

Silent Reflections
Tuesday 24th March 2026
Theme
Journeys



Introduction to the theme

Last Week Archbishop Sarah Mullally embarked upon an 87-mile journey from St Pauls Cathedral in London to Canterbury Cathedral in Kent along the Becket Camino prior to her formal enthronement as 106th Archbishop of Canterbury.

Her journey has been publicised as being part of her spiritual preparation for the formal beginning of her ministry on 25th March 2026 – reflecting her journey from Bishop of London to Archbishop of Canterbury.

“As I walk this path I will be praying for our Church and our world and asking God to bless those we meet. Every Christian life is a pilgrimage – a journey with God”

The Most Revd and Rt Hon Dame Sarah Mullally Archbishop of Canterbury.

In addition, her journey has been made for very private and personal reasons and perhaps the same can be said for many of our journeys. We embark on them whether they be “external” – going from one geographical location to another or “internal” to discover something about ourselves.

Whatever the type of journey we often have “baggage” – the rucksack to carry essentials, the hopes (and sometimes fears) of what lies ahead – Will I have the stamina and staying power to complete the journey? Sometimes the journey can include other people but ultimately what we gain from the journey is personal to the individual making it.

Journeys can unfold in unexpected ways – the sights seen, those encountered along the way and the realisation that our journey has led us to a deeper understanding of ourselves – perhaps others? perhaps God?

Journeys are a key part of human experience – long, short planned and unplanned. The “journey of life” is an accurate description of the span of our years on earth. For theists there is another journey – “the journey of Faith” – the way we can seek to deepen relationship with God and be open to His Grace every day – which can mean not controlling the route!

“Life is a pilgrimage. Each moment to be lived in depth because each moment contains God hidden within it ”

Banani Ray

Reflection

How might we find God in the mundane tasks of daily life on our journey of Faith?

(Brother Lawrence talks about this in the book “The Practice of the Presence of God”)

Reflection

Read the 3 biblical passages below. There is a **reflection** which you may wish to consider at the end of each passage. after which you may wish to use one or more of the following spiritual exercises: -

- One way of praying is to read the material very slowly and listen carefully and peacefully to the words and the feelings they evoke in you. Read or whisper the words in a rhythm with your breathing – a phrase at a time – with pauses and repetitions when and where you feel like it. This reading or listening is different from the reading we are generally accustomed to, and you may find it referred to as *lectio divina*, literally sacred reading. This is reverential listening: listening both in a spirit of silence and of awe. We are listening for the still, small voice of the Spirit that will speak to us personally - not loudly, but intimately. We read slowly, attentively, gently listening to hear a word or phrase that is God's word for us today.
- Once you have found a word that speaks to you in a personal way, take it in and reflect on what God is showing you, or calling you to. Take in the word, memorise it - and while gently repeating it to yourself, allow it to interact with your thoughts, your hopes, your memories, your desires. In this way, you allow God's word to become a word that touches you and affects you at your deepest levels through the Spirit. The final stage is to rest in God's presence.

The Call of Abram – Genesis 12

12 Now the LORD said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. ² I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. ³ I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.'^[a]

⁴ So Abram went, as the LORD had told him; and Lot went with him. Abram was seventy-five years old when he departed from Haran. ⁵ Abram took his wife Sarai and his brother's son Lot, and all the possessions that they had gathered, and the persons whom they had acquired in Haran; and they set forth to go to the land of Canaan.

Reflection

God's call to Abram was to walk out in Faith leaving all that he knew behind him and make an arduous journey into the unknown. What might "walking out in Faith" look like today in Abingdon 2026?

Jesus Sends Out the Twelve Apostles – Matthew 6 :7-13

⁷ And he called the twelve and began to send them out two by two and gave them authority over the unclean spirits. ⁸ He charged them to take nothing for their journey except a staff—no bread, no bag, no money in their belts— ⁹ but to wear sandals and not put on two tunics.^[a] ¹⁰ And he said to them, “Whenever you enter a house, stay there until you depart from there. ¹¹ And if any place will not receive you and they will not listen to you, when you leave, shake off the dust that is on your feet as a testimony against them.” ¹² So they went out and proclaimed that people should repent. ¹³ And they cast out many demons and anointed with oil many who were sick and healed them.

Reflection

What is the “baggage” that might be a barrier to proclaiming God today in Abingdon 2026?

The Conversion of Saul on the road to Damascus – Acts 9:1-19

⁹ Meanwhile Saul, still breathing threats and murder against the disciples of the Lord, went to the high priest ² and asked him for letters to the synagogues at Damascus, so that if he found any who belonged to the Way, men or women, he might bring them bound to Jerusalem. ³ Now as he was going along and approaching Damascus, suddenly a light from heaven flashed around him. ⁴ He fell to the ground and heard a voice saying to him, ‘Saul, Saul, why do you persecute me?’ ⁵ He asked, ‘Who are you, Lord?’ The reply came, ‘I am Jesus, whom you are persecuting. ⁶ But get up and enter the city, and you will be told what you are to do.’ ⁷ The men who were travelling with him stood speechless because they heard the voice but saw no one. ⁸ Saul got up from the ground, and though his eyes were open, he could see nothing; so they led him by the hand and brought him into Damascus. ⁹ For three days he was without sight, and neither ate nor drank.

¹⁰ Now there was a disciple in Damascus named Ananias. The Lord said to him in a vision, ‘Ananias.’ He answered, ‘Here I am, Lord.’ ¹¹ The Lord said to him, ‘Get up and go to the street called Straight, and at the house of Judas look for a man of Tarsus named Saul. At this moment he is praying, ¹² and he has seen in a vision^[a] a man named Ananias come in and lay his hands on him so that he might regain his sight.’ ¹³ But Ananias answered, ‘Lord, I have heard from many about this man, how much evil he has done to your saints in Jerusalem; ¹⁴ and here he has authority from the chief priests to bind all who invoke your name.’ ¹⁵ But the Lord said to him, ‘Go, for he is an instrument whom I have chosen to bring my name before Gentiles and kings and before the people of Israel; ¹⁶ I myself will show him how much he must suffer for the sake of my name.’ ¹⁷ So Ananias went and entered the house. He laid his hands on Saul^[a] and said, ‘Brother Saul, the Lord Jesus, who appeared to you on your way here, has sent me so that you may regain your sight and be filled with the Holy Spirit.’ ¹⁸ And immediately something like scales fell from his eyes, and his sight was restored. Then he got up and was baptized, ¹⁹ and after taking some food, he regained his strength.

Reflection

Reflect on a time when your journey of Faith took an unexpected turn and its impact on you.

A poem – A reflection on a journey of Faith

“I’ve Walked With Him a While”

(a poem of faith from a grandparent’s heart)

I’ve walked with Him a while now—
through summer suns
and winter winds,
through babies born
and goodbyes said
with trembling hands.
I’ve prayed beside hospital beds
and whispered grace
at crowded tables.
I’ve seen His hand
in little things—
and in the storms
that almost broke me.
The world has changed
a thousand ways,
but my Rock?
He never has.
Jesus has been
my steady thread
through every unraveling.
Now I sit,
older bones and slower days,
watching little feet
run through this home,
and I pray—
not that life spares them hardship,
but that they find Him
early.
And walk with Him
long.
I hope they see
my faith like light
coming through a quilted window—
soft, steady,
woven in love.
Because I may not be here
for every milestone,
but I know the One
who will be.
And His name is Jesus.
And He’s never failed me yet.

A Prayer for the Journey of Faith

Dear Lord,

On my journey of faith, You are with me wherever I go. Please give me needed direction so that I may never become lost. May the highways and byways I travel lead me to Your loving embrace. Keep me attentive to the signs as I seek to follow Your way and give me the strength and courage to trust You through the twists, turns, and hills.

When I stumble, help me to draw closer to You, knowing Your love is my protection.

Transform my heart and increase my faith so I may become a stronger follower, reflecting Your love to the world.

I place my past, present, and future into Your hands.

In Jesus' Name, Amen.