



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

January Meditation

Walk with God – Great Is His Faithfulness

Read Lamentations 3: 21-24

“Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will direct your paths.” Proverbs 3:5-6 NLT

“For in Him we live and move and have our being”; as even some of your poets have said, `For we are indeed His offspring.” RSV

PRAYER: Dear Heavenly Father, thank You for blessing me with another year to resolve to seek more spiritual abilities to grow as You would have me to. Help me Father to awaken my spirit to be in tune to the Christ Spirit that indwells me. Stir up my righteous desires and bless me to develop my faith more fully and to acquire greater knowledge of You. Bless me in 2011 with added strength and power in my prayers and to show my determination as I develop my spirit to its highest potential. I pray in the Name of Jesus Christ. Amen

Thought: Through faith, I know God. Through God, I know myself.

MEDITATION: As we walk with God each new day we experience God's presence within as a guiding light. Walking with God every day we claim that which is already our own, for God is the eternal companion of all and has walked with everyone. We can never be separated from God except through our own forgetfulness (like we forget that we made this or that resolution for 2011), or through letting the cares and ambitions of “making a living”, “having to do this...” nibble away at our awareness of the ONE in whom we live and move and have our being. Walking with God can be more joyous than a New Years Resolutions that we fail to keep for the year. We can walk with God forever. Would you transform your days? Would you fill the nooks and crannies, the byways and the highways of your life with joy and rich adventure? Then know this great truth when you walk with God! Wherever you are, in whatever you are doing in 2011 fill it with these shining reminders: I walk with God, God is with me. In God I live and move and have my being. I am strong in the power of God's might. Are you starting a difficult task in 2011? Preface it with I walk with God. God who is greater than I is with me to help bring about the right outcome. With God, my eternal Companion, nothing is impossible. I do this to the glory of God, as I walk with God. Then, with serene faith and an expectant heart, do that which is yours to do. When you finish a project or a job in 2011? Take time to tell God thank You that the task is finished. To You I give all glory and praise. When you are in need of comfort, healing, strength, renewal, or walking an unfamiliar path, or crossing an unknown meadow, or moving through the valley of shadow, or walking on a crowded street in 2011. Pause and say words such as: My body is the temple of the Living God. God's Spirit breathes life in and through me and restores my health. The joy of God gives me strength and the love of God comforts me. Open your mind and heart to Divine inspiration. Let the Spirit of God guide you into the glorious kingdom of heaven, here and now. Prayer will be easy, rich and rewarding. It is natural to commune with the One you walk with and the One who walks with you.

AFFIRMATION: _____

I Am There

Do you need Me?

I am there.

You cannot see Me, yet I am the light you see by

You cannot hear Me, yet I speak through your voice.

You cannot feel Me, yet I am the power at work in your hands.

I am at work, though you do not understand My ways.

I am at work, though you do not recognize My works.

I am not strange visions. I am not mysteries.

Only in absolute stillness, beyond self, can you know Me as I am,
and then but as a feeling and a faith.

Yet I am there. Yet I hear. Yet I answer.

When you need Me, I am there.

Even if you deny Me, I am there.

Even when you feel most alone, I am there.

Even in your fears, I am there.

Even in your pain, I am there

I am there when you pray and when you do not pray.

I am in you, and you are in Me.

Only in your mind can you feel separate from Me, for only in
your mind are the mists of "yours" and "mine."

Yet only with your mind can you know Me and experience Me.

Empty your heart of empty fears.

When you get yourself out of the way, I am there.

You can of yourself do nothing, but I can do all,

And I am in all.

Though you may not see the good, good is there, for I am there.

I am there because I have to be, because I am.

Only in Me does the world have meaning; only out of Me does
the world take form; only because of Me does the world go forward.

I am the law on which the movement of the stars and the growth
of living cells are founded.

I am the love that is the law's fulfilling. I am assurance. I am peace.

I am oneness. I am the law that you can live by.

I am the love that you can cling to. I am your assurance. I am your peace.

I am one with you. I Am.

Though you fail to find me, I do not fail you.

Though your faith in Me is unsure, My faith in you never wavers,
because I know you, because I love.

Beloved, I Am there.

By James Dillet Freeman

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