

THE  
Celtic Way  
DIGITAL PILGRIMAGE JOURNAL

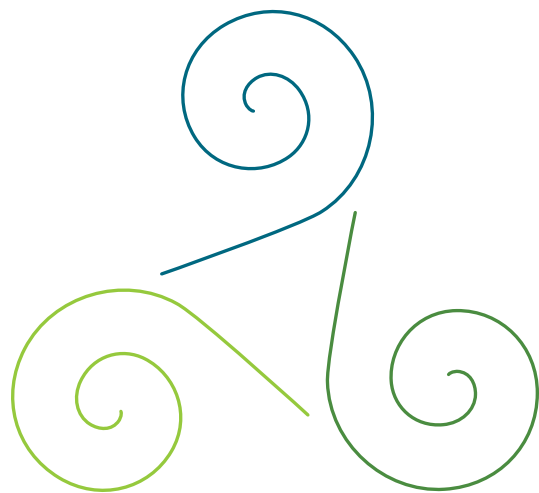


Part 2



Presence

ROOT 3



## Visio Divina



### Patrick

#### HIS MOUNTAINTOP ENCOUNTER

Patrick prayed and fasted on the mountain of Croagh Patrick for 40 days, engaged deeply in spiritual battle for the soul of Ireland. Renewed with God's presence, he descended the mountain to purposefully wander to preach Christ.

Croagh Patrick



## VISIO DIVINA REFLECTION QUESTIONS

Take a few deep breaths. Let your eyes move through the painting. What catches your eye? Focus on that portion of the work and sit with it for a minute.

Breathe in and out and let your body and mind slow down. Invite the Lord to speak to you about what you see.

What feelings does this painting evoke?

How do you experience a sense of wandering in this work? How do you see the Spirit at work amidst the wandering?

How is the Spirit moving in you in this scene? In what ways have you felt like you have been wandering?

What kind of prayer rises from within you as you ponder this work?

What is one step you can take to embrace the non-linear, spiral way of journeying with God?

What might you need to let go of in order to follow God in this way of wandering? Control? Certainty? Invite the Spirit to put its finger on an area that needs surrendering.



## Field Notes

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We invite you to experience the Celtic Way with your whole self. When we tune into our breath and all of our senses, we can become more present to our bodies, our surroundings, and to God. Use the space below to write or draw anything that you would like to remember about your walk. For example, what did you see, hear, smell, touch, taste?





## Exodus 33:12-17

<sup>12</sup> Moses said to the Lord, "You have been telling me, 'Lead these people,' but you have not let me know whom you will send with me. You have said, 'I know you by name and you have found favor with me.' <sup>13</sup> If you are pleased with me, teach me your ways so I may know you and continue to find favor with you. Remember that this nation is your people."

<sup>14</sup> The Lord replied, "My Presence will go with you, and I will give you rest."

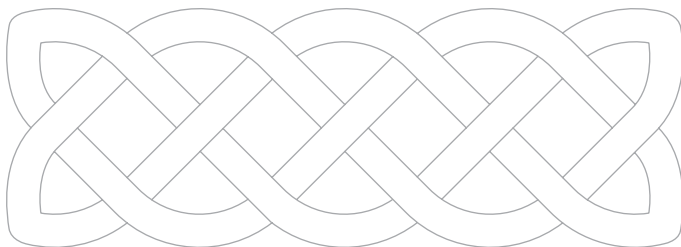
<sup>15</sup> Then Moses said to him, "If your Presence does not go with us, do not send us up from here. <sup>16</sup> How will anyone know that you are pleased with me and with your people unless you go with us? What else will distinguish me and your people from all the other people on the face of the earth?"

<sup>17</sup> And the Lord said to Moses, "I will do the very thing you have asked, because I am pleased with you and I know you by name."




psalm 121

- <sup>1</sup> I lift up my eyes to the mountains—  
where does my help come from?
- <sup>2</sup> My help comes from the Lord,  
the Maker of heaven and earth.
- <sup>3</sup> He will not let your foot slip—  
he who watches over you will not slumber;
- <sup>4</sup> indeed, he who watches over Israel  
will neither slumber nor sleep.
- <sup>5</sup> The Lord watches over you—  
the Lord is your shade at your right hand;
- <sup>6</sup> the sun will not harm you by day,  
nor the moon by night.
- <sup>7</sup> The Lord will keep you from all harm—  
he will watch over your life;
- <sup>8</sup> the Lord will watch over your coming and going  
both now and forevermore.



He will  
not  
let your  
foot slip





## Illuminate a Psalm

Underline, circle, or note anything that stood out to you in this psalm. Are there any images that are particularly resonant?

Choose a word, phrase, or verse from the psalm to creatively copy below; you might handletter it, add color or other artistic elements, or even draw images instead of using words.



## St. Patrick's Breastplate Prayer

### ADAPTED

I bind unto myself today  
The strong Name of the Trinity,  
By invocation of the same,  
The Three in One and One in Three.

I bind unto myself today  
The virtues of the starlit heaven,  
The glorious sun's life-giving ray,  
The whiteness of the moon at even,  
The flashing of the lightning free,  
The whirling wind's tempestuous shocks,  
The stable earth, the deep salt sea,  
Around the old eternal rocks.

I bind unto myself today  
The power of God to hold and lead,  
His eye to watch, His might to stay,  
His ear to hearken to my need.  
The wisdom of my God to teach,  
His hand to guide, His shield to ward,  
The word of God to give me speech,  
His heavenly host to be my guard.

...

Christ beside me, Christ before me;  
Christ behind me, Christ within me;  
Christ beneath me, Christ above me;  
Christ to right of me, Christ to left of me;  
Christ in my lying, my sitting, my rising;  
Christ in heart of all who know me,  
Christ on tongue of all who meet me,  
Christ in eye of all who see me,  
Christ in ear of all who hear me.

I bind unto myself the Name,  
The strong Name of the Trinity;  
By invocation of the same.  
The Three in One, and One in Three,  
Of Whom all nature hath creation,  
Eternal Father, Spirit, Word:  
Praise to the Lord of my salvation,  
Salvation is of Christ the Lord.

● ● ●  
● ● ●  
● ● ●  
REFLECTION QUESTIONS

What are the places in your life where your path feels foggy or unclear, perhaps because of an impending change, a pressing decision, or simply a shift in how you'd expected your path to be?

During difficult seasons, how do you tend to abandon God's presence like the Israelites did? What do you turn to instead of God's presence?

How do you sense God wants to be with you in your fear, questions, anxieties, or vulnerability?

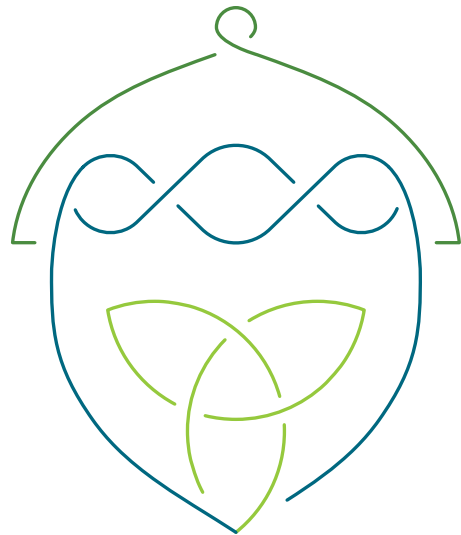
How are you being invited to move forward with God's presence?

Like Moses, is God inviting you to pray or advocate for others who need God's presence?



# Identity

ROOT 4



## Visio Divina



### Brigid

#### HER ORDINATION & SOUL FRIENDSHIPS

Brigid was ordained as a bishop in a Spirit-led "mistake." She stewarded these leadership privileges by co-founding a coed monastic community with her soul friend Conleth.

Dundalk



## VISIO DIVINA REFLECTION QUESTIONS

Take a few deep breaths. Let your eyes move through the painting. What catches your eye? Focus on that portion of the work and sit with it for a minute.

Breathe in and out and let your body and mind slow down. Invite the Lord to speak to you about what you see.

What feelings does this painting evoke?

How do you see the Spirit's hand at work in the anointing of Brigid here?

What are some ways her purpose and vocational calling emerge from this anointing?

What kind of prayer rises from within you as you ponder this work?

When you think about your identity, is there any area of pain Jesus needs to heal? Are there ways you are trying to be like someone else? Or trying to live up to the expectations of others? Or of yourself?

What is one step you can take to embrace the identity God has instilled in you?



## Field Notes

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## Ruth 1:16-22, 4:13-15

<sup>16</sup> But Ruth replied, “Don’t urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God. <sup>17</sup> Where you die I will die, and there I will be buried. May the Lord deal with me, be it ever so severely, if even death separates you and me.” <sup>18</sup> When Naomi realized that Ruth was determined to go with her, she stopped urging her.

<sup>19</sup> So the two women went on until they came to Bethlehem. When they arrived in Bethlehem, the whole town was stirred because of them, and the women exclaimed, “Can this be Naomi?”

<sup>20</sup> “Don’t call me Naomi,” she told them. “Call me Mara, because the Almighty has made my life very bitter. <sup>21</sup> I went away full, but the Lord has brought me back empty. Why call me Naomi? The Lord has afflicted me; the Almighty has brought misfortune upon me.”

<sup>22</sup> So Naomi returned from Moab accompanied by Ruth the Moabite, her daughter-in-law, arriving in Bethlehem as the barley harvest was beginning.

...

<sup>13</sup> So Boaz took Ruth and she became his wife. When he made love to her, the Lord enabled her to conceive, and she gave birth to a son. <sup>14</sup> The women said to Naomi: “Praise be to the Lord, who this day has not left you without a guardian-redeemer. May he become famous throughout Israel! <sup>15</sup> He will renew your life and sustain

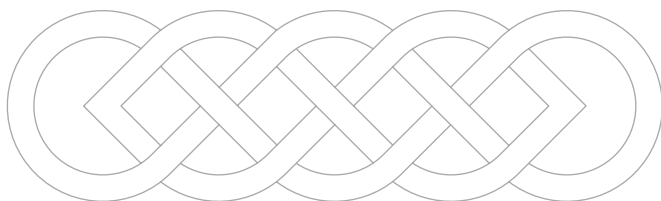
you in your old age. For your daughter-in-law, who loves you and who is better to you than seven sons, has given him birth.”






## THE MESSAGE VERSION

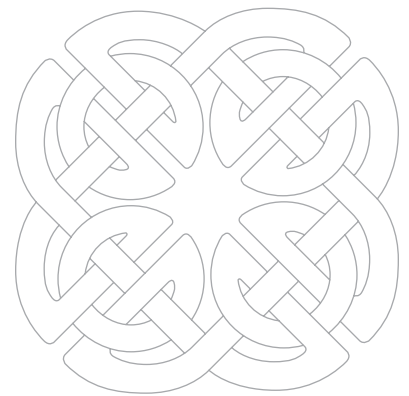
- <sup>1</sup> You have searched me, Lord,  
and you know me.
- <sup>2</sup> You know when I sit and when I rise;  
you perceive my thoughts from afar.
- <sup>3</sup> You discern my going out and my lying down;  
you are familiar with all my ways.
- <sup>4</sup> Before a word is on my tongue  
you, Lord, know it completely.
- <sup>5</sup> You hem me in behind and before,  
and you lay your hand upon me.
- <sup>6</sup> Such knowledge is too wonderful for me,  
too lofty for me to attain.
- <sup>7</sup> Where can I go from your Spirit?  
Where can I flee from your presence?
- <sup>8</sup> If I go up to the heavens, you are there;  
if I make my bed in the depths, you are there.
- <sup>9</sup> If I rise on the wings of the dawn,  
if I settle on the far side of the sea,
- <sup>10</sup> even there your hand will guide me,  
your right hand will hold me fast.
- <sup>11</sup> If I say, "Surely the darkness will hide me  
and the light become night around me,"
- <sup>12</sup> even the darkness will not be dark to you;  
the night will shine like the day,  
for darkness is as light to you.



LORD,  
you  
know  
me



- <sup>13</sup> For you created my inmost being;  
you knit me together in my mother's womb.
- <sup>14</sup> I praise you because I am fearfully and wonderfully made;  
your works are wonderful,  
I know that full well.
- <sup>15</sup> My frame was not hidden from you  
when I was made in the secret place,  
when I was woven together in the depths of the earth.
- <sup>16</sup> Your eyes saw my unformed body;  
all the days ordained for me were written in your book  
before one of them came to be.
- <sup>17</sup> How precious to me are your thoughts, God!  
How vast is the sum of them!
- <sup>18</sup> Were I to count them,  
they would outnumber the grains of sand—  
when I awake, I am still with you.
- <sup>19</sup> If only you, God, would slay the wicked!  
Away from me, you who are bloodthirsty!
- <sup>20</sup> They speak of you with evil intent;  
your adversaries misuse your name.
- <sup>21</sup> Do I not hate those who hate you, Lord,  
and abhor those who are in rebellion against you?
- <sup>22</sup> I have nothing but hatred for them;  
I count them my enemies.
- <sup>23</sup> Search me, God, and know my heart;  
test me and know my anxious thoughts.
- <sup>24</sup> See if there is any offensive way in me,  
and lead me in the way everlasting.



How  
precious  
are your  
thoughts,  
God!



## Illuminate a Psalm

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## REFLECTION QUESTIONS

- Imagine yourself as a tree. What stage of growth are you in? How might God be inviting you to be more deeply rooted in God's love for you?

As God nurtures your tree—calling you to grow and become who you were created to be—is there anything that is stunting your growth that needs to be pruned or tended (e.g., unhelpful identities, lies, or expectations that have been spoken over you)?

Are there aspects of your identity or calling that you sense God inviting you to courageously engage?

What could the practice of Anam Cara—soul friendship—look like in your life? How would you like to pursue and nurture spiritual friendships that can point you to deeper relationship with Jesus?

# Who Are You Now?

- Spend an extended time talking to God and journaling about how you've changed and
- stayed the same over the course of the past year. Consider any shifts in habits, language, ambitions, preferences, values, priorities, etc. Don't rush through the exercise. Ask God to show you the shifts and transformations he wants you to notice about yourself.

## HOW I'VE CHANGED

## HOW I'M THE SAME

Physical

Social/Relational

HOW I'VE CHANGED

HOW I'M THE SAME

Professional/Vocational

Emotional/Attitudinal

Spiritual

Other

● ● ● YOU HAVE CHANGED

● How do you feel about the ways that you've changed?

How do you anticipate others might respond to your changes?

What difficulties might you go through as a result of ways you've changed?

Do you see God's work in any of the ways you've changed?

Do you see God's work in any of the ways you've stayed the same?

●  
●  
●

## OTHERS HAVE CHANGED

It's easy to expect that you will return to life just as it was before. But just as you've changed over the past year, the people and places that you encounter have changed, and you'll experience dissonance as a result.

What changes have you noticed in your friends and family?

What has happened in the places or in the lives of the people you've been away from that you're sad to have missed out on?

How can you make room for the ways others have changed this past year?



# Critical Encounters

- It can be helpful to look at specific encounters that led to the ways you've changed over the
- past year.

Think of four to eight critical encounters—incidents, ideas, glimpses of God, and/or conversations—that occurred over the past year. Think about how each one influenced you and what potential it may hold for you in the future, be it in a month or years from now.

## HOW IT INFLUENCED ME

## POTENTIAL FOR THE FUTURE

Encounter 1:

Encounter 2:

HOW IT INFLUENCED ME

POTENTIAL FOR THE FUTURE

Encounter 3:

Encounter 4:

Encounter 5:

HOW IT INFLUENCED ME

POTENTIAL FOR THE FUTURE

Encounter 6:

Encounter 7:

Encounter 8: