WDGS= WHAT DID GOD SAY!

AUGUST 2026 Newsletter

August is about NEW BEGINNINGS!

What does AUGUST symbolize spiritually?

The Spiritual meaning for the month of August represents harvest, abundance, and transformation. As the eighth month of the year, it connects deeply with themes of personal growth, the infinity of the soul, and transitions. August spiritually symbolizes the peak of solar energy, the first reaping of the earth's bounty, and a threshold of transition, anchored by the core themes of **harvest abundance**, **personal transformation**, and **introspection**.

Here's a more detailed look at why August is seen as a month of being

August is seen as a time for new beginnings because of three main reasons: ancient Roman calendar changes, shifting seasons, traditional harvest cycles; Farms start to yield early crops, and the modern back-to-school season: Summer break ends, and students of all ages get new supplies, classes, and routines.

Historical and Calendar Roots

- Emperor Augustus: The month was named after Caesar Augustus in 8 BCE because it brought him many lucky wins.
- Name Meaning: The old Latin word *augustus* means noble, holy, and grand, which feels like a fresh, bright start.

Key Spiritual Themes

- **The First Harvest:** Symbolizes gathering the fruits of your physical and spiritual labor.

- **Solar Power and Vitality:** Aligns with high fire energy, courage, and strength (traditionally tied to the zodiac sign Leo).
- **The Sacred Eighth (Numerology):** As the 8th month, it represents the infinity loop, eternity, balance, and a turning point toward reaping what you have sown.
- **Transition and Release:** Acts as a bridge between the blazing heat of summer and the cooling pause of autumn, encouraging you to let go of what no longer serves you.

Cultural and Religious Significance

- **Lammas / Lughnasadh (Pagan/Celtic)**: Celebrated on August 1st, this ancient fire festival marks the initial wheat and grain harvest, honoring the cycle of life, death, and rebirth of the grain spirit.

- **Christian Feasts:** Features the *Feast of the Transfiguration* (August 6) representing spiritual illumination, and the *Assumption of the Blessed Virgin Mary* (August 15) celebrating bodily ascension and divine grace. It is traditionally dedicated to the Immaculate Heart of Mary.
- **Hebrew Calendar Parallels:** Frequently overlaps with the Jewish months of *Av* and *Elul*. Av moves from deep historical mourning (Tisha B'Av) to profound comfort and restoration, while Elul serves as a vital preparatory season of soul-searching and returning to the divine ahead of the High Holy Days

In essence, August is a rich spiritual period for harvesting the fruits of your labor, stepping into personal power, and preparing for spiritual renewal.

August Words: Renew ~ Release ~ Receive

🌅 Renewal & Restoration Marks~ New Beginnings

Growing Stronger, Living Freer

August is universally recognized as a month of transition; a time to reflect on where we've been and prepare for where God is leading us. As the eighth month of the year, it reminds us that every ending can become a new beginning through God's grace. This is a season to renew our minds, release unnecessary burdens, and receive the blessings God has prepared for our next chapter.

At WDGS, August is about renewing your faith without hesitation, releasing yesterday without regret, and receiving tomorrow with expectation.

🌿 Renew: Refreshing Your Heart and Mind

Renewal begins from within. Before God changes our circumstances, He often renews our thinking, strengthens our faith, and restores our hope.

This month, consider:

- What areas of your life need spiritual renewal?
- Where has discouragement replaced hope?
- How can you intentionally spend more time with God?

True renewal comes when we surrender our hearts to the One who makes all things new.

🍂 Release: Letting Go to Grow

Release is not about forgetting the past—it's about refusing to allow it to control your future. God never asks us to carry burdens He has already promised to bear.

August invites you to:

- Release fear that limits your faith.
- Release unforgiveness that steals your peace.
- Release habits, thoughts, or relationships that no longer align with God's purpose.

When we release what weighs us down, we create room for God to do something greater.

🎁 Receive: Embracing God's Promises

Receiving requires faith. Sometimes the greatest challenge isn't asking God for blessings—it's believing we are willing to receive them with humility and gratitude.

This month, practice receiving by:

- Accepting God's grace without guilt.
- Welcoming new opportunities with confidence.
- Receiving His wisdom, peace, love, and direction each day.

An open heart is prepared to receive everything God has lovingly planned.

✨ WDGS August Reflection

- ❖ Renew strengthens you.
- ❖ Release frees you.
- ❖ Receive prepares you.

Let August be the month you **embrace God's gift of new beginnings** by renewing your spirit, releasing unnecessary burdens, and receiving His abundant blessings with gratitude. Every new day is another opportunity to grow closer to God's purpose for your life.

Thank you for walking this journey with us in the month of August.

May Purpose & Prosperity be your Portion—as you live with renewed faith.

— WDGS | What Did God Say? 🌿

WDGS~Scripture & Prayer for August 🌻

Scripture ~ Lamentations 3:22–23 (KJV)

"It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness."

Theme: Renewal, Release, and Receive God's Mercies

August reminds us that God's mercies never grow old. Every morning offers a fresh opportunity to renew our faith, release yesterday's burdens, and receive the grace, wisdom, and strength He faithfully provides. This Scripture encourages us to embrace each new beginning with confidence, knowing God's compassion never fails.

WDGS | August Prayer 🛐

Gracious Heavenly Father,

As we enter the month of August, we thank You for the gift of new beginnings and for the mercy You faithfully provide each day. Thank You for reminding us that no matter what yesterday held, Your compassion is renewed every morning.

Lord, renew our hearts. Restore our hope, refresh our minds, and strengthen our faith to trust You completely. Teach us to release every burden that keeps us from walking in freedom. Help us to let go of fear, disappointment, unforgiveness, worry, and anything that distracts us from Your perfect will.

Open our hearts to receive every blessing You have prepared for us. May we receive Your peace instead of anxiety, Your wisdom instead of confusion, Your strength instead of weakness, and Your love that never fails. Let August become a month of spiritual renewal, joyful expectation, and faithful obedience. Guide our decisions, order our steps, and help us remain grateful for every opportunity You place before us.

We surrender our plans, our dreams, our families, and our future into Your loving hands. In Jesus Christ's mighty and miraculous name, we pray, Amen. 🛐

✨ WDGS Reflection for August 💌

Renew your faith.
Release your burdens.
Receive God's best.

Every new beginning begins with a heart willing to trust God.

Gracious Heavenly Father,
As we step into the month of October, we pause to seek Your wisdom above all else. We acknowledge that without You, even our best intentions can fall short but with You, every step can be ordered and secure.

Lord, sharpen our discernment.
Give us eyes to see clearly, ears to hear truth, and hearts that are sensitive to Your voice. Remove distractions that cloud our judgment and silence anything that pulls us away from Your will.

Where decisions must be made, grant us peace.
Where doors must be closed, give us courage.
Where new paths are unfolding, give us confidence to walk in obedience without fear. Help us to reflect, not react. To choose wisdom, not haste.
To trust your timing, even when answers are still forming.

Let October be a month of spiritual alignment, sound judgment, and renewed commitment to live with purpose and integrity.

We submit our plans, our thoughts, and our future into Your capable hands.

In Jesus Christ, name, we pray, Amen🛐

✨ Do you have a Specific Prayer Requests: Please contact us by calling the number on WDGS website under FREE SERVICES or scan the QR code below ⏬ to schedule a one-on-one prayer or order our new Journal designed to only write once a week for a year opposed to bogged down with writing daily.

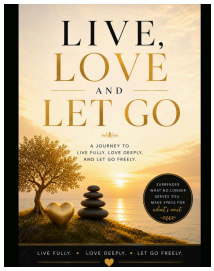
(Click on QR)

(click on the link ⬇️God's Footprint Weekly~Yearly Journal

From the Desk of, WDGS FOUNDER & MANAGER

Hi my name is Alfreda, after I became unemployed in 2014, I elected to pursue my divine passion and became a Licensed Ordained Minister. I grew up in a committed spiritually Faith-Based environment that has always provided me with a spiritual sensibility towards having a passion to share the good news of the Gospel. No matter what giants I faced and mountains that I had to climb through life, I somehow seemed to find myself motivated through providing personal coaching by sharing tools and tips to assist others based upon my professional skills as well as Personal and Spiritual knowledge. Through a determined desire to create social innovation, community development and people empowerment from what I believe is my predestined passion. WDGS was officially birthed in 2014 and became certified via the IRS as a Non-profit 501(c)3 Organization in 2017, as of 2020 the acronym WDGS has now become a United States Registered Trademark.

The Founder Featured Book is now available on AMAZON

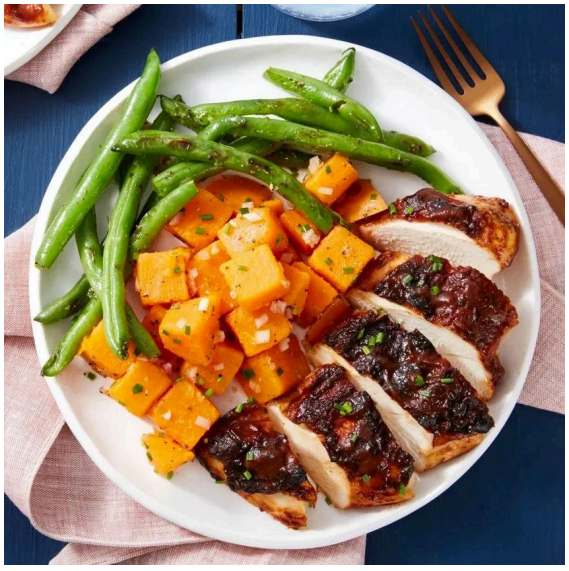


Click on Link ➡️ Live-Love & Let-Go to Order

Hello, hello, hello, Fabulous Freda Here! 😊💜

First of all I would like to thank all my website readers and Congratulations 🎉 on making it to the 8th Month. I love the idea of ending my newsletters with a **"Signature Dish of the Month."** Since WDGS August theme is **Renew • Release • Receive**, I would choose a meal that represents your **family, comfort, harvest, and gratitude. THANKS AGAIN!!!**

🍽️ Fabulous Freda 8th Month Recommendation



WDGS Signature Dish for August

Southern Peach-Glazed Baked Chicken

Served with Roasted Sweet Potatoes & Green Beans

Why this meal?

- 🍑 August is peak peach season in many parts of the United States.
- It represents God's harvest and abundance.
- It's colorful, wholesome, and perfect for family gatherings.
- It beautifully complements your August theme of **Renew • Release • Receive**.

Scripture for the Recipe

Psalm 34:8 (KJV)

> *"O taste and see that the LORD is good: blessed is the man that trusteth in him."*

WDGS Kitchen Corner

Southern Peach-Glazed Baked Chicken

Ingredients

- 4 boneless chicken breasts
- 2 fresh peaches, diced
- ½ cup peach preserves
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1 teaspoon paprika
- Salt and pepper to taste
- 2 tablespoons olive oil

Vegetables

- Fresh green beans
- Sweet potatoes
- Olive oil
- Garlic powder
- Black pepper

Directions

1. Preheat oven to **375°F**.
2. Season chicken with paprika, salt, and pepper.
3. Brown lightly in olive oil.
4. Mix preserves, peaches, honey, mustard, and garlic.
5. Pour glaze over chicken.
6. Bake for **25–30 minutes**, basting once.
7. Roast sweet potatoes and green beans until tender.
8. Serve warm with the extra peach glaze spooned over the chicken.

Dessert

🍑 Fresh Peach Cobbler

Beverage

Fresh Peach Sweet Tea or Lemon-Infused Water

WDGS Kitchen Reflection

"Just as God renews His mercies every morning, He also provides nourishment for our bodies and encouragement for our souls. Gather around the table with gratitude, release the worries of yesterday, and receive today's blessings with thankful hearts."

🍴 Bless This Meal-**"Heavenly Father, thank You for providing daily bread and abundant blessings. May this meal nourish our bodies, strengthen our families, and remind us that every good and perfect gift comes from You. Help us to receive Your goodness with grateful hearts and to share Your love with others. In Jesus' name, Amen."**

WDGS ministry—bringing people together around the world & table with faith, gratitude, and fellowship. 💜