



THE  WAY
OF ST. JAMES
JOURNAL



NAME:



STOPS ALONG THE WAY

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EPISODE I

THE ARROW

Lesson Overview

By the end of this lesson, you will...

- **Understand** what a Pilgrimage is.
- **Reflect** on the spiritual benefits of Pilgrimage.
- **Consider** what form a Pilgrimage might take in your life.
- **Learn** about who St. James was. Start to consider the influence following Jesus has in St. James' life.
- **Ponder** why Jesus is still so influential today.
- **Extension:** Take your own Pilgrimage alongside Jesus by reading the Gospel of Mark.

Location Overview

St. Jean Pied de Port

A town in France situated on the river Nive, 8km from the Spanish border. There is a cobbled road that runs downhill towards the river and across the bridge. Shops have retained traditional features and signage (one even displays what the price of wheat was in the 1700s!)

Orisson

There is a special refuge here only for those who walk the Camino. People who have arrived in town in other ways are not welcome to stay at "Refuge Orisson".

Roncesvalles

This Village is situated almost 1pm above sea level. It is a common first stop on the Camino. It has a hotel, two pubs, but no shops!



Connecting

I.I Preparing for the Way

If you could travel anywhere in the world, where would you go?

Why did you choose that location?

The Way Series is about a Journey; list some movies or books you know where the characters go on a journey?

Think about the main character...at the beginning of the journey, and at the end of the journey? What event/s made them change?

Key Terms

PILGRIMAGE: A special trip that people take to a sacred place for religious reasons, often to grow spiritually or find inner peace.

GOSPEL: The first four books of the New Testament in the Bible (Matthew, Mark, Luke, and John) that tell the story of Jesus' life, teachings, death, and resurrection. It can also mean the message of salvation that Christians believe.

SAINT: A person recognized for their holiness and close relationship with God. In this case, we are thinking about Saint St. James who journeyed with Jesus.

JOURNEY: A trip or experience that involves travel from one place to another, often with a purpose of learning, growth, or exploration.

THE GOOD NEWS OF THE KINGDOM: The message Jesus shared about God's love and the promise of a new way of living under God's rule, which brings hope, peace, and salvation to everyone.

Exploring

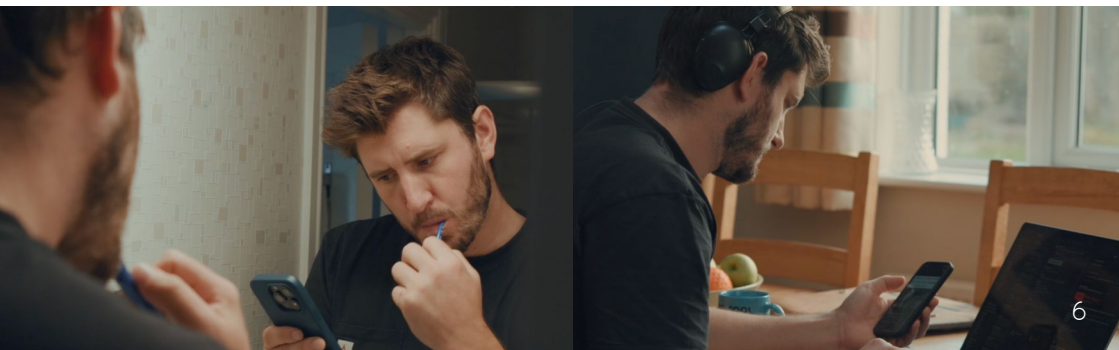
1.2 Responding to the Way

Circle the words you most relate to from Jonny's description of modern life:

"Whether I know it or not, each day I am taking in all these messages, ideas, ads, and whatever else clogs up my brain space. It's a constant avalanche of pressure to buy this. Do this and follow this in order to be happy until it feels like my brain is either going to explode or go completely numb. This is having two major effects on us. The first is that we can find it hard to know what we actually think or feel about anything. And the second is that we become disconnected from ourselves, no longer in touch with our heads and our hearts. And need a full reset, a chance to start over."

What is Jonny's life like before he starts on The Way?

Do you agree with Jonny's description of the effects of screen on our wellbeing? Why/Why not?



Forming
I.4 Reflections along the Way
From this episode...



What have you learned about yourself?



What have you learned about our world?



What have you learned from the Bible?



What are your questions?

Notes:



A close-up photograph of a stone fountain. The fountain is made of dark, textured stone and is set against a wall of lighter, natural stone. Water is dripping from the spout, creating a vertical stream of droplets. The background is a wall of rough-hewn stone blocks. Three horizontal white lines are positioned at the top of the image, partially overlapping the fountain's structure.

EPISODE 2

PARCHED

Lesson Overview

By the end of this lesson, you will...

- **Understand** the Christian concept of the search for meaning and connection.
- **Reflect** on the ways people search for meaning and connection.
- **Consider** the different value of the sources people use for meaning and connection.
- **Ponder** if the Christian understanding of God's love is relevant today.
- **Investigate** the Bible story of the Samaritan woman at the well and what it says about Jesus' mission and purpose.

Location Overview

Estella

This town was traditionally known as “Estella the Beautiful”. It is a town filled with beautiful buildings: churches, castles, convents, and even a bridge known as the “jail bridge” was built with beauty in mind!

Torres del Rio

This is a tiny village with only 122 residents. The streets are steep and the landscape is breathtaking. A feature of many of the houses is the different coats of arms on the doors of the small cottages and houses.



Connecting

2.1 Preparing for the Way

In our day-to-day lives, we find ourselves doing activities which fill our cup, and others which empty it. **Have a think back over the last 48 hours and list some things you did which were cup-filling and cup-emptying.**

CUP-FILLING:

E.g. Sleep

CUP-EMPTYING:

E.g. Late night Streaming
Binge

KEY TERMS

JEW: A person who belongs to the Jewish people. The Old Testament tells the story of this people group as God's chosen people through whom he would bless the world. Christians believe that Jesus is the fulfillment of the Old Testament promises to the Jews.

SAMARIA: A region in ancient Israel, located between Galilee to the north and Judea to the south. In the time of Jesus, it was inhabited by the Samaritans, a group with distinct religious practices and beliefs that were somewhat different from those of the Jews.

SAMARITAN: A person from Samaria. Samaritans followed a religion that was closely related to Judaism but had significant differences, particularly regarding the location of their temple and some religious practices. Jews also did not talk to, associate with, or share meals with Samaritans.

THEOLOGIAN: Someone who seeks to understand, explain, and interpret religious texts, doctrines, and traditions. Their work helps to deepen the understanding of faith and its implications for believers.

Exploring

2.2 Responding to the Way

In the video, Johnny describes thirst not only as a physical reality (we all need to drink!) but as a spiritual need. Do you agree that humans all need relationships, meaning and connection? Why/Why not?

Circle the words you most relate to from Jonny's description of modern life:

"our lives are shaped by the places that we find water and refreshment, rest and meaning. ... Sometimes it's water sources that aren't deep, or fresh, or safe. It's the stagnant swamp water of relationships with people who either can't or

won't love you well. Or it's the filling your lives with empty calories of doom scrolling, series bingeing, or any number of ways we can lose ourselves when we feel parched."

Do you agree with Jonny's description of "empty calories"? Why/why not?



“Many theologians over the last 2,000 years have hinted at this God-shaped void we all seem to possess, an imprint from a loving God when he created us in his likeness ... our longing for this void to be filled guides all of our lives.”

The Christian explanation for the universal search for love is that God has created people for a loving relationship with him. As Jonny describes it, God’s love is “Unconditional, unlimited, unrelenting love”

If you believed this was true, how would it feel to know that the creator of the universe wants to have a loving relationship with you?

What makes it hard to believe this is true?



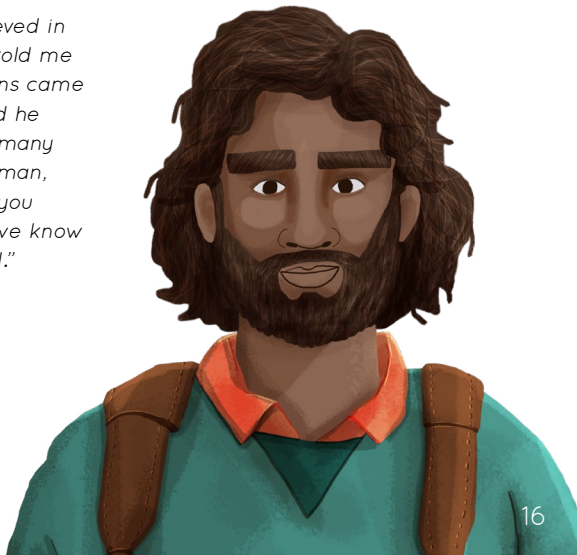
2.3 Jesus' Way

This passage follows directly on from the passage Jonny talked about in the video (you can also read the whole story from John 4:4-26). St. James and the other disciples have rejoined Jesus and see that he has spoken to this outcast woman.

Read John 4:27-42 (NIV) from the Bible;

Just then his disciples returned and were surprised to find him talking with a woman. But no one asked, "What do you want?" or "Why are you talking with her?" Then, leaving her water jar, the woman went back to the town and said to the people, "Come, see a man who told me everything I ever did. Could this be the Messiah?" They came out of the town and made their way toward him. Meanwhile his disciples urged him, "Rabbi, eat something." But he said to them, "I have food to eat that you know nothing about." Then his disciples said to each other, "Could someone have brought him food?" "My food," said Jesus, "is to do the will of him who sent me and to finish his work. Don't you have a saying, 'It's still four months until harvest'? I tell you, open your eyes and look at the fields! They are ripe for harvest. Even now the one who reaps draws a wage and harvests a crop for eternal life, so that the sower and the reaper may be glad together. Thus the saying 'One sows and another reaps' is true. I sent you to reap what you have not worked for. Others have done the hard work, and you have reaped the benefits of their labor."

Many of the Samaritans from that town believed in him because of the woman's testimony, "He told me everything I ever did." So when the Samaritans came to him, they urged him to stay with them, and he stayed two days. And because of his words many more became believers. They said to the woman, "We no longer believe just because of what you said; now we have heard for ourselves, and we know that this man really is the Savior of the world."



Before she met Jesus, this woman hid from the other people in town (that's why she was at the well at midday). Imagine what it would feel like to be an outcast like her.

How does this passage show how this woman changed after meeting Jesus?

How do verses 39-42 explain Jesus' mysterious words in verses 31-35?

Why do you think she has changed?

Relationship with Jesus changed everything for the woman. How does this passage show that Jesus offers relationship to everyone?

Forming

2.4 Reflections along the Way

From this episode...



What have you learned about yourself?



What have you learned about our world?



What have you learned from the Bible?



What are your questions?

A photograph of a tree-lined path, likely a promenade, with a dense canopy of green and yellowing leaves overhead. A street lamp is visible in the lower left foreground. The text "EPISODE 3" and "WALKING STICK" is overlaid in white, with a white horizontal line below it.

EPISODE 3

WALKING STICK

Lesson Overview

By the end of this lesson, you will...

- **Understand** the transformation that St. James makes after following Jesus.
- **Reflect** on the selfish and selfless choices we all make.
- **Consider** the example Jesus set for his disciples – both in his time and those who follow Jesus today.
- **Ponder** if there are ways to make selfless choices, to become a walking stick for others.
- **Investigate** the Bible's explanation for how and why those who follow Jesus lead changed lives.

Location Overview

Burgos

Burgos is a town filled with interesting architectural structures. These include the gateway of Santa Maria in the walls of the city and the arch of Fernán González. In winter, it can get quite cold here – often as low as -10 degrees, though once it got as cold as -22!

Castrojeriz

Because of the need to tend to the wounds of pilgrims taking the Camino, this small town was traditionally home to many hospitals.



Connecting

3.1 Preparing for the Way

Think of a time you said something or did something you wished you hadn't. How would you feel if it was recorded and shared with people in the world's bestselling book (or highest-viewed YouTube channel)?

Out of 10, rate these embarrassing moments from the Gospel accounts of Jesus:

Peter sees Jesus with two risen Prophets from the Old Testament – Moses and Elijah. He responds by offering to build a tent for them all. **(Matthew 17:1-4)**

The disciples are in a boat storm and start panicking that they're about to die before Jesus wakes up and calms the storm with a word. **(Matthew 8:23-27)**

John and Peter race to the tomb to see Jesus. John is faster and gets there before Peter. **(John 20:3-4)**

The disciples fall asleep multiple times while Jesus prays in Gethsemane, despite his request for them to stay awake and pray. **(Matthew 26:36-46)**

St. James and John's mum asks Jesus to make her sons his second and third in command. **(Matthew 20:20-21)**

Peter claims that he will die alongside Jesus, and then only hours later, denies knowing him on three separate occasions. **(Matthew 26:69-75)**

St. James and John ask Jesus if they should call down fire from heaven to destroy a Samaritan village that rejected Jesus. **(Luke 9:51-56)**

Key Terms

DISCIPLES: In the New Testament of the Bible, disciples are followers of Jesus Christ who learn from his teachings and strive to live according to his example. The twelve apostles (of whom James is one) are often called disciples, but all Christians are considered disciples of Jesus.

RANSOM: A ransom is a price paid to free someone from captivity or punishment. In Christian belief, Jesus' death on the cross is seen as a ransom that was paid to free humanity from the bondage of sin and the consequences of sin, which is spiritual death.

SALVATION: In Christian belief, salvation refers to the deliverance from sin and its consequences, brought about by faith in Jesus Christ. Salvation grants eternal life with God.

REDEEM: To redeem means to buy back or restore something to its original state. In a Christian context, it means Jesus Christ's act of saving people from sin by paying the price with his death, restoring those who trust in him into a right relationship with God.

Exploring

3.2 Responding to the Way

Jonny talks about “walking sticks” we all have as :

“Something that not only helps us up, but holds us up. Something that takes the pressure off... We need something to lean on. As we figure out how to keep going.”

What are some people (or things) you lean on to support you in life?

What are some ways you have been a support to others in your life?

What are the characteristics you look for in a supportive person?

Why would someone look to you to be a support?



Jonny describes the transformation St. St.

James makes like this:

"He goes from insecure, petulant, fragile, to someone who leads a community that changes the world. He goes from limping and stumbling around, to being a walking stick for others. Supporting them, helping them, loving them. ... His journey from hurting to wholeness is so beautiful and so powerful that millions of people around the world do the Camino and travel to where his remains rest."

The story of St. James is a story of change from selfishness to selflessness. Read the following scenarios and consider what it would look like to make a selfish or a selfless response.



SCENARIO 1

Your teacher assigns a group project and randomly places you in a group with three other students. The project is due in a week, and it requires a lot of research and collaboration, but you know that the other two students are lazy and won't pull their weight.

A selfish response would be...

A selfless response would be...

Which is the best response? Why?

SCENARIO 2

You and your best friend are studying for a big exam. You both need to do well, but you realize that you understand the material much better than your friend, who is struggling.

A selfish response would be...

A selfless response would be...

Which is the best response? Why?

3.3 Jesus' Way

Read 1 John 4:7-12 (NIV) from the Bible;

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. This is how God showed his love among us. He sent his one and only Son into the world that we might live through him. This is love not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

What example did Jesus set for his followers?

What is the definition of love according to this passage?

How is the definition of love in this passage different from other ways you've heard the word "love" used?

Read Titus 2:11-14 (NIV) from the Bible;

For the grace of God has appeared that offers salvation to all people. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.

On a separate piece of paper, write your answers to the following questions:

1. Who has been offered salvation? What is this salvation from?
2. According to this passage, how do Jesus' followers change after he saves them?
3. What are Jesus' followers eager to do? Why do you think this is?
4. What comes first – following Jesus or a changed life? Why do you think this order is important?

Forming

3.4 Reflections along the Way

From this episode...



What have you learned about yourself?



What have you learned about our world?



What have you learned from the Bible?



What are your questions?

Notes:



A man with a beard and dark hair is shown in profile, looking upwards and to the left. He is wearing a dark green puffer jacket over a brown shirt. The background is a blurred forest with green and yellow leaves, suggesting an autumn setting. The lighting is bright, creating a soft glow on his face.

EPISODE 4

ST. ST. JAMES

Lesson Overview

By the end of this lesson, you will...

- **Understand** some of the reasons why Jesus is still influential today.
- **Reflect** on the difference between being a “follower” in Jesus’ day (like St. James was) and a “follower” today.
- **Consider** if today’s influencers will remain influential in 10, 100 or 1000 years’ time.
- **Investigate** some of Jesus’ teachings to see if they reveal the reason Jesus remains influential today.

Location Overview

Ermita De San Nicolas

This unique stop on the Camino is a hermitage house run by a group of men devoted to the care of those who walk the pilgrimage. These men, from the Confraternity of St. James from Perugia in Italy, offer to wash the feet of weary travelers in much the same way as Jesus washed his disciples’ feet.



Connecting

4.1 Preparing for the Way

What does the word “follower” mean to you?

In the video, Jonny says, “today, our world measures your significance by the number of followers you have.” Do you agree with this? Why/Why not?

Below is a list of the YouTube Channels with the highest number of followers (as of 2024).

MrBeast	302	Movieclips	61.7
Cocomelon - Nursery Rhymes	178	Eminem Music	61
WWE	103	Taylor Swift	59.5

Do you think these people are the most influential in our world? Why/Why not?

Do you think this list will remain the same in 10 years' time? Why/why not?

Do you think this list will remain the same in 100 years' time? Why/why not?

Key Terms

FOLLOWER OF JESUS:

A follower of Jesus is someone who believes in Jesus Christ and tries to live according to his teachings. This involves trusting, relying and depending on Jesus as the Son of God and Savior, and following his example of love, compassion, and obedience to God.

HOLY SPIRIT: The Holy Spirit is the third person of the Trinity in Christian belief, alongside God the Father and Jesus the Son. The Holy Spirit is God's presence and power at work in the world and in believers' lives. The Holy Spirit helps, guides, teaches, and empowers Christians to live according to God's good ways.

FRUIT OF THE SPIRIT:

The Fruit of the Spirit refers to the qualities or characteristics that the Holy Spirit develops in the lives of believers. These are listed in Galatians 5:22-23 and include love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These traits show how God is working in a person's life and how they are becoming more like Jesus.

Exploring

4.2 Responding to the Way

Jonny says

"In the first century, a follower was someone who dedicated their whole lives to becoming like the person they followed. Today, we

measure our following by breadth, how broad is our reach. Jesus measured it by depth, how deep and how authentically you are following."

Can you think of an example of a famous person with a large following today?

What percentage of their followers would be willing to leave their homes, jobs and livelihoods and follow this person full-time?

Would you say people model their lives on their teaching? Why/Why not?

How do you think a famous influencer would react to a follower who wanted to "follow" them in this way?





Jonny says: It's incredible that there will be hundreds of thousands of people that will walk this path every single year. To the remains of someone whose only claim to fame is that they followed someone else. It really makes you think how significant the person they followed must be."

Imagine if the same was true today as it is of St. James. Can you imagine anyone willing to take a pilgrimage to follow a follower of Mr Beast? Or WWE? Or Taylor Swift?

What does this tell you about the influence that Jesus has had on our world in the over 2,000 years since he lived, died and rose again.



4.3 Jesus' Way

Read Matthew 22:34-40 (NIV) from the Bible;

Hearing that Jesus had silenced the Sadducees, the Pharisees got together. One of them, an expert in the law, tested him with this question: "Teacher, which is the greatest commandment in the Law?"

Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments."

Jesus summarised thousands of words of Old Testament law in two sentences. Write them in your own words.

Why do you think Jesus said that the Love of God is the first and greatest commandment?

How is the second commandment like the first one?

Read Galatians 5:22-26 (NIV), from the Bible;

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.

This passage gives more detail about what loving God and loving others looks like. Have a go at defining each of the fruit of the spirit in your own words:

LOVE

JOY

PEACE

PATIENCE

KINDNESS

GOODNESS

FAITHFULNESS

GENTLENESS

SELF-CONTROL

Why do you think there is no law against these things?

How do these passages help you understand why Jesus' remains influential today?

Forming

4.4 Reflections along the Way, from today's episode...

From this episode...



What have you learned about yourself?



What have you learned about our world?



What have you learned from the Bible?



What are your questions?

Notes:



Lesson Overview

By the end of this lesson, you will...

- **Understand** the purpose of pain, despite its unpleasantness.
- **Reflect** on Jesus' life and the times he experienced pain.
- **Consider** how important it was that Jesus - God's own son - experienced all the pain we did - and more.
- **Ponder** if Jesus' example of sacrifice is one which explains why Christians follow him to this day.

Location Overview

Leon

Historians believe this city was established in around 29 BC (before the birth of Christ) as a Roman military encampment. Part of the Roman walls have been preserved to this day. However, the city's historical significance doesn't end there! In 1188, the first ever parliamentary sitting on the European continent was held here, giving it the title of the "cradle of Parliamentarianism".



Connecting

5.1 Preparing for the Way

Performing through Pain – the story of Kerri Strug

In the 1996 Olympics, the US Women's Gymnastics team was poised to win their first ever gold medal. In the final rotation, it all came down to Kerri Strug. Her two vaults would decide whether Team USA won gold or settled for silver.

On her first vault, disaster struck. She landed awkwardly, and her ankle buckled underneath her. Pain was clear on Strug's face, and the crowd was shocked. It seemed like her competition was over.

But she had no choice, she needed to vault again if her team was any hope of winning.

Despite the pain, Strug limped to her starting position for the gold medal-defining vault. As she soared through the air, everyone held their breath. When her feet hit the ground, her ankle wavered, the impact of the jump coursing through her body.

But she raised her arms in triumph, wincing in pain.

Strug had done it. She stuck the landing and secured the first ever team gold for the USA.

Can you imagine what it would be like to be Kerri Strug? What emotions would you be feeling as you prepared for your final vault?

Why do you think she was willing to endure the pain?

KEY TERMS

CRUCIFIXION: A brutal method of execution used in ancient times, especially by the Romans. In Christian belief, the crucifixion of Jesus Christ is a central event, as it represents his sacrificial death for the sins of humanity and his immense love for people.

HIGH PRIEST: In the Old Testament, the High Priest was the one who was the mediator (or go-between) for the people and God. He would offer sacrifices in the Temple on behalf of the people and would seek restoration and forgiveness for the people from God. Christians believe Jesus fills that role for us.

THE HOUR: In the Gospel of John, "the hour" refers to the time when Jesus would be arrested, put on trial, and crucified. As this story begins, it is mere hours before Jesus' arrest.

Exploring

5.2 Responding to the Way

Jonny says

“On the Camino, the pain your body feels tells you the truth about the miles you’ve walked and the distance you’ve covered. In life, pain tells you the truth about what matters. About disappointment, loss, betrayal, hurt, and heartbreak.”

What do you think the purpose of pain is?

Can you think of any benefits of pain?

The National Institute of Neurological Disorders (USA) cites these benefits to pain:

“Pain is among the most important signals our body gives to help us survive. Pain can alert us to harmful changes in the body, like cancer, or help us learn to avoid something harmful, like touching a hot stove. In this way, some forms of pain keep us safe.”

While pain isn’t enjoyable or pleasant, what are some potential problems you would face if you didn’t feel pain?



In the video, we learn two key ways that Jesus experienced pain:

1. When Jesus' friend Lazarus died.
2. When Jesus died on the cross.

These two events show us that Jesus knows what it's like to feel the pain of grief and loss, as well as feel pain that was literally excruciating (the word comes from "crucifixion").

Why do you think it was important for Jesus - God's only son - to experience pain?

Read Hebrews 4:15 (NIV), from the Bible;

For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.

How does this passage explain why it was important that Jesus experienced everything we do?

Does this verse give you comfort that God himself knows what your pain is like? Why/Why not?



5.3 Jesus' Way

Read John 13:1-17 (NIV) from the Bible;

It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end.

The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" Jesus replied, "You do not realize now what I am doing, but later you will understand." "No," said Peter, "you shall never wash my feet." Jesus answered, "Unless I wash you, you have no

part with me."

"Then, Lord," Simon Peter replied, "not just my feet but my hands and my head as well!"

Jesus answered, "Those who have had a bath need only to wash their feet; their whole body is clean. And you are clean, though not every one of you." For he knew who was going to betray him, and that was why he said not every one was clean.

When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" He asked them. "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you. Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. Now that you know these things, you will be blessed if you do them.

Cultural Context

Think about what feet would have been like in Jesus' day: Not only would the disciples have blisters (like Jonny and his friends as they walk the Camino), but they wore open-toed sandals, walked on dusty unpaved roads, and let's not mention the lack of sewerage at the time - yuck!

The job of washing feet was usually done by the servants of the household. What is Jesus showing his disciples by being willing to wash their feet? (Hint: look at verse 1)

Discuss the following questions:

1. How does the cultural context help you understand Simon Peter's first reaction?
2. Why do you think Simon Peter has such a change of heart?
3. Why did Jesus wash his disciples' feet? (Hint: look at verses 14-15)
4. Do you think Jesus means this literally? Why/Why not?
5. If not, what is Jesus commanding his followers to do?

Forming

5.4 Reflections along the Way
From this episode...



What have you learned about yourself?



What have you learned about our world?

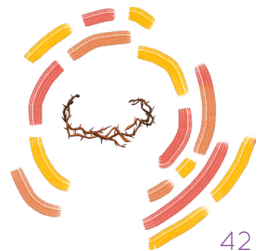


What have you learned from the Bible?



What are your questions?

Notes:



A photograph of three hikers from behind, walking on a paved path. They are wearing large backpacks and are in front of a stone building with Gothic-style arches. The hiker on the left has a tan backpack with 'BACH' written on it. The middle hiker has a dark blue backpack with 'Mr. OUTDOOR' on the top flap. The hiker on the right has a green backpack with 'MILITARY' on the side. The text 'EPISODE 6' is overlaid in large white letters, and 'WEIGHT' is overlaid in smaller white letters below it.

EPISODE 6

WEIGHT

Lesson Overview

By the end of this lesson, you will...

- **Understand** that throughout our lives, we pick up burdens, intentionally and unintentionally.
- **Reflect** on how burdens may weigh us down and make our journey through life difficult.
- **Consider** the offer Jesus makes to take burdens away and give rest to the weary and heavy-laden.
- **Ponder** if the offer of forgiveness is really an offer of freedom as the Bible claims.

Location Overview

O Cebreiro

Unlike any other stop on the Camino. This town is home to unique architecture - almost prehistoric stone igloos with thatched roofs. Not only are the houses unique, the weather is, too. There are often high winds and rough rains. Finally, even the language spoken here is one of a kind - the locals have a dialect which is a blend of Spanish and Portuguese called Galego.

Samos

Home to the Samos Monastery, which for centuries has been a place of refuge for pilgrims on the Camino. The garden surrounding the monastery was filled with herbs which were used to ease the pain of travelers who had walked for weeks or months on the Camino.

Portomarin

Not many cities have the distinction of being relocated from one spot to another - but that's exactly what happened to Portomarin in the 1960s. When a local river was dammed, key historical buildings were relocated to higher ground. At certain seasons, when the water level in the dam is low, you can still see the remains of the now-submerged original town.

Arzua

Tradition states that this town was settled even before Roman times. Since the 1950s, the population has been in steady decline - from 10,000 to less than 6,000 today. Nevertheless, it is a popular destination as it is one of the last stops on the Camino before Santiago de Compostella - the resting place of St. James.



Connecting

6.1 Preparing for the Way

Lets check in! How have things been unfolding for you on this journey?

Feel free to use this space to share any reflections or thoughts that come up—anything that feels significant to you, whether it’s a new realization, a shift in perspective, or simply how you’re feeling in this moment...

KEY TERMS

SIN: When we do something wrong or go against God’s wishes. It can be anything from making bad choices, hurting others, or breaking promises. Sin is like missing the mark of how God wants us to live, and it creates a separation between us and God.

BURDEN: Something heavy or difficult that we carry, either physically or emotionally. It can be problems, worries, or responsibilities that feel overwhelming. In a spiritual sense, burdens are the weight of our mistakes or struggles that we find hard to handle on our own.

GOD’S SON: “God’s Son” refers to Jesus Christ. In Christianity, Jesus is believed to be both fully God and fully human. His role is central to Christian faith because He came to Earth to teach about God’s love, to offer forgiveness for sins, and to show people how to live in a way that pleases God. So, when people refer to Jesus as “God’s Son,” they are highlighting His special relationship with God and His unique mission on Earth.

6.2 Responding to the Way

Jonny says

"The pain of what we carry often ends up becoming the very thing that makes every step harder. Like we look around at the beauty of this journey, and the faces of those that we're journeying with, and we find it so hard to experience the joy of this journey because the weight makes it excruciating instead of exciting."

Can you think of an example of the kinds of things that are not worth carrying with you on the journey of life?

What were the kinds of things that Jonny talks about St. James needing to let go of?

In the Christian Classic "Pilgrim's Progress" by John Bunyan, Christian is on a journey to the "Celestial City". This journey is an allegory for the Christian life. He struggles in the beginning, carrying a heavy burden, until in this scene something happens:

Up this way, therefore, did burdened Christian run; but not without great difficulty, because of the load on his back.

He ran thus till he came at a place somewhat ascending; and upon that place stood a Cross, and a little below, in the bottom, a sepulchre. Just as Christian came up to the cross, his burden loosed from off his shoulders, and fell from off his back, and began to tumble; and so continued to do till it came to the mouth of the sepulchre, where it fell in, and I saw it no more....

Then he stood still awhile to look and wonder; for it was very surprising to him, that the sight of the cross should thus ease him of his burden.



Read 1 Peter 2:24 from the Bible

“He himself bore our sins” in his body on the cross, so that we might die to sins and live for righteousness; “by his wounds you have been healed.”

Discuss the following questions;

1. What causes Christian’s burden to fall from his back?

2. As this is an allegory for the Christian life, what do you think is the spiritual cause of Christian’s burden being taken away?

6.3 Jesus’ Way

Read Matthew 11:28 (NIV) from the Bible;

“Come to me, all you who are weary and burdened, and I will give you rest.”

1. What would it look like for a person to give their burdens to Jesus and ask for his forgiveness?

2. Is Jesus’ offer of rest inviting? Why/Why not?

Read John 8:34-36 (NIV) from the Bible;

Jesus replied, "Very truly I tell you, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed."

According to Jesus, what are people enslaved to?

Who is the one who can set people free?

How does this freedom change people's relationship with God?



Forming

6.4 Reflections along the Way *From this episode...*



What have you learned about yourself?



What have you learned about our world?



What have you learned from the Bible?



What are your questions?

Notes:





EPISODE 7

HOPE & PEACE

Lesson Overview

By the end of this lesson, you will...

- **Understand** that just as pilgrims on the way are changed, Saint St. James changed as he followed Jesus.
- **Reflect** on the changes Saint St. James made and the impact Jesus had on his life.
- **Consider** other changes people have made because of their relationship with Jesus.
- **Ponder** the questions you would need answered if you were willing to run the Christian race.

Location Overview

Santiago de Compostela

This is where the pilgrimage has always been aiming; This is the goal of the journey! At the *Catedral Basílica de Santiago de Compostela* (or Metropolitan Cathedral), it is purported that the earthy remains of St. James the Great are buried. People who want to honour a man who walked with Jesus Christ do so by walking the Camino to stop at St. St. James' final burial place.



Connecting

7.1 Preparing for the Way

What is the furthest you've ever traveled from home? How did you feel as you prepared for the journey?

When you returned, how did you feel looking back on the memories of your journey?

What was it like when you arrived? Did you find anything unexpected along the journey?

Would you take that journey again? Why/Why not?

Key Terms

CHRISTIAN RACE: This is a metaphor which refers to the effort and commitment needed to follow Jesus and live according to His teachings. Just like in a race, Christians are encouraged to stay focused, persevere through challenges, and strive to grow in their faith. The idea comes from passages in the bible that emphasise the need for dedication and endurance in following Jesus.

RESURRECTION: this refers to Jesus rising from the dead on the third day after His crucifixion. This is a central belief in Christianity because it symbolizes victory over sin and death and offers believers hope of eternal life. The resurrection is seen as proof of Jesus' divine power and a promise that Christians will also be raised to life after death.

CLOUD OF WITNESSES: this phrase used in the Bible to describe a group of faithful people from the Old Testament who have lived out their faith and are now seen as examples for others. The idea from Hebrews 12 is that this is "cloud" that surrounds Christians, encouraging and supporting them as they live out their faith.

Exploring

7.2 Responding to the Way

Jonny talks about “walking sticks” we all have as :

“Following in the footsteps of Saint St. James leads to a new story. ... A story where we find forgiveness and a life with Jesus that starts now and goes on forever. A life not just of everlasting length, but of everlasting depth, love and hope.”

Is following the footsteps of Saint St. James about him or about something else? If so, what is it?

Imagine you were St. James on the night Jesus was arrested, tried and sentenced to death on the cross. How would you be feeling?

Imagine you were St. James at the beginning of his journey with Jesus. When he left his fishing boat to follow Jesus - what did he expect his journey to look like?

Imagine you were St. James and you saw Jesus alive after he died. How would you be feeling?

Imagine you were St. James in the middle of life following Jesus. You’ve seen some miracles and you’re starting to think that Jesus will be the King to defeat the Romans. What are you feeling?

What ways would you expect that St. James would change while following Jesus?

The Symbol of the Scallop

Jonny describes the scallop like this:

“They (Pilgrims on the Way) turn it upside down, imagining the ridges of the shell as fingers, and the shell itself being an open palm, an offering of your life to the world that God loves.”

As a result of his journey with Jesus, St. James (and another 10 of Jesus’ disciples) was put to death for refusing to deny that he saw Jesus rise from the dead. What are some other ways those who walk with Jesus might be willing to offer their lives to him?

Read the stories below and make note of ways some people have offered their lives to Jesus:

William Wilberforce was a British politician who played a crucial role in the abolition of the slave trade. His evangelical Christian faith inspired his tireless campaigning against slavery, despite facing significant political and social opposition. Wilberforce’s efforts led to the passage of the Slave Trade Act of 1807 and eventually the abolition of slavery in the British Empire.

Fanny Crosby despite being blind from infancy, became one of the most prolific hymn writers in history, composing over 8,000 hymns. Her deep faith and resilience turned her disability into a gift, inspiring millions through hymns like “Blessed Assurance” and “To God Be the Glory.” She used her talents to support Christian missions and outreach.

Eric Liddell was a Scottish runner and devout Christian who was scheduled to compete in the 100 meters race at the 1924 Paris Olympics. However, the race was set to take place on a Sunday, which conflicted with Liddell’s religious conviction to observe the Sabbath. Instead, he trained for the 400 meters race, which did not conflict with his beliefs. Remarkably, Liddell won the gold medal in the 400 meters and set a new world record, demonstrating his faith and athletic talent.



7.3 Jesus' Way

Read Hebrews 12:1-3 (NIV) from the Bible;

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of

faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

This passage likens following Jesus not to a journey, but to a race (and a long one too, like a marathon!). What sorts of things would hinder someone seeking to run the Christian race?

How does the writer find Jesus to be an encouraging example for those who seek to follow him?

How would it be different if Jesus didn't suffer hardship in his life?

What questions would you need answered before you were willing to run the Christian race?

Forming
7.4 Reflections along the Way
From this episode...



What have you learned about yourself?



What have you learned about our world?



What have you learned from the Bible?



What are your questions?

Notes:



A scenic view of a blue sea with mountains in the background and a tree in the foreground. The text "EPISODE 8" and "INVITATION" is overlaid on the image.

EPISODE 8

INVITATION

Lesson Overview

By the end of this lesson, you will...

- **Understand** that the purpose of pilgrimage is to change, rather than to return home the same person.
- **Reflect** on what taking a journey or pilgrimage like the Camino would be like today as well as in the past when the end point was actually only half-way.
- **Consider** the Apostle Paul and how much he changed after following Jesus.
- **Ponder** what it might look like for someone if they chose to start journeying with Jesus.

Location Overview

Finisterra

Known as “the end of the earth” (or, “land’s end”), this is the traditional end of the Camino. Pre-Christian Pagans truly believed this point was the end of the earth and would visit to see the sun “die” as it set in the west, only for it to be “reborn” as it rose in the east the next day.



Connecting

8.1 Preparing for the Way

If you could wake up tomorrow as a completely new person, what parts of your current life would you want to hold on to? (Friends? Family? Others?)

What parts of your life would you like to change?

Why did you choose these things?

Key Terms

ZEALOUS: having a strong passion or enthusiasm for something. In a Christian context, it refers to being very dedicated and energetic in following God and His teachings. A zealous person is eager to do what is right and to spread their faith enthusiastically.

PERSECUTION: the unfair or cruel treatment of someone because of their beliefs or identity. In Christianity, it often refers to the suffering and opposition that believers may face because of their faith in Jesus. This can include things like being harassed, threatened, or even physically harmed for practicing their religion.

RIGHTEOUSNESS: living in a way that is morally right and just according to God's standards. It involves following God's commands, acting with integrity, and doing what is right. In Christianity, righteousness is often seen as being aligned with God's will and is something believers strive for through their faith in Jesus Christ. No one can do this perfectly - except Jesus!

8.2 Responding to the Way

Jonny says:

“What many pilgrims would do as they stood at the end of the world, looking out into the unknown, is build a fire. And when it was blazing, throw in the clothes from their journey. This wasn’t just a way of getting rid of a fell stench and sweat stains. It was about letting go of who they had been. It was a symbol of leaving their old selves behind and returning home a new person.”

Imagine taking the Camino trek in the time before aeroplanes. As Jonny notes, the end is really the half-way point. How would you feel to know you made it to your goal, only to have to turn around and walk the whole way home?

Have you ever been away from loved ones for an extended period of time (perhaps because of their travel or yours)? Did you or they feel any different once you were reunited again? Why do you think that is?

8.3 Jesus’ Way

Read Galatians 1:11-24 (NIV) from the Bible;

I want you to know, brothers and sisters, that the gospel I preached is not of human origin. I did not receive it from any man, nor was I taught it; rather, I received it by revelation from Jesus Christ. For you have heard of my previous way of life in Judaism, how intensely I persecuted the church of God and tried to destroy it. I was advancing in Judaism beyond many of my own age among my people and was extremely zealous for the traditions of my fathers. But when God, who set me apart from my mother’s womb and called me by his grace, was pleased to reveal his Son in me so that I might preach him among the Gentiles, my immediate response was not to consult any human being. I did not go up to Jerusalem to see those who were apostles before I was, but I went into Arabia. (continued on next page)

Later I returned to Damascus. Then after three years, I went up to Jerusalem to get acquainted with Cephas and stayed with him fifteen days. I saw none of the other apostles—only St. James, the Lord’s brother. I assure you before God that what I am writing you is no lie. Then I went to Syria and Cilicia. I was personally unknown to the churches of Judea that are in Christ. They only heard the report: “The man who formerly persecuted us is now preaching the faith he once tried to destroy.” And they praised God because of me.

What Paul was like?

How following Jesus changed him?

Read Philippians 3:4-11 (NIV) from the Bible;

..though I myself have reasons for such confidence.

If someone else thinks they have reasons to put confidence in the flesh, I have more: circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; as for zeal, persecuting the church; as for righteousness based on the law, faultless.

But whatever were gains to me I now consider loss for the sake of Christ. What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead.

What Paul was like?

How following Jesus changed him?

Read 1 Timothy 1:12-17 (NIV) from the Bible;

I thank Christ Jesus our Lord, who has given me strength, that he considered me trustworthy, appointing me to his service. Even though I was once a blasphemer and a persecutor and a violent man, I was shown mercy because I acted in ignorance and unbelief. The grace of our Lord was poured out on me abundantly, along with the faith and love that are in Christ Jesus.

Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst. But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life. Now to the King eternal, immortal, invisible, the only God, be honor and glory for ever and ever. Amen.

What Paul was like?

How following Jesus changed him?



Why do you think people change so much when they decide to journey with Jesus?

What would stop you making such a journey?

Forming

8.4 Reflections along the Way

From this episode...



What have you learned about yourself?



What have you learned about our world?



What have you learned from the Bible?



What questions do you still have?

CONGRATULATIONS!

*You completed your journey
through The Way of St. James.*





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