



Pathways Monthly Prayer Readings

April 2025

	<p>Anthony de Mello, (1931 – 1987), was an Indian Jesuit priest and psychotherapist. A teacher and public speaker, de Mello wrote several books on spirituality and hosted numerous spiritual retreats and conferences. He is known for his storytelling, which drew from the various mystical traditions of both East and West.</p>
<p>Tuesday, April 1 Contemplative Sit</p>	<p><i>God went mad out of love for us. Then we must be very lovely. What we have stressed in the past is how lovely God must be that God can love us like this. But nobody has yet said how lovely we must be, that God could fall for us like this. Both are true.</i></p> <p style="text-align: right;">Anthony de Mello, <u>Seek God Everywhere: Reflections on the Spiritual Exercises of St. Ignatius</u></p>
<p>Wednesday, April 2 Lectio Divina</p>	<p>Six days before Passover, Jesus came to Bethany, home of Lazarus, whom Jesus had raised from the dead. Lazarus and his sisters hosted a dinner for him. Martha served and Lazarus was among those who joined him at the table.</p> <p>Then Mary took an extraordinary amount, almost three-quarters of a pound, of very expensive perfume made of pure nard. She anointed Jesus' feet with it, then wiped his feet dry with her hair. John 12:1-3 (CEB)</p>
<p>Thursday, April 3 Centering Prayer</p>	<p>When God restored the fortunes of Zion, then were we like those who dream. Then was our mouth filled with laughter, and our tongue with shouts of joy. Psalm 126:1-2 (St. Helena Psalter)</p>
<p>Tuesday, April 8 Contemplative Sit</p>	<p>If you love truth, be a lover of silence. Silence like the sunlight will illuminate you in God and will deliver you from the phantoms of ignorance.... In the beginning we have to force ourselves to be silent. But then there is born something that draws us to silence.... If only you practice this, untold light will dawn on you in consequence ... after a while a certain sweetness is born in the heart of this exercise and the body is drawn almost by force to remain in silence.</p> <p style="text-align: right;">Anthony de Mello, <u>Seek God Everywhere: Reflections on the Spiritual Exercises of St. Ignatius</u></p>
<p>Wednesday, April 9 Lectio Divina</p>	<p>As Jesus rode along, people kept spreading their cloaks on the road. Now as he was approaching the path down from the Mount of Olives,</p>

	<p>the whole multitude of the disciples began to praise God joyfully with a loud voice for all the deeds of power that they had seen, saying, "Blessed is the king who comes in the name of the Lord! Peace in heaven, and glory in the highest heaven!" Luke 19:36-38 (NRSV)</p>
<p>Thursday, April 10 Centering Prayer</p>	<p>I will give thanks to you, for you answered me and have become my salvation. The same stone which the builders rejected has become the chief cornerstone. This is God's doing, and it is marvelous in our eyes. Psalm 118:21-23 (St. Helena Psalter)</p>
<p>Tuesday, April 15 Contemplative Sit (Holy Week)</p>	<p><i>The student asked, "Is there anything I can do to make myself enlightened?" "As little as you can do to make the sun rise in the morning", replied the master "Then of what use are the spiritual exercises you prescribe?" "To make sure you are not asleep when the sun begins to rise."</i> Anthony de Mello</p>
<p>Wednesday, April 16 Lectio Divina (Holy Week)</p>	<p>So then, with endurance, let's also run the race that is laid out in front of us, since we have such a great cloud of witnesses surrounding us. Let's throw off any extra baggage, get rid of the sin that trips us up, and fix our eyes on Jesus, faith's pioneer and perfecter. Hebrews 12:1-2a (CEB)</p>
<p>Thursday, April 17 Centering Prayer (Maundy Thursday)</p>	<p>My God, my God, why have you forsaken me, and are so far from my cry and from the words of my distress? O my God, I cry in the daytime, but you do not answer, by night as well, but I find no rest. Yet you are the Holy One, enthroned upon the praises of Israel. Our forebears put their trust in you; they trusted, and you delivered them. Psalm 22:1-4 (St. Helena Psalter)</p>
<p>Tuesday, April 22 Contemplative Sit</p>	<p><i>What we need is not just action that will bring about change but sight that will bring about love.</i> Anthony de Mello, Awakening: Conversations with the Masters</p>
<p>Wednesday, April 23 Lectio Divina</p>	<p>The apostles were brought before the council where the high priest confronted them: "In no uncertain terms, we demanded that you not teach in this name. And look at you! You have filled</p>

	Jerusalem with your teaching...Peter and the apostles replied, "We must obey God rather than humans! The God of our ancestors raised Jesus from the dead. Acts 5:27-30a (CEB)
Thursday, April 24 Centering Prayer	God is my strength and my song and has become my salvation. There is a sound of exultation and victory in the tents of the righteous: "The right hand of the Most High has triumphed; The right hand of the Most High is exalted; The right hand of the Most High has triumphed!" Psalm 118:14-16 (St. Helena Psalter)
Tuesday, April 29 Contemplative Sit	<i>If there is anything I can do about the future, right now, I shall do it. Then I'm going to just leave it alone and settle down to enjoy the present moment, because all the experience of my life has shown me that I can only cope with things when they are present, not before they occur. And that the present always gives me the resources and the energy I need to deal with them.</i> Anthony de Mello, <u>The Way to Love: Meditations for Life</u>
Wednesday, April 30 Lectio Divina	Ananias went and entered the house. He laid his hands on Saul 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." And immediately something like scales fell from his eyes, and his sight was restored. Then he got up and was baptized, and after taking some food, he regained his strength. For several days he was with the disciples in Damascus, and immediately he began to proclaim Jesus in the synagogues, saying, "He is the Son of God." Acts 9:17-19

"The fact is that you're surrounded by God and you don't see God, because you "know" about God. The final barrier to the vision of God is your God concept."
— Anthony de Mello, Awareness

"As soon as you look at the world through an ideology you are finished. No reality fits an ideology. Life is beyond that. ... That is why people are always searching for a meaning to life... Meaning is only found when you go beyond meaning. Life only makes sense when you perceive it as mystery and it makes no sense to the conceptualizing mind."
— Anthony de Mello

"Wisdom tends to grow in proportion to one's awareness of one's ignorance."
— Anthony de Mello, One Minute Wisdom

"the tragedy of an attachment is that if its object is not attained it causes unhappiness. But if it is attained, it does not cause happiness – it merely causes a flash of pleasure followed by weariness, and it is always accompanied, of course, by the anxiety that you may lose the object of your attachment."
— Anthony de Mello

“When you come to see you are not as wise today as you thought you were yesterday, you are wiser today.”

— Anthony de Mello, One Minute Wisdom

“The Master made it his task to destroy systematically every doctrine, every belief, every concept of the divine, for these things, which were originally intended as pointers, were now being taken as descriptions.

He loved to quote the Eastern saying "When the sage points to the moon, all that the idiot sees is the finger.”

— Anthony de Mello

“Do not speak unless you can improve on the silence.”

— Anthony de Mello, Taking Flight: A Book of Story Meditations

“The trouble with your ideals is that if you live up to all of them, you become impossible to live with.”

— Anthony de Mello, Taking Flight: A Book of Story Meditations

“Love springs from awareness. It is only inasmuch as you see someone as he or she really is here and now, and not as they are in your memory or your desire or in your imagination or projection, that you can truly love them. Otherwise, it is not the person that you love but the idea that you have formed of this person, or this person as the object of your desire, not as he or she is in themselves.”

— Anthony de Mello, The Way to Love: The Last Meditations of Anthony de Mello