

Whispers of the Spirit



Meditations for October 3rd to October 9th

Whispers of the Spirit is a ministry of Deacon Carolyn Quinnell and friends.
This week's selections have been written by Deacon Carolyn

Sunday, October 3rd Genesis 2:18-24 / Psalm 8 /
Hebrews 1:1-4; 2:5-12 / Mark 10:2-16

Genesis 2:18 *The Lord God said, "It is not good that the man should be alone; I will make him a helper as his partner."*

According to this version of the creation story, man was created first, then the animals, then finally woman. In the other creation story, humankind was created, male and female together (Genesis 1:27). Whichever story is your favorite, note that the Lord deemed it best that we as a species should not live without other people to interact with. As Thomas Merton said, "No man is an island." As I ponder this, I think of those who live with Alzheimer's or dementia and cannot remember the flow of a conversation, or if the disease is advanced, perhaps can't control what comes out of their mouths. Even though this is their condition, they still need other people to interact with. Yes, it's tiring work, but no one said grace is a walk in the park.

Lord, I ask your blessings on all who care for those with Alzheimer's or dementia. Give them strength when they feel weak, perseverance when they feel at the end of their rope and love enough to pass on. Amen.

Monday, October 4th 2 Kings 21:1-18 / Psalm 106:1-18 /
1 Corinthians 10:14–11:1 / Matthew 8:28-34

1 Corinthians 10:23 *"All things are lawful," but not all things are beneficial. "All things are lawful," but not all things build up.*

Paul is referring to food here, especially meat from the marketplace which had been previously sacrificed to pagan idols. However, if I may, I would like to take a different slant on these same words. I

believe I have mentioned before that my sister and I were told when we were young, “If you can’t say something nice about someone, don’t say anything at all.” I actually like Paul’s way of putting that message better. Yes, I am legally able to say whatever I please, but do my words build up or tear down? I would much rather be a builder than a wrecker. I believe that’s what Jesus would have me do. But the tongue sometimes has a mind of its own, so I need to take a deep breath, take a step back and ask myself, “Is there any eternal significance in this situation?”

Lord, open my lips that I may proclaim your praise. Amen.

Tuesday, October 5th 2 Kings 22:1-13 / Psalm 121, 122, 123 /
1 Corinthians 11:2, 17-22 / Matthew 9:1-8

1 Corinthians 11:18 *For to begin with, when you come together as a church, I hear that there are divisions among you; and to some extent I believe it.*

I have been active in church since my early 20’s; some of you have more experience than I have. I think you may agree with me, we church goers can be a contentious bunch. I have witnessed arguments over things like the bulletin cover, the color of the carpet, the type of music played, Christmas decorations and - oh, I could go on, but I won’t. Why is this? Because our church homes are personal to us, and we want things done a certain way. After all, how would you feel if a stranger walked into your house and wanted to change things around to suit them? But I fear we miss the point when we get caught up in arguments such as these. We are in church to worship the Lord; to have a contact point with Him. Everything else is a distraction to that experience. May we all worship without too many distractions.

Lord, help me to focus on you. Amen.

Wednesday, October 6th 2 Kings 22:14–23:3 /
Psalm 119:145-176 / 1 Corinthians 11:23-34 / Matthew 9:9-17

Matthew 9:9 *As Jesus was walking along, he saw a man called Matthew sitting at the tax booth; and he said to him, "Follow me." And he got up and followed him.*

Maybe Matthew was tired of being considered scum by his fellow Jews. Perhaps he was tired of working for the Roman government. It could be he felt like he was stuck doing the job of a tax collector. On the other hand, he could have been quite happy with the income he was collecting. Whatever his mental state was at the time, all it took was a look and two words from Jesus for Matthew to make a life changing decision. Imagine how that must have gladdened the heart of Jesus. Matthew had no idea what he was getting into, but that was OK; but then, do any of us really know what lies ahead? It's OK, as long as we're walking with Jesus.

Thank you, Jesus, for your call to follow you. Amen.

Thursday, October 7th 2 Kings 23:4-25 / Psalm 131, 132 /
1 Corinthians 12:1-11 / Matthew 9:18-26

Psalm 131:3 *But I still my soul and make it quiet, like a child upon its mother's breast; * my soul is quieted within me.*

When each of my son's two boys were toddlers one of their favorite things to do when they got tired was to crawl up on their Daddy's lap, snuggle their head into his neck and fall asleep. It was a picture of a child in perfect bliss. Sometimes, even as adults, it feels good to just be cuddled. I would like to think our Lord is always ready for us to calm ourselves, crawl into His lap and allow ourselves to be held. Imagine that if you would. Lay your head next to His chest and just breathe in His existence. May you find perfect rest and peace there.

Lord, can we cuddle today? Amen.

Friday, October 8th 2 Kings 23:36–24:17 / Psalm 140, 142 /
1 Corinthians 12:12-26 / Matthew 9:27-34

Matthew 9:28 *When he entered the house, the blind men came to him, and Jesus said to them, "Do you believe that I am able to do this?" They said to him, "Yes, Lord."*

When my children were learning to ride their bikes, they would sit on the seat and I (like many other parents) would run along side them to help them stay upright. The little ones needed to have confidence in my ability to help them in order that they could in turn gain confidence in their own ability to ride without me holding on to them. The blind men had confidence that Jesus could heal their sight. There was no "Well, I'm really hoping you can do this," or "I think you might be able to help me like you helped others." No, their answer was a resounding, "Yes, Lord." May we echo the blind men whenever we need the Lord to run along beside us.

Jesus, hold on to me please. Amen.

Saturday, October 9th Jeremiah 35:1-19 / Psalm 137, 144 /
1 Corinthians 12:27–13:3 / Matthew 9:35–10:4

1 Corinthians 12:27 *Now you are the body of Christ and individually members of it.*

Sometimes my mouth has to be engaged in eating something before my brain will kick into gear and tell my fingers what to type for these meditations. One of my favorite "chewing inspirations" happens to be a peppermint patty, so when I feel stuck guess what I reach for? The taste buds really appreciate the situation. As a result of all this, several of the members of my body are involved in the inspiration and writing of these words.

Paul wrote his letter to the church in Corinth to try and explain that every member of their community was necessary in one way or another. The same goes for us today. **Together** we make up the body of Christ. We are all necessary. Together we glorify Him.

We praise and thank you this day, Lord. Amen.

