



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

DECEMBER MEDITATION

Elizabeth and Mary

“But for you who revere My Name, the sun of righteousness will rise with healing in its wings. And you will go out and leap like calves released from the stall.”

Malachi 4:2 NIV

“John saw Jesus coming toward him and said, “Look, the Lamb of God, who takes away the sin of the world!” John 1:29 NIV

Thought: It was in the beginning, it is now and will forever be “A Family Thing.”

Prayer: Father God, You are the Lord and Giver of life. Help me to respect, protect and nurture it no matter what color, no matter what age, no matter what gender of human being I encounter. I ask this in the Name of Jesus, the Bread and water of life. Amen.

Meditation: **Elizabeth's** name means “God Is My Oath”, Her Character; a descendant of Aaron, Elizabeth was a woman the Bible calls “upright in the sight of God.” Like few other's, male or female, she is praised for observing all the Lord's commandments and regulations without blame. Elizabeth is the first to acknowledge Jesus as Lord; Her sorrow; was to have been barren for most of her life. Her joy; To give birth to John, later known as John the Baptist, the Messiah's forerunner. John's name' divinely assigned, means, “The Lord Is Gracious.” Read Luke 1:5-8. Mary made the journey from Nazareth to visit her relative Elizabeth sixty-miles south in the hill country of Judea. The two women greet each other, their bonds of kinship now stronger than what mere flesh and blood could forge. For Israel's God – the God of Sarah, Rebekah, Rachel, Leah, Miriam, Deborah, Naomi, Ruth, Abigail and Hannah – was on the move again, bringing the long-ago promise to fulfillment. And blessed are the two who did not doubt that what the Lord said to her would be accomplished. When God says nothing is impossible (Luke 1:37), God means it. “With people this is impossible, but with God all things are possible.” Matthew 19:26 NIV

“...the Lord Himself will choose the sign. Look! The virgin will conceive a child! She will give birth to a Son and will call Him Immanuel - God is with us.”

Isaiah 7:14 NLT

“Look! The virgin will conceive a child! She will give birth to a Son, and He will be called Immanuel (meaning God is with us).” Matthew 1:23 NLT

Prayer: Father God, Form Your likeness in me so that, like Mary, I can bring You into a world that desperately needs Your love. In the name of Mary’s Son I pray. Amen.

Meditation: Mary the Mother of Jesus, Mary’s name means “Bitterness”, Her Character; Mary was a virgin from a poor family in an obscure village in Galilee. Her response to Gabriel reveals a young woman of unusual faith and humility. Mary’s unqualified yes to God’s plan for her life entailed great personal risk and suffering. She must have endured seasons of confusion, fear and darkness as the events of her life unfolded. She is honored, not only as the mother of Jesus, but as His first disciple. Read Matthew 1:18-25; 2; Luke 1:26-80; 2; 1-52; John 19:25-27. When you hear or sing Christmas Songs this Advent Season meditate on John’s Revelation chapter five, verses eleven and twelve ... imagine thousands of angels singing “Worthy is the Lamb! Then “every creature in heaven and on earth and under the earth and on the sea and all that is in them” will join in with them, singing the same song of praise. What a sight (like Christmas Lights)! What a sound (like Handel’s Messiah)! Mary will be there with the Family praising her Son. Will you be there with the Family praising your Savior?

Affirmation:

Mrs. Freddy Mae Smith, MWCBWMS, Meditation Chair
Mrs. Thelma J. Cunningham, MWCBWMS, PRESIDENT

This Child is destined for the falling and rising of many in Israel... Luke 2:34

WHAT CHILD IS THIS

What Child is this, who, laid to rest, On Mary's lap is sleeping?
Whom angels greet with anthems sweet, While shepherds watch are keeping?

Why lies He in such low estate, Where ox and ass are feeding?
Good Christian fear, for sinners here, The silent Word is pleading.

So bring Him incense, gold and myrrh, Come peasant king to own Him;
The King of kings salvation brings, Let loving hearts enthrone Him.

This, this is Christ the King, Whom shepherds guard and angels sing;
Haste, haste to bring Him laud, The Babe, The Son of Mary.

Text: William C. Dix

Tune: Greensleeves

African American Heritage Hymnal