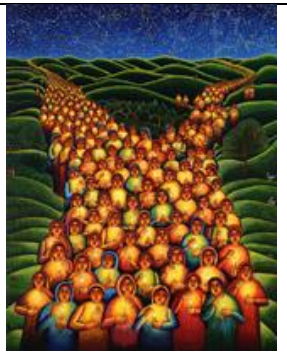
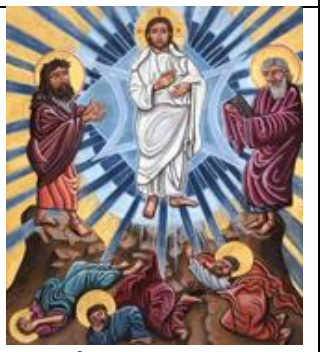
	Pathways Monthly Prayer Readings February 2026	
	Tricia Hersey is an American poet, performance artist, and activist best known as the founder of the organization The Nap Ministry. She refers to herself as the Nap Bishop and advocates for the importance of rest as a racial and social justice issue. Quotes are from her book *Rest is Resistance: A Manifesto*.	
Tuesday, February 3 Contemplative Sit	"We must snatch and integrate rest in the quiet, loud, mundane, and full moments of our lives daily. We must remain committed to building community and go into the deepest cracks to gather and care for anyone left behind. Treating each other and ourselves with care isn't a luxury, but an absolute necessity if we're going to thrive. Resting isn't an afterthought, but a basic part of being human." (50)	
Wednesday, February 4 Lectio Divina	You are the light of the world. A city on top of a hill can't be hidden. Neither do people light a lamp and put it under a basket. Instead, they put it on top of a lampstand, and it shines on all who are in the house. In the same way, let your light shine before people, so they can see the good things you do and praise your Father who is in heaven. Matthew 5:14-16 (CEB)	 *Festival of Lights* John August Swanson
Thursday, February 5 Centering Prayer	Those who honor the Lord, who adore God's commandments, are truly happy! They shine in the dark for others who do right. They are merciful, compassionate, and righteous. Yes, these sorts of people will never be shaken; the righteous will be remembered forever! Psalm 112:1, 4, 6 (CEB)	
Tuesday, February 10 Contemplative Sit	"If we are to find rest right now, while capitalism rages on as a global force, we will have to view ourselves from a different lens.	

	Things will be different. We must act different. We will make choices differently. We will have the opportunity to resist differently and to imagine alternative ways of resting. We must make space for others to rest, remaining committed to what is true. Despite the terror of grind culture, we rest. We recline, curate, and create moments of rest wherever we can." (100)	
Wednesday, February 11 Lectio Divina Transfiguration	Out of the cloud came a voice which said, "This is my Own, my Beloved, on whom my favor rests. Listen to him!" When they heard this, the disciples fell forward on the ground, overcome with fear. Jesus came toward them and touched them, saying, "Get up! Don't be afraid." When they looked up, they did not see anyone but Jesus. Matthew 17:5b-8 (Inclusive Bible)	 *Transfiguration* Kelly Latimore
Thursday, February 12 Centering Prayer	O mighty Ruler, lover of justice, you have established equity; you have executed justice and righteousness in Jacob. We proclaim your greatness, O God, and fall down before your footstool; you are the Holy One. Psalm 99:4-5 (St. Helena Psalter)	
Tuesday, February 17 Contemplative Sit	"We didn't arrive on Earth to be a tool for a capitalist system. It is not our divine purpose. You were not just born to center your entire existence on work and labor. You were born to heal, to grow, to be of service to yourself and community, to practice, to experiment, to create, to have space, to dream, and to connect." (91)	

Wednesday, February 18 Lectio Divina Ash Wednesday	Yet even now, says the Lord, return to me with all your hearts, with fasting, with weeping, and with sorrow; tear your hearts and not your clothing. Return to the Lord your God, for he is merciful and compassionate, very patient, full of faithful love, and ready to forgive. Joel 2:12-13 (CEB)	 *Ash* Mike Moyers
Thursday, February 19 Centering Prayer	Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence, and take not your holy Spirit from me. Give me the joy of your saving help again, and sustain me with your bountiful Spirit. Psalm 51:11-13 (St. Helena Psalter)	
Tuesday, February 24 Contemplative Sit	"Rest on a somatic level is a small resurrection… A resurrection is a waking up into a new thing. It's life, insight, breathing, refusing, thinking, and movement that is alive and made new. Rest is resurrection." (132)	
Wednesday, February 25 Lectio Divina	Jesus replied: "the truth of the matter is, no one can enter God's kingdom without being born of water and the Spirit. What is born of the flesh is flesh; what is born of the Spirit is Spirit. The wind blows where it will. You hear the sound it makes, but you don't know where it comes from or where it goes. So it is with everyone who is born of the Spirit." John 3: 5-6, 8 (Inclusive Bible)	 *Born Again* Lauren Wright Pittman

Thursday, February 26 Centering Prayer	I lift up my eyes to the hills; from where is my help to come? My help comes from God, the maker of heaven and earth. God will not let your foot be moved; the One who watches over you will not fall asleep. Psalm 121:1-3 (St. Helena Psalter)	

Tricia Hersey, *Rest is Resistance: A Manifesto* (2022)

"Your mind needs space for silence. Space to process what it is feeling without the participation of others. Your brain needs deep, consistent sleep, rest, and silence to make new connections, for memory retention, and to download. Our mental health is strengthened when we are away from the glare of computer screens and not absorbing the thoughts and ideas of thousands of people during one day of endless scrolling." (55)

"Rest looks like tapping in and listening to what your body and soul want. Rest is taking a leisurely walk and dancing. Rest is a tea ritual allowing you to meditate while breathing in each warm sip. Rest is not returning an email immediately and maintaining healthy boundaries. Rest is honoring the boundaries of those you engage with. Rejecting urgency. Rest is detoxing from social media. Rest is listening and healing from individual trauma. Rest is journaling so you can be a witness to your own inner knowing without the energy of others. Rest uplifts and boosts our Spirit, allowing us to know that we are enough, and the care of our souls deserves a role in our healing plans."

"How much are we missing because we are constantly on the go and busy creating moments to fill calendars? When will we make space for our bodies to reflect and for our hearts to widen so we can connect with who we are? Our exhaustion is leading us down the path of destruction. Our exhaustion will not lead to liberation. Nothing can come from exhaustion by more exhaustion and more toxicity and terror. The time to rest is now."