



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

SEPTEMBER MEDITATION

PRESS UPWARD

“I lift up my eyes to the hills- from where will my help come? My help comes from the LORD, who made heaven and earth.” Psalm 121:1-2 NRSV

“In the last days, the Temple of the LORD in Jerusalem will become the most important place on earth. People from all over the world will go there to worship. Many nations will come and say, “Come, let us go up to the mountain of the LORD, to the Temple of the God of Israel. There He will teach us His ways, so that we may obey Him.” For in those days the LORD’s teaching and His Word will go out from Jerusalem. The LORD will settle international disputes. All nations will beat their swords into plowshares and their spears into pruning hooks. All wars will stop, and military training will come to an end. Come, people of Israel, let us walk in the light of the LORD!” Isaiah 2:2-5 NLT

“Therefore if you were raised with Christ, look for the things that are above where Christ is sitting at God’s right hand. Think about the things above and not things on earth. You died, and your life is hidden with Christ in God. When Christ, who is your life, is revealed, then you also will be revealed with Him in glory.” Colossians 3:1-4 CEB

**“I press on toward the goal for the prize of the upward call of God in Christ Jesus.”
Philippians 3:14 RSV**

Thought – I am determined to walk with Jesus. I press upward – I move forward.

Prayer: Heavenly Father, I am pressing upward, and I am trusting You to lead me along the way. Heavenly Father, I pray that our path is like the shining sun that allows no darkness, for Your Word says: But the path of the just is like the shining sun that shines ever brighter unto the perfect day... when we will receive the prize of that higher calling. In the Name of Jesus Christ of Nazareth I pray. Amen.

Meditation: When Saul met Jesus on the road to Damascus, and became a converted soul. The Apostle Paul being told by the Lord how much he would suffer for Him, Saul, also known as Paul through all of his sufferings, filled with the Holy Spirit, preached to kings, governors, Jews and Gentile believers, that Jesus is the Son of God. Paul set a goal that leads to Philippians where Paul says, “No brothers and sisters, I am still not all I should be, but I am focusing all my energies on this one thing: Forgetting the past and looking forward to what lies ahead, I strain to reach the end of the race and receive the prize for which God, through Christ Jesus, is calling us up to heaven.” Set a goal, make a declaration of faith, saying, this is what I am going to do for the building of God’s Kingdom, then, do it. Pray, listen and when the Lord Jesus Christ tells you to do something, just like He did Saul, (Paul), DO IT, to the Glory and Honor of God. Hallelujah!!!

*I'm Pressing on the Upward Way
(Higher Ground)*

*1. I'm pressing on the upward way,
New heights I'm gaining every day;
Still praying as I'm onward bound,
"Lord, plant my feet on higher ground."*

*Refrain: Lord, lift me up, and let me stand
By faith on Canaan's tableland;
A higher plane than I have found,
Lord, plant my feet on higher ground.*

*2. My heart has no desire to stay
Where doubts arise and fears dismay;
Though some may dwell where these abound,
My prayer, my aim, is higher ground.*

*3. I want to live above the world,
Though Satan's darts at me are hurled;
For faith has caught the joyful sound,
The song of saints on higher ground.*

*4. I want to scale the utmost height
And catch a gleam of glory bright;
But still I'll pray till rest I've found,
"Lord, lead me on to higher ground."*

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Affirmation:

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