



Pathways Monthly Prayer Readings

March 2022

Tuesday, Month of March
Contemplative Sit Practice

Each week we will choose a different breath prayer to explore throughout Lent. (Christine Valters Paintner, Breath Prayer)

Our contemplative practice for March and April is Breath Prayer
Breath prayer allows us to bring our heart's deepest longing into our intimate relationship with God: Breath prayer reminds us that just as we can't live on one breath of air, we can't live on one breath of God. God is the oxygen of our soul, and we need to breathe [God] in all day long. After all, it is in [God] that "we live and move and have our being" (Acts 17:28). Breath prayer reminds us that each breath we are given is God's gift and that God's Spirit is nearer to us than our own breath. . . .

To practice breath prayer, ponder the nearness of God. Settle deeply into the truth that Christ is in you. Deeply breathe in, repeating any name of God that is dear to you. . . . As you exhale, voice a deep desire of your heart. When you exhale, offer up the desire of your heart. The brevity of the prayer allows it to be repeated over and over throughout the day.

Breathe in Holy One, breathe out here I am
<https://www.youtube.com/watch?v=u8xZDPEKWzw>

Wed. March 2, 2022 Lectio

Luke 4:1-13 (Inclusive Bible)

Jesus, returned from the Jordan, filled with the Holy Spirit, and the Spirit led him to the desert for forty days, where he was tempted by the Devil.

Jesus ate nothing during that time, at the end which he was famished.

The Devil said to Jesus, "If you are God's Own, command this stone to turn into bread."

Jesus answered, "Scripture has it, 'We don't live on bread alone.'"

Then the Devil took Jesus up higher and showed him all the nations of the world in a single instant.

The Devil said, "I'll give you all the power and glory of these nations; the power has been given to me and I can give it to whomever I wish. Prostrate yourself in homage before me, and it will all be yours."

In reply, Jesus said, "Scripture has it:

'You will worship the Most High God;

God alone will you adore.'"

Then the Devil led Jesus to Jerusalem, set him up on the pinnacle of the Temple and said,

"If you are God's Own, throw yourself down from here, for scripture has it, 'God will tell the angels to take care of you; with their hands they'll support you, that you may never stumble on a stone.'"

Jesus said to the Devil in reply, "It also says, 'Do not put God to the test.'"

When the Devil had finished all this tempting, Jesus was left alone.

The Devil awaited another opportunity.

Thur. March 3, 2022
Centering Prayer

Romans 10:8 (Inclusive Bible)

The word is near you,

on your lips

and in your heart.

This is the Word of faith.

<p>Wed. March 9, 2022 Lectio</p>	<p>Luke 13:31-35 (Inclusive Bible) Just then, some Pharisees came to Jesus and said, "You need to get out of town, and fast. Herod is trying to kill you." Jesus replied, "Go tell that fox, 'Today and tomorrow, I'll be casting out devils and healing people, and on the third day I'll reach my goal. Even with all that, I'll need to continue on my journey today, tomorrow, and the day after that, since no prophet can be allowed to die anywhere except in Jerusalem. "O Jerusalem, Jerusalem! You kill the prophets and stone those who are sent to you! How often have I wanted to gather your children together as a mother bird collects her babies under her wings-yet you refuse me! So take note: your house will be left to you desolate. I tell you, you will not see me again until you say, 'Blessed is the One who comes in the name of our God!'"</p>
<p>Thur. March 10, 2022 Centering Prayer</p>	<p>Psalms 27:8, 3-14 (Inclusive Bible) You say to my heart, "Seek my face," and so it is your face, I seek! I have confidence that I'll see the goodness of YHWH in the land of the living! Wait for God-stand tall And let your heart take courage! Yes, wait for YHWH!</p>
<p>Wed. March 16, 2022 Lectio</p>	<p>Isaiah 55:1-9 (Inclusive Bible) "All who are thirsty, come to the waters! You who have no money, come, buy food and eat! Come, buy wine and milk, without money, without price! Why spend your money for what is not bread, your wages for what fails to satisfy? Heed me and you will eat well, you will delight in rich fare; bend your ear, and come to me; listen, that you may have life: I will make an everlasting Covenant with you- In fulfillment of the blessings promised to David. See, I have made of you to be a witness to the peoples, a leader and commander of the nations. See, you will summon nations you never knew, and nations that never knew you will come hurrying to you- For the sake of YHWH, the Holy One of Israel, who will glorify you. Seek me, YHWH, while I may still be found, call upon me while I am near! Let the corrupt abandon their ways, the evil their thoughts. Let them return to YHWH, and I will have mercy on them;</p>

	<p>return to God, for I will freely pardon. For my thoughts are not your thoughts, nor are your ways, my ways," says YHWH. "As high as the heavens are above the earth, so high are my ways above your ways and my thoughts above your thoughts."</p>
<p>Thur. March 17, 2022 Centering Prayer Psalm</p>	<p>Psalm 63:1-8 (Inclusive Bible) YHWH, my God, You are the One I seek. My soul thirsts for you; my body longs for you in this dry and weary land where there is no water. So I look to you in the sanctuary to see your power and glory; because your love is better than life, my lips glorify you. And so I will bless you while I live; In your Name I lift up my hands. My soul will be seated as with a sumptuous feast, and with joyful cries I will praise you. I remember you when I'm in bed; through sleepless nights I meditate on you, because you are my help and in the shadow of your wings I sing for joy. My soul clings to you; your mighty hand upholds me.</p>
<p>Wed. March 23, 2022 Lectio Prodigal son</p>	<p><u>Luke 15:1-3, 11b-32 (Inclusive Bible)</u> Meanwhile, the tax collectors and sinners were all gathering around Jesus to listen to his teaching, at which the Pharisees and religious scholars murmured, "This person welcomes sinners and eats with them!" Jesus then addressed this parable to them: "A man who had two sons. The younger of them said to their father, 'Give me the share of the estate that is coming to me.' So the father divided his property between them. Some days later, the younger son gathered up his belongings and went off to a distant land. Here he squandered all his money on loose living." "After everything was spent, a great famine broke out in the land, and the son was in great need. So he went to a landowner, who sent to a farm to take care of the pigs. The son was so hungry that he could have eaten the husks that were fodder for the pigs, but no one made a move to give him anything. Coming to his senses at last, he said, 'How many hired hands at my father's house have more than enough to eat, while here I am starving! I'll quit and go back home and say, "I've sinned against God and against you; I no longer deserve to be called one of your children. Treat me like one of your hired hands.'"</p>

	<p>With that, the younger son set off for home. “While still a long way off, the father caught sight of the returning child and was deeply moved. The father ran out to meet him, threw his arms around him and kissed him. The son said to him, ‘I’ve sinned against God and against you; I no longer deserve to be called one of your children.’ But his father said to one of the workers, ‘Quick! Bring out the finest robe and put it on him; put a ring on his finger and shoes on his feet. Take the calf we’ve been fattening and butcher it. Let’s eat and celebrate! This son of mine was dead and has come back to life. He was lost and now he’s found!’ And the celebration began.</p> <p>“Meanwhile the elder son had been out in the field. As he neared the house, he heard the sounds of music and dancing. He called one of the workers and asked what was happening. The worker answered, ‘Your brother is home, and the fatted calf has been killed because your father has him back safe and sound.’ “The son got angry at this and refused to go into the party, but his father came out and pleaded with him. The older son replied, ‘Look! For years now I’ve done every single thing you asked me to do. I never disobeyed even one of your orders, yet you never gave me so much as a kid goat to celebrate with my friends. But then this son of yours comes home after going through your money with prostitutes, and you kill the fatted calf for him!’ ““But my child!’ the father said, ‘You’re with me always, and everything I have is yours. But we have to celebrate and rejoice! This brother of yours was dead and has come back to life. He was lost and now he’s found.’”</p>
<p>Thur. March 24, 2022 Centering Prayer</p>	<p>Psalm 32: 1, 5-6 (Inclusive Bible) Happiness comes from having your rebellion taken away, from having your failure completely covered. Happiness comes from YHWH not counting your mistakes, from having nothing to hide. Finally I admitted my sin to you, and stopped hiding my guilt. I said, “I confess my rebellion, YHWH,” and you took away the guilt of my sin. That’s why people of faith everywhere should pray to you-they’ll find you. Even when the flood begins rising, it will never touch them. You are my hiding place; you’ll protect me from trouble and surround me with songs of freedom.</p>
<p>Wed. March 30, 2022</p>	<p>John 12:1-8 Six days before the Passover Jesus went to Bethany, the village of Lazarus, whom Jesus had raised from the dead. There they gave a banquet in Jesus’ honor, at which Martha served. Lazarus was one of those at the table. Mary brought a pound of costly ointment, pure nard, and anointed the feet of Jesus, wiping them with her hair. The house was full of the scent of the ointment. Judas Iscariot, one of the disciples- the one who was to betray Jesus- protested, “Why wasn’t this ointment sold? It could have brought nearly a year’s wages, and the money been given to poor people!” Judas didn’t say this he was concerned for poor people,</p>

	<p>but because he was a thief. He was in charge of the common fund and would help himself to it. So Jesus replied, "Leave her alone. She did this in preparation of my burial. You have poor people with you always. But you won't always have me."</p>
Thur. March 31, 2022	<p>Isaiah 43:16-21 (Inclusive Bible) Thus says YHWH, who made a road through the sea, a path in the mighty waters... "Forget the events of the past, ignore the things of long ago! Look, I am doing something new! Now it springs forth-can't you see it? I'm making a road in the desert and setting rivers to flow in the wasteland. Wild beast will honor me- the jackals and the ostriches for I will put water in the desert and rivers in the wasteland for my chosen people to drink, these people whom I formed for myself so that they might declare my praise.</p>