



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

NOVEMBER MEDITATION

Praise and Thanksgiving

“I will praise You, O Lord my God, with my whole heart; I will give glory to Your Name forever.” Psalm 86:12 NIV

“Whatever you do, whether in speech or action, do it all in the Name of the Lord Jesus and give thanks to God the Father through Him.”

Colossians 3:17 CEB

Thought: Recalling God's caring and concerned love for us throughout all the days of our own life, our hearts ought to burst forth with praise and thanksgiving.

Prayer: Dear heavenly Father we come to You with praise and thanksgiving. We enter into Your Gates with thanksgiving; we go into Your Courts with praise. Father, we give You Glory, we give You Honor, we bless and praise Your Holy Name. We thank You for forgiving us of our sins, we thank You for healing our diseases, we thank You for Your loving kindness and we thank You for Your grace and mercy. We thank You Father for Your love, for Your protection, for Your presence, for Your light and for Your guidance. And yes Lord, we thank You for family and food. Hallelujah, we thank You for Jesus! It is in His Name we pray. Amen.

Meditation: Psalm 42:4 “These things I remember as I pour out my soul: how I used to go with the multitude leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng.” (NIV). When we join “in procession to the house of God” and when we unite our voices in “loud cries of joy and thanksgiving,” our spirit is recharged, our enthusiasm rekindled, our zeal renewed to face the routine tasks of each day. There is great wisdom in the church encouraging us to pause, rest and relax weekly to worship and thank our Gracious Father for His inestimable blessings. Apostle Paul in his pastoral zeal said it succinctly: 1 Thessalonians 5:15-18 “Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.” (NJV).

Affirmation:

Mrs. Freddy Mae Smith, MWCBWMS, Meditation Chair

Mrs. Thelma J. Cunningham, MWCBWMS, PRESIDENT