



**African Methodist Episcopal Church
Fifth Episcopal District
Midwest Annual Conference
Women's Missionary Society**

AUGUST MEDITATION

FALL to FELLOWSHIP

“Rejoice not over me, O my enemy! Though I have fallen, I will arise; though I sit in darkness, the Lord is my light.” Micah 7:8 TNAB

“Then I saw a new heaven and a new earth, for the old heaven and the old earth had disappeared. And the sea was also gone. And I saw the holy city, the New Jerusalem, coming down from God out of heaven like a beautiful bride prepared for her husband. I heard a loud shout from the throne, saying, “Look, the home of God is now among His people! God will live with them, and they will be His people. God Himself will be with them. God will remove all of their sorrows, and there will be no more death or sorrow or crying or pain. For the old world and its evils are gone forever.” Revelation 21:1-4 NLT

Thought – Singer Donnie McClurkin sang “We fall down, but we get up. A saint is just a sinner –who fell down and got back up – get back up again, get back up again, get back up again...”

Prayer: Father, thank You for being there to lift me up and strengthen me the many times when I have fallen and failed. Thank You Father for lighting my way when life is dark and I have nothing but a sense of Your love to keep me going. Bless me Father God to internalize the knowledge that You love me unconditionally – no matter what! This understanding brings me the strength I need to pick myself up when I fall. Your love increases my desire to move ahead and make the changes my life needs. In the Name of Jesus Christ of Nazareth I pray. Amen.

Meditation: When we fall down, we need to get up, dust ourselves off, and get moving again. If we fall down again, even a million times, we still need to keep going; we are growing more than we think. We make mistakes but we are growing in spirit. All experiences can be positive. All are learning experiences. With God's help our spirit finds growth in failure and strength in getting up and moving again, and again and again.

Affirmation:

**Mrs. Freddy Mae Smith, MWCBWMS, Meditation Chairperson
Mrs. Thelma J. Cunningham, MWCBWMS, Conference President**