



## Pathways Monthly Prayer Readings

### April 2022

<p>Tuesday, Month of March Contemplative Sit Practice</p>	<p>Our contemplative practice for April is Sitting with our fear, a meditation inspired by Author and broadcaster Lisa Colón Delay. She understands fear as an emotion to become curious about, converse with, and ultimately befriend. She recommends sitting with our fears as a part of our inner growth in God.</p> <p>Become aware of any fear, discomfort, anxiety that you are experiencing. Say: Come sit with me. I hear you anxious one will you take my hand let's sit together with Love.</p>
<p>Wed. April 6, 2022 Lectio</p>	<p><b><u>Philippians 2:5-11 NRSV</u></b> Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death-- even death on a cross. Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.</p>
<p>Thur. April 3, 2022 April 7, 2022 Centering Prayer</p>	<p><b><u>Psalms 31:9 NRSV</u></b> Be gracious to me, O LORD, for I am in distress; my eye wastes away from grief, my soul and body also.</p>
<p>April 13, 2022 Lectio Wed of Holy Week</p>	<p><b><u>John 13:21-32 NRSV</u></b> After saying this Jesus was troubled in spirit, and declared, "Very truly, I tell you, one of you will betray me." The disciples looked at one another, uncertain of whom he was speaking. One of his disciples--the one whom Jesus loved--was reclining next to him; Simon Peter therefore motioned to him to ask Jesus of whom he was speaking. So while reclining next to Jesus, he asked him, "Lord, who is it?" Jesus answered, "It is the one to whom I give this piece of bread when I have dipped it in the dish." So when he had dipped the piece of bread, he gave it to Judas son of Simon Iscariot. After he received the piece of bread, Satan entered into him. Jesus said to him, "Do quickly what you are going to do." Now no one at the table knew why he said this to him. Some thought that, because Judas had the common purse, Jesus was telling him, "Buy what we need for the festival"; or, that he should give something to the poor. So, after receiving the piece of bread, he immediately went out. And it was night. When he had gone out, Jesus said, "Now the Son of Man has been glorified, and God has been glorified in him. If God has been glorified in him, God will also glorify him in himself and will glorify him at once."</p>

<p>Thur. April 14, 2022 Thur. of Holy Week Centering Prayer</p>	<p><b><u>Psalm 116:1-2 ELW Maundy Thursday</u></b> I love the LORD, who heard my voice, and listened to my supplication, for the Lord has given ear to me whenever I called.</p> <p><b><u>Psalm 22:1-4 ELW</u></b> My God, my God, why have you forsaken me? Why so far from saving me so far from the words of my groaning? My God, I cry out by day, but you do not answer; by night, but I find no rest. Yet you are the Holy One, enthroned on the praises of Israel. Our ancestors put their trust in you, they trusted, and you rescued them.</p> <p><b><u>1 Corinthians 11:23-26 NRSV</u></b> For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way he took the cup also, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.</p>
<p>Holy Saturday April 16, 2022</p>	<p><b><u>Matthew 27:57-66 NRSV</u></b> When it was evening, there came a rich man from Arimathea, named Joseph, who was also a disciple of Jesus. He went to Pilate and asked for the body of Jesus; then Pilate ordered it to be given to him. So Joseph took the body and wrapped it in a clean linen cloth and laid it in his own new tomb, which he had hewn in the rock. He then rolled a great stone to the door of the tomb and went away. Mary Magdalene and the other Mary were there, sitting opposite the tomb. The next day, that is, after the day of Preparation, the chief priests and the Pharisees gathered before Pilate and said, "Sir, we remember what that impostor said while he was still alive, 'After three days I will rise again.' Therefore command the tomb to be made secure until the third day; otherwise his disciples may go and steal him away, and tell the people, 'He has been raised from the dead,' and the last deception would be worse than the first." Pilate said to them, "You have a guard of soldiers; go, make it as secure as you can." So they went with the guard and made the tomb secure by sealing the stone.</p> <p><b><u>John 19:38-42 NRSV</u></b> 1After these things, Joseph of Arimathea, who was a disciple of Jesus, though a secret one because of his fear of the Jews, asked Pilate to let him take away the body of Jesus. Pilate gave him permission; so he came and removed his body. Nicodemus, who had at first come to Jesus by night, also came, bringing a mixture of myrrh and aloes, weighing about a hundred pounds. They took the body of Jesus and wrapped it with the spices in linen cloths, according to the burial custom of the Jews. Now there was a garden in the place where he was crucified, and in the garden there was a new tomb in which no one had ever been laid. And so, because it was the Jewish day of Preparation, and the tomb was nearby, they laid Jesus there.</p>

Wed. April 20, 2022 Lectio  
Easter Day Readings

**John 20:1-18 NRSV**

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb.

So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him."

Then Peter and the other disciple set out and went toward the tomb.

The two were running together, but the other disciple outran Peter and reached the tomb first.

He bent down to look in and saw the linen wrappings lying there, but he did not go in.

Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead.

Then the disciples returned to their homes.

But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, "Woman, why are you weeping?" She said to them, "They have taken away my Lord, and I do not know where they have laid him."

When she had said this, she turned around and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom are you looking for?" Supposing him to be the gardener, she said to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni!" (which means Teacher). Jesus said to her, "Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, 'I am ascending to my Father and your Father, to my God and your God.'"

Mary Magdalene went and announced to the disciples, "I have seen the Lord"; and she told them that he had said these things to her.

**Luke 24:1-12 NRSV**

But on the first day of the week, at early dawn, they came to the tomb, taking the spices that they had prepared. They found the stone rolled away from the tomb, but when they went in, they did not find the body.

While they were perplexed about this, suddenly two men in dazzling clothes stood beside them.

The women were terrified and bowed their faces to the ground, but the men said to them, "Why do you look for the living among the dead? He is not here, but has risen.

Remember how he told you, while he was still in Galilee, that the Son of Man must be handed over to sinners, and be crucified, and on the third day rise again."

Then they remembered his words,

and returning from the tomb, they told all this to the eleven and to all the rest.

Now it was Mary Magdalene, Joanna, Mary the mother of James, and the other women with them who told this to the apostles.

But these words seemed to them an idle tale, and they did not believe them.

But Peter got up and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; then he went home, amazed at what had happened.

<p>Thur. April 21, 2022 Centering Prayer</p>	<p><b><u>Psalm 118:1-2, 14 ELW</u></b>  Give thanks to the LORD,  for the Lord is good;  God's mercy endures forever!  Let Israel now declare,  "God's mercy endures forever."  The LORD is my strength and my song,  and has become my salvation.</p>
<p>Wed. April 27, 2022</p>	<p><b><u>John 20:19-31 NRSV</u></b>  When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Temple authorities, Jesus came and stood among them and said, "Peace be with you." After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." When he had said this, he breathed on them and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained." But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe." A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe." Thomas answered him, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe." Now Jesus did many other signs in the presence of his disciples, which are not written in this book. But these are written so that you may come to believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name.</p>
<p>Thur. April 28, 2022</p>	<p><b><u>Psalm 150 ELW</u></b>  Hallelujah!  Praise God in the holy temple; praise God in the mighty firmament!  Praise God for mighty acts; praise God for exceeding greatness!  Praise God with trumpet sound; praise God with lyre and harp!  Praise God with tambourine and dance; praise God with strings and pipe!  Praise God with resounding cymbals; praise God with loud clanging cymbals!  Let everything that has breath praise the LORD!  Hallelujah!</p>