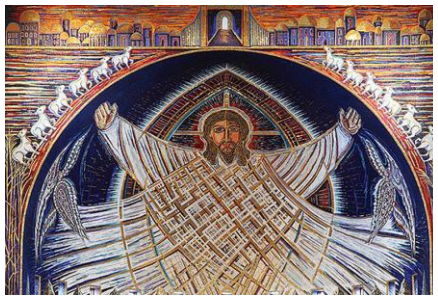
	Pathways Monthly Prayer Readings November 2025
	Howard Thurman (1899 –1981) was an American author, philosopher, theologian, Christian mystic, educator, and civil rights leader. Thurman's theology of radical nonviolence influenced and shaped a generation of civil rights activists, and he was a key mentor to leaders, including Martin Luther King Jr.
Tuesday, November 4 Contemplative Sit	*It is good to make an end of movement, to come to a point of rest, a place of pause.* *There is some strange magic in activity, in keeping at it,* *in continuing to be involved in many things that excite the mind and keep the hours swiftly passing.* *But it is a deadly magic; one is not wise to trust it with too much confidence.* *The moment of pause, the point of rest, has its own magic.* Howard Thurman, Meditations of the Heart
Wednesday, November 5 Lectio Divina	Oh, that my words were recorded, that they were written on a scroll, that they were inscribed with an iron tool on lead, or engraved in rock forever! I know that my redeemer lives, and that in the end he will stand on the earth. Job 19:23-25 (NIV) 
Thursday, November 6 Centering Prayer	Let the sea and everything in it roar; the world and all its inhabitants too. Let all the rivers clap their hands; let the mountains rejoice out loud altogether **9** before the Lord because he is coming to establish justice on the earth! Psalm 98:7-8 (CEB)
Tuesday, November 11 Contemplative Sit	*There is something in every one of you* *that waits and listens for the sound of the genuine in yourself.* *It is the only true guide you will ever have.* *And if you cannot hear it,* *you will all of your life spend your days on the ends of strings that somebody else pulls.* Howard Thurman, from the 1980 commencement address at Spelman College

Wednesday, November 12 Lectio Divina	"Surely the day is coming; it will burn like a furnace. All the arrogant and every evildoer will be stubble, and the day that is coming will set them on fire," says the Lord Almighty. "Not a root or a branch will be left to them. But for you who revere my name, the sun of righteousness will rise with healing in its rays. And you will go out and frolic like well-fed calves." Malachi 4:1-2 (NIV) 
Thursday, November 13 Centering Prayer	Psalm 98
Tuesday, November 18 Contemplative Sit	*The earth beneath my feet is the great womb* *out of which the life upon which my body depends* *comes in utter abundance.* *There is at work in the soil a mystery* *by which the death of one seed* *is reborn a thousandfold in newness of life*. Howard Thurman, Meditations of the Heart
Wednesday, November 19 Lectio Divina	Because of our God's deep compassion, the dawn from heaven will break upon us, to give light to those who are sitting in darkness and in the shadow of death, to guide us on the path of peace. Luke 1:78-79 (CEB) 
Thursday, November 20 Centering Prayer	God says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." Psalm 46:10 (NIV)

Tuesday, November 25 Contemplative Sit	*The awareness that the universe is dynamic* *gives to the individual the quiet assurance* *that wherever he may be located* *he is in immediate candidacy for the strength* *that comes from a boundless vitality.* *This fact makes for a universal kinship among all living things.* *The blessing of self-consciousness* *makes possible a deliberate relatedness* *out of which arise all of the joyous overtones of human relations.* *To understand another human being even dimly* *is to bring to a point of focus an Infinite Resource.* *The Psalmist states it is by insisting that 'the earth is the Lord's and the fullness thereof.* Howard Thurman, Meditations of the Heart
Wednesday, November 26 Lectio Divina	Keep awake, therefore, for you do not know on what day your Lord is coming. But understand this: if the owner of the house had known in what part of the night the thief was coming, he would have stayed awake and would not have let his house be broken into. Therefore, you also must be ready, for the Son of Man is coming at an hour you do not expect. Matthew 24:42-44 (NRSV) 

“Whatever may be the tensions and the stresses of a particular day, there is always lurking close at hand the trailing beauty of forgotten joy or unremembered peace.”
— **Howard Thurman, Meditations of the Heart**

“Don’t ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.”
Howard Thurman, The Living Wisdom of Howard Thurman: A Visionary for Our Time

“During times of war, hatred becomes quite respectable, even though it has to masquerade often under the guise of patriotism.”
— Howard Thurman

“He recognized with authentic realism that anyone who permits another to determine the quality of his inner life gives into the hands of the other the keys to his destiny.”
— Howard Thurman, Jesus and the Disinherited

The Work of Christmas
“When the song of the angels is stilled,
when the star in the sky is gone,
when the kings and princes are home,
when the shepherds are back with their flocks,
the work of Christmas begins:
to find the lost,
to heal the broken,
to feed the hungry,
to release the prisoner,
to rebuild the nations,
to bring peace among the people, to make music in the heart.”
— Howard Thurman

“Above and beyond all else it must be borne in mind that hatred tends to dry up the springs of creative thought in the life of the hater, so that his resourcefulness becomes completely focused on the negative aspects of his environment. The urgent needs of the personality for creative expression are starved to death. A man's horizon may become so completely dominated by the intense character of his hatred that there remains no creative residue in his mind and spirit to give to great ideas, to great concepts.”
— Howard Thurman, Jesus and the Disinherited

“There is in every person an inward sea, and in that sea there is an island and on that island there is an altar and standing guard before that altar is the 'angel with the flaming sword.' Nothing can get by that angel to be placed upon that altar unless it has the mark of your inner authority. Nothing passes 'the angel with the flaming sword' to be placed upon your altar unless it be a part of 'the fluid area of your consent.' This is your crucial link with the Eternal.”
— Howard Thurman, Meditations of the Heart

“In the stillness of quiet, if we listen, we can hear the whisper of the heart giving strength to weakness, courage to fear, hope to despair.”
— Howard Thurman

“Nothing less than a great daring in the face of overwhelming odds can achieve the inner security in which fear cannot possibly survive. It is true that a man cannot be serene unless he possesses something about which to be serene. Here we reach the high-water mark of prophetic religion, and it is of the essence of the religion of Jesus of Nazareth. Of course God cares for the grass of the field, which lives a day and is no more, or the sparrow that falls unnoticed by the wayside. He also holds the stars in their appointed places, leaves his mark in every living thing. And he cares for me! To be assured of this becomes the answer to the threat of violence—yea, to violence itself. To the degree to which a man knows this, he is unconquerable from within and without.”
— Howard Thurman, Jesus and the Disinherited

“I was convinced there was no more crucial problem for the believer than this—that a way be found by which his religious faith could keep him related to the ground of his security as a person. Thus, to be Christian, a man would not be required to stretch himself out of shape to conform to the demands of his religious faith; rather, his faith should make it possible for him to come to himself whole, in an

inclusive and integrated manner, one that would not be possible without this spiritual orientation.”
— Howard Thurman, With Head and Heart: The Autobiography of Howard Thurman

“Life Is Saved By The Singing of Angels”
by Howard Thurman

There must always remain in every person’s life
Some place for the singing of angels,
Some place for that which in itself is breathlessly beautiful and,
By an inherent prerogative,
Throws all the rest of life into a new and creative relatedness,
Something that gathers up in itself all the freshets of experience
From drab and commonplace areas of living and glows in
One bright white light of penetrating beauty and meaning . . . then passes.
The commonplace is shot through with new glory;
Old burdens become lighter;
Deep and ancient wounds lose much of their old, old hurting.
A crown is placed over our heads that for the rest of our lives
We are trying to grow tall enough to wear.
Despite all the crassness of life, despite all the hardness of life,
Despite all the harsh discords of life,

I Let Go of My Accumulations
a prayer by Howard Thurman (1899-1981)
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My ego is like a fortress.
I have built its walls stone by stone
To hold out the invasion of the love of God.
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But I have stayed here long enough. There is light
Over the barriers. O my God—
The darkness of my house forgive
And overtake my soul.
I relax the barriers.
I abandon all that I think I am,
All that I hope to be,
All that I believe I possess.
I let go of the past,
I withdraw my grasping hand from the future,
And in the great silence of this moment,
I alertly rest my soul.

As the sea gull lays in the wind current,
So I lay myself into the spirit of God.
My dearest human relationships,
My most precious dreams,
I surrender to His care.
All that I have called my own
I give back. All my favorite things
Which I would withhold in my storehouse
From his fearful tyranny,
I let go.
I give myself
Unto Thee, O my God. Amen.
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from Washington, James Melvin (editor). Conversations with God: Two Centuries of Prayers by African Americans. (New York: Harper Perennial, 1995), 182.