



# Faith through Films

## The Unlikely Pilgrimage of Harold Fry

Watch the whole film if you can. If you can't here is the link to a film clip



<https://www.youtube.com/watch?v=v8MO1asqdcg>

### Exploring the theme

The Unlikely Pilgrimage of Harold Fry is a gentle yet deeply moving story about transformation, hope, and the possibility of change. Harold Fry is an ordinary man living a quiet, routine life when he receives a letter from Queenie, an old friend who is dying. Without planning or preparation, he makes a sudden decision to walk across England to see her, holding onto the fragile belief that as long as he keeps walking, she will remain alive.

At its heart, the film explores what it means to keep going when life feels uncertain. Harold's journey reflects the reality that change often begins with a single, unexpected decision rather than a carefully planned path. As he continues walking through exhaustion, doubt, and discomfort, we see how small, consistent actions can lead to meaningful transformation.

The story explores the weight of regret and the difficulty of facing the past. Harold is forced to confront experiences he has long avoided, showing how reflection, though uncomfortable, can be an important step toward growth. Alongside this, the film highlights the importance of human connection. The people Harold meets along the way remind us that even brief encounters can have a lasting impact, offering support, perspective, and understanding when it is most needed.

Ultimately, the film presents change not as something dramatic or instant, but as a gradual process shaped by perseverance, honesty, and openness.



### Bible reference

*"For we walk by faith, not by sight."*

**2 Corinthians 5:7**



## Questions

- How does Harold's journey change from being about reaching Queenie to something more personal, and what causes that shift?
- Who are the people that help Harold along the way, and what does this say about community?
- Which encounter on the journey stands out most to you, and why?
- What role does forgiveness play in the story?
- The film centres on the courage to take a first step without knowing the outcome. Is there something in your own life that calls for that kind of bravery and what might your first step look like?

## Final Reflection

Change rarely happens all at once. Instead, it grows slowly through persistence, honesty, and the choice to keep going. Harold is not strong or certain; he is burdened, unsure, and often overwhelmed. Yet this is what makes his journey so meaningful. The film suggests that we are not defined by our past, and that change is always possible, even when it feels late or difficult. Small steps can lead to real progress, and healing often begins with the simple decision not to give up. In the end, Harold's journey shows that hope does not require certainty—only the courage to take the next step.

## Prayer



*Lord, when life feels uncertain, help me to keep walking. When I am weighed down by regret, remind me that I can begin again. Give me courage to take steps of faith, even when I don't understand the outcome. Teach me to trust You in the journey, not just the destination. And help me to become someone who brings hope to others along the way. Amen.*