



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

**JULY MEDITATION**

**Choosing Good**

**“Hate evil and love good and establish justice in the gate; it may be that the Lord, the God of hosts, will be gracious to the remnant of Joseph.” Amos 5:15 NRSV**

**“I have chosen to be faithful; I have determined to live by your laws.” Psalm 119:30 NLT**

**“But if you are unwilling to serve the Lord, then choose today whom you will serve. ... But as for me and my family, we will serve the Lord.” Joshua 24:15 NLT**

**“You didn't choose me, but I chose you and appointed you so that you could go and produce fruit and so that your fruit could last. As a result, whatever you ask the Father in My Name, He will give you.” John 15:16 CEB**

**“May the grace of the Lord Jesus Christ be with your spirit?” Philemon 25 CEB**

**Thought – We can choose to create a haven of peace and love which ripples out through our family and friends for generations.**

**Prayer:** Father, thank You for the gift of choice. Help us to never use it to spread grief and misery, but to bless our family and friends with waves of warmth and love. Sustain us in our choice to treat others with a Christ-like spirit and to serve You in our home. In the Name of Jesus Christ of Nazareth we pray. Amen.

**Meditation:** In choosing good, we change generations to come. We have the God-given right and the ability to create waves of positive emotion rather than that of terror and abuse. We can send our children on to their own children with backgrounds of love and kindness and patience, or we can deliver them over to some of the same hells we may have received from our parents or guardians. We face the choice everyday. In every difficulty we can choose to create something new and healthy or we can recycle the poison of generations past.

**Affirmation:**

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**Mrs. Freddy Mae Smith, MWCBWMS, Meditation Chair person**

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