



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

May Meditation

Let Go and Grow

“Listen to me, you who know right from wrong and cherish my law in your hearts. Do not be afraid of people’s scorn or their slanderous talk ... But my righteousness will last forever. My salvation will continue from generation to generation.” Isaiah 51:7 NLT

“We’re praying this so that you can live lives that are worthy of the Lord and pleasing to Him in every way; by producing fruit in every good work and growing in the knowledge of God; by being strengthened through His glorious might so that you endure everything and have patience.” Colossians 1:10-11 CEB

Read Colossians 1:1-29

Thought: Elimination, release anything and everything that no longer serves your unfolding good.

PRAYER: Father God, I put my trust in You. Forgive my sins. Wash me clean and help me to grow. Help me to change in me, the things that need to be changed. If I need to pull out weeds of injustice, hate, poverty and self-centeredness help me. Father God give me the ability to sow seeds of compassion, mercy and love. In the Name of Jesus Christ of Nazareth I pray. Amen.

MEDITATION: Elimination is the ability to cleanse and purify the whole being. When you look at the whole picture, you’ll see the need to release and let go in order to prepare the way for greater good to come in. Just as you would remove weeds from a flower or vegetable garden in order to give the desired plants room to grow, so you must remove weed-thoughts from your mind to prepare room for your budding spiritual assets. We must do a great work of sorting and releasing thoughts and feelings that are not in keeping with the perfect-human idea being developed under Jesus Christ’ direction. Not only should you let go of all thoughts which are not in keeping with Divine concepts – such as fear, doubt and worry, but also relinquish thoughts, concepts and feelings that have been outgrown, though they once served a useful purpose. When Jesus spoke of denying the self in order to follow Him in bringing forth divine potential, Jesus was not referring to a denial identity. Rather, Jesus was saying to withdraw thought and feeling from all that does not measure up to the divine pattern. This is Your job – sorting out your thoughts and feelings and releasing all that does not belong and hinders our spiritual growth.

Steps in developing the power of renunciation are:

AWAKENING

The word *awakening* is derived from Anglo-Saxon words meaning “to watch” and “to arise.” Through watching, you become aware of your thoughts and feelings and see the importance of sorting them out and cleansing those that do not belong in spiritual work.

REPENTANCE

Repentance means not turning away from the wrongs but refusing to give them continued support in thought and emotion. Once the thoughts and emotions that caused error conditions are cleansed, your life begins to take a different direction.

RENUNCIATION

Renunciation is a continuing process of denial. In order to become completely free of the past, quietly and gently take command of your mind. Refuse to give support to the things that do not belong and they will slip away for lack of nourishment.

REFINEMENT

You are passing through a level in which your whole being is refined, as metal and other substances are refined in the fire, freed from impurities and prepared for finishing in a new form.

REMISSION

Elimination is the work of the Grace of God –the forgiving love of God that sets you free from past mistakes and the karmic results of those mistakes. As you come to this level of development, you can receive the cleansing outpouring of God’s forgiving love, which sets you free to take another giant step forward.

RE-CREATION

With Christ in charge, wise choices are continually made in consciousness, so that only the good is allowed to enter and you are renewed and transformed by a continuing purification of mind, soul and body.

PURITY

In this state of consciousness, you will see God everywhere, because the spiritual working of renunciation has completely eliminated error consciousness. There is nothing else to see; there is just God and Good.

As you develop this power, be sure to keep in mind that renunciation is not a negative, fighting activity, but a positive, nonresistant method to cleanse and purify the consciousness.

Adapted from Winifred W. Hausmann’s “Your God-Given Potential.”

AFFIRMATION: _____

Mrs. Freddie Mae Smith, MWCBWMS, Meditation Chairperson

Mrs. Thelma J. Cunningham, MWCBWMS, President

Congratulations to all Graduates in the year of our LORD Twenty thousand and eleven.

“May the Lord bless you and protect you. May the Lord smile on you and be gracious to you; May the Lord show you His favor and give You His peace.” Numbers 6:24-26