

Nudges of the Spirit

Meditations for November 3rd to November 9th

Nudges of the Spirit is currently a ministry of Deacon Carolyn Quinnell and Denise Bersos.
This week's selections have been written by Denise.

Sunday, November 3rd Ruth 1:1-18 or Deuteronomy 6:1-9 / Psalm 146
or Psalm 119:1-8 / Hebrews 9:11-14 / Mark 12:28-34 *(written by Denise)*

Deuteronomy 6:7 *Impress them on your children. Talk about them when you sit at home and when you lie down and when you get up.*

This scripture is talking about the commandments. The Lord our God is one. We are to love him with all our heart, soul and strength. I enjoy conversations with friends when we are talking about the Lord, and how we see his grace and mercy working in our everyday lives. I am hungry to learn, pray, and worship. The more I do these things, the more loving God becomes in my life. My concept of God has changed over the years. The more I practice his laws, allow the Bible to guide me, and serve others as God would like me to, the more I love God with all my heart. The bonus is I truly believe God is Love.

God, give us that hunger to love and serve you so others will want to come and see. Amen

Monday, November 4th Ecclesiasticus 38:24-34 / Psalm 56, 57 /
Revelation 14:1-13 / Luke 12:49-59 *(written by Denise)*

Ecclesiasticus 38:31 *All these rely on their hands, and all are skillful in their own work.*

Hands are so amazing. There is nothing better than holding a baby's hand. They are so tiny, wrinkle free, precious and curious. It is almost like they have feelers in their fingers and can read about the world we live in by squeezing and holding onto our fingers. As we grow older our hands truly tell the stories of our lives. There is something very intimate when we hold each other's hand. It is like a language of the heart. I have found that if I am feeling a bit down, if I do something with my hands like crocheting, making a favorite recipe, gardening,

writing a letter, I feel better. Maybe engaging our hands in worship and prayer links us in love with our creator.

Lord, bless our hands and the fruit of their labor. Amen

Tuesday, November 5th Ecclesiasticus 43:1-22 / Psalm 61, 62 /
Revelation 14:14–15:8 / Luke 13:1-9 *(written by Denise)*

Psalm 62:5 Find rest, O my soul, in God alone; my hope comes from Him.

Our lives feel like an ebb and flow. Sometimes things change so quickly and there is so much to do. It can feel overwhelming, and if you are anything like me you begin to think it will never slow down. Then everything changes again and there is some space. These precious moments are our times to rest in God and be restored. These resting times are as important as the action times. We are to pray, meditate, worship, take walks, praise God, be present. Resting in fellowship with God brings us closer to the Glory of God. I wonder how many times I have missed a divine encounter with God because during these times of rest I have distracted myself instead of being present.

Lord, help us to take more time and space without distractions to rest our souls in fellowship with you. Amen

Wednesday, November 6th Ecclesiasticus 43:23-33 / Psalm 72 /
Revelation 16:1-11 / Luke 13:10-17 *(written by Denise)*

Psalm 72: 19 Praise be to his glorious name forever: may the whole earth be filled with his glory.

Can you imagine for just one minute the whole earth being filled with God's glory? I know I get a taste of this glory every day. A dear friend of mine passed away recently. At her funeral there was a large community of friends, that all know each other, that gathered together to celebrate her life of service. I looked around that room and I can tell you the whole room was filled with God's glory. As a matter of fact, I still am enveloped in love. These friends have all made a decision to turn their will and lives over to God. If you listened to any of their stories you will hear the theme that they felt hopeless, and grasped for a flimsy reed

which turned out to be the loving, powerful hand of God. All glory goes to God!

God, anyone who is struggling today, help them reach out and let us all be there to guide them to a life beyond their wildest dreams living in your love and your glory! Amen

Thursday, November 7th Ecclesiasticus 44:1-15 / Psalm 71 / Revelation 16:12-21 / Luke 13:18-30 *(written by Denise)*

Luke 13:22 Then Jesus went through the towns and villages, teaching as he made his way to Jerusalem.

Luke 4:16-30 Describes how Jesus taught regularly in the synagogue. Most of the teaching that Jesus did though was as he went through towns and villages, as our scripture today points out. Jesus's main work is described in Luke 4:43: "But he said, 'I must preach the good news of the Kingdom of God to the other towns also, because that is why I was sent.'" He went out with his disciples from town to village finding people who needed to hear the good news. He did not wait for them to come to him, he went out to them. Later people came to him as they heard about his good works and were drawn to him. Today is the same as back then. We must go beyond the comfort of our church and go find our neighbors that are hurting, lonely, sick, and share the Kingdom of God with them.

Jesus, walk with us as we follow in your footsteps. Amen

Friday, November 8th Ecclesiasticus 50:1, 11-24 / Psalm 69:1-23 (24-30) 31-38 / Revelation 17:1-18 / Luke 13:31-35 *(written by Denise)*

Revelation 17:1 After this I saw another angel coming down from heaven. He had great authority, and the earth was illuminated by his splendor.

I have read many books on angels, as angels have been a part of my life as long as I can remember. In every room in our house you will be able to find angels. Someone asked me once when did angels become part of my life? I honestly do not know. Anyone who knows me knows I love angels. When my granddaughter was around 6 she was in a

Christmas program. The priest read Luke 2:13-14: “Suddenly a great company of the heavenly hosts appeared with the angel praising God and saying, Glory to God in the highest, and on earth peace to men on whom his favor rest.” The priest then asked the children “What would you do if you were in a field and thousands of angels appeared?” My granddaughter quickly raised her sweet hand and said, “I would call my Nana because she loves angels.” My heart was filled with splendor at that moment as we all got a good chuckle.

God, thank you for your gift of angels and children! Amen

Saturday, November 9th Ecclesiasticus 51:1-12 / Psalm 75, 76 /
Revelation 18:1-14 / Luke 14:1-11 *(written by Denise)*

Ecclesiasticus 51:11 I will praise thy name continually, and will sing praises with thanksgiving; and so my prayer was heard.

The quickest way to help me get out of the poor me’s is by doing a gratitude list. I have so much to be grateful for. Self-pity is not a place that I like to visit. When I begin judging, grumbling, being negative and looking at the problem instead of the solution, I know I am in trouble. So out comes the pen and pencil and the gratitude list begins. Gratitude is an action word, and I must act on this gratitude and sing praises to God, as he truly hears my thankfulness. I and several friends text each other every morning to share our gratitude lists. This sets the tone of the day.

*Thank You God for hearing our prayers and seeing the gratitude in our hearts!
Amen*

