Rosary**

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

PRAYING OF THE ROSARY

PRAYER UPON ARRIVAL AT A PILGRIMAGE CHURCH

Leader:

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 pilgrimage site, 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.

All answer: Amen.

A Brief Reflection follows:

“Hope finds its supreme witness in the Mother of God. In the Blessed Virgin, we see that hope is not naive optimism but a gift of grace amid the realities of life ... At the foot of the cross, she witnessed the passion and death of Jesus, her innocent son. Overwhelmed with grief, she nonetheless renewed her “fiat”, never abandoning her hope and trust in God... In the travail of that sorrow, offered in love, Mary became our Mother, the Mother of Hope ... amid the tempests of this life, the Mother of God comes to our aid, sustains us and encourages us to persevere in hope and trust.”
(Spes non confundit, 24)

3 Hail Marys

JUBILEE PRAYER

Father in heaven, may the faith you have given us in your son, Jesus Christ, our brother, and the flame of charity enkindled in our hearts by the Holy Spirit, reawaken in us the blessed hope for the coming of your Kingdom.

May your grace transform us into tireless cultivators of the seeds of the Gospel. May those seeds transform from within both humanity and the whole cosmos in the sure expectation of a new heaven and a new earth, when, with the powers of Evil vanquished, your glory will shine eternally.

May the grace of the Jubilee reawaken in us, Pilgrims of Hope, a yearning for the treasures of heaven. May that same grace spread the joy and peace of our Redeemer throughout the earth. To you our God, eternally blessed, be glory and praise for ever. Amen.

During the walk into the church a psalm can be recited privately. Taking into account the time it may take to reach the entrance of the church, the Litany of Praise may also be prayed as a group or privately.

PSALM 122 (121)

I was glad when they said to me,
“Let us go to the house of the Lord!”
Our feet have been standing
within your gates, O Jerusalem!

Jerusalem, built as a city
which is bound firmly together,
to which the tribes go up,
the tribes of the Lord,
as was decreed for Israel,
to give thanks to the name of the Lord.
There thrones for judgment were set, the
thrones of the house of David.

Pray for the peace of Jerusalem!
“May they prosper who love you!
Peace be within your walls,
and security within your towers!”
For my brethren and companions’ sake
I will say, “Peace be within you!”
For the sake of the house of the Lord
our God,
I will seek your good.

PSALM 83 (84)

How lovely is your dwelling place ,
Lord, mighty God!

My soul yearns and pines
for the courts of the Lord.
My heart and my flesh
cry out for the living God.

Even the sparrow finds a home
and the swallow a nest

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.

in which she puts her young—
Your altars, O Lord of hosts,
my king and my God!

Blessed they who dwell in your house!
continually they praise you.
Blessed the one who finds his refuge in you
And has your ways in his heart

Passing through the valley of tears
These are turned into fresh springs
Even the first rain
adorns him in blessings.

His strength grows along the path
Until he stands before God in Sion.

Lord God of hosts, listen to my prayer,
Listen to me God of Jacob.

O God, behold our shield,
and look upon the face of your anointed.

I had rather live one day in your courts
than a thousand elsewhere;
I had rather lie at the threshold of the house
of my God
than dwell in the tents of the wicked.

For the Lord God is my light and my shield.
The Lord grants grace and glory.
He does not refuse good things
to those who walk in the paths of integrity .

Lord of hosts , blessed is the one who takes
refuge in you.

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, 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

AT THE CHURCH ENTRANCE

When the church entrance is reached the following psalm is recited:

PSALM 23 (24)

The Lord's are the earth and its fullness;
 the world and those who dwell in it.
 For he founded it upon the seas
 and established it upon the rivers.

Who can ascend the mountain of the Lord?
 or who may stand in his holy place?
 He whose hands are sinless,
 whose heart is clean,
 who desires not what is vain.

He shall receive a blessing from the Lord,
 a reward from God his savior.
 Such is the race that seeks him,

that seeks the face of the God of Jacob.

Lift up, O gates, your lintels; reach up,
 you ancient portals, that the king of
 glory may come in!

Who is this king of glory?

The Lord, strong and mighty,
 the Lord, mighty in battle.

Lift up, O gates, your lintels;
 reach up, you ancient portals,
 that the king of glory may come in!
 Who is this king of glory?

The Lord of hosts; he is the king of glory.

INSIDE THE PILGRIMAGE CHURCH
(After all is settled inside the Pilgrimage Church,
the Litany of the Saints are recited)

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.**
Saint Michael, **pray for us.**
Holy Angels of God, **pray for us.**
St. John the Baptist, **pray for us.**
Saint Joseph, **pray for us.**
Saints Peter and Paul, **pray for us.**
Saint Andrew, **pray for us.**
Saint John, **pray for us.**
Holy Apostles and Evangelists, **pray for us.**
Saint Mary Magdalene, **pray for us.**
Holy disciples of the Lord, **pray for us.**
Saint Stephen, **pray for us.**
Saint Ignatius of Antioch, **pray for us.**
Saint Lawrence, **pray for us.**
Saints Perpetua and Felicity, **pray for us.**
Saint Agnes, **pray for us.**
Holy Martyrs of Christ, **pray for us.**
Saint Gregory, **pray for us.**
Saint Augustine, **pray for us.**
Saint Martin, **pray for us.**
Saints Cyril and Methodius, **pray for us.**
Saint Benedict, **pray for us.**
Saint Francis, **pray for us.**
Saint Dominic, **pray for us.**
Saint Francis [Xavier], **pray for us.**
Saint Philip Neri, **pray for us.**
Saint John [Vianney], **pray for us.**
Saint Catherine [of Siena], **pray for us.**
Saint Teresa [of Avila], **pray for us.**
St. Frances Cabrini, **pray for us.**

Saint Thérèse of the Child Jesus, **pray for us.**
Saint Faustina Kowalska, **pray for us.**
Saint Teresa of Calcutta, **pray for us.**
Saint Pio of Pietrelcina, **pray for us.**
Saint Paul VI, **pray for us.**
Saint John Paul II, **pray for us.**
All Saints Of God, **pray for us.**

Through your mercy, **Lord, save your people.**
From all that is evil, **Lord, save your people.**
From all sin, **Lord, save your people.**
From eternal death, **Lord, save your people.**
Through your incarnation, **Lord, save your people.**
Through your death and resurrection, **Lord, save your people.**
Through the gift of the Holy Spirit **Lord, save your people.**

For sinners, **Lord graciously hear us.**
Comfort and enlighten your Holy Church, **Lord graciously hear us.**
Protect the Pope, the bishops and priests and all ministers of the Gospel, **Lord graciously hear us.**
Send new laborers into the harvest, **Lord graciously hear us.**
Grant justice and peace to the world, **Lord graciously hear us.**
Come to the aid of all who are suffering or in pain, **Lord graciously hear us.**
Protect and confirm in your holy service all those who are consecrated to you, **Lord graciously hear us.**

Jesus, Son of the living God, hear our prayer.
Jesus, Son of the living God, hear our prayer.

Following the litany, prayers are recited For the Intentions of the Holy Father:

Our Father

3 Hail Marys

Glory be to the Father

The Profession of Faith is made:

I believe in God (Apostles Creed - Shorter)...

If the one presiding is an ordained minister, the pilgrimage concludes with a blessing.

If the person presiding is a layperson, the following is said:

Let us bless the Lord

All answer:

Thanks be to God.

PRAYER UPON EXITING A PILGRIMAGE CHURCH (IN PRIVATE)

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 (IN PRIVATE)

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.



Info Point: Via della Conciliazione 7

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