

Nudges of the Spirit

Meditations for November 17th to November 23rd

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 17th 1 Samuel 1:4-20 or Daniel 12:1-3 /
1 Samuel 2:1-10 or Psalm 16 / Hebrews 10:11-14 (15-18) 19-25 /
Mark 13:1-8 (*written by Denise*)

1 Samuel 1: 15 *“Not so, my lord,” Hannah replied, “I am a woman who is deeply troubled. I have not been drinking wine or beer; I was pouring out my soul to the Lord.”*

In this story, Hannah was deeply troubled and was petitioning to God in prayer. She was praying in her heart, and her lips were moving, and no voice was heard. Eli thought she was drunk. In verse 10 it says in bitterness of soul Hannah wept much and prayed to the Lord. I don't believe I have ever been accused of being drunk as I prayed. I sure have cried out to the Lord with bitterness of my soul though. I can be a piece of work at times, when I talk with God. If I cannot be honest with God about how I am feeling, how will I be able to be honest with anyone? Praying what is honestly on my heart, no matter how ugly it may appear, begins the healing process. I don't feel so lonely, hopeless and powerless anymore. Hannah shows us that when we go to our loving God in prayer, our faces are no longer downcast. Hope awakens!

Gracious God, thank you for Hannah, and her humble example to always go to you in prayer with everything we feel. Amen

Monday, November 18th Habakkuk 2:1-4, 9-20 / Psalm 89:1-18 /
James 2:14-26 / Luke 16:19-31 8 (*written by Denise*)

James 2:26 *As the body without the spirit is dead, so faith without deed is dead.*

I have heard my husband tell his friends, “I can sit at my table and pray all day that God serve me bacon and eggs. If I don't get up and cook them I most likely won't have bacon and eggs for breakfast.” There is a

lot of truth to that. God does for me what I cannot do for myself, but what I can do for myself I had best do it. It is so important that we pray for people. We must listen carefully to see if we can do anything else for them. Recently my nephew and family came to visit. They rented a VRBO in town. Their flight was delayed and they would not be getting in until very late. I was praying for them to get here safely. I asked if I could pick up some food as nothing would be open when they arrived. My nephew's wife called in an order to Walmart. And I was able to pick it up, and have food for them when they arrived. They were so grateful, as they were all so tired. I was grateful my prayers were answered and they arrived safely, and I could be helpful.

God, help us to listen for ways we can help each other, as we pray for each other. Amen

Tuesday, November 19th Habakkuk 3:1-10 (11-15) 16-18 /
Psalm 97, 99 / James 3:1-12 / Luke 17:1-10 8 *(written by Denise)*

Habakkuk 3:2 Lord, I have heard of your fame; I stand in awe of your deeds, O Lord. Renew them in our day, in our time make them known; In wrath remember mercy.

A few weeks ago Hurricane Helene tore through Florida, Georgia North Carolina, Tennessee, South Carolina and Virginia. The devastation has been brutal for many communities as well as many lives lost. I stand in awe of your deeds Lord, and the love that your people have for each other. People have been gathering from everywhere to bring in supplies, offer physical labor, financial support, supporting and helping neighbors however they can. It will not change the horrific damage, but there is a spirit of renewal when you see this kind of support in the mist of great tragedy.

May we continue to pray for our neighbors as they clean up and rebuild. If you plant a way for us to help in our heart, let us give in the spirit of love. Thank you, God, for your mercy! Amen

Wednesday, November 20th Malachi 1:1, 6-14 /
Psalm 101, 109:1-4 (5-19) 20-30 / James 3:13-4:12 / Luke 17:11-19 8
(written by Denise)

James 4:10 *Humble yourselves before the Lord, and he will lift you up.*

I am thinking of people, and situations I care about, that need prayers right now. My words seem so inadequate. It is the same when I write these Nudges. There is so much on my heart I would like to convey to you, but I don't have the words. I need help, and I call on my special helper, The Holy Spirit. In my weakness, with my lack of words, and inability to even know what to pray for or write about at times, I ask for The Holy Spirit to intercede. I ask The Holy Spirit to reach into the longings and deep desires of my heart and to articulate words and feelings to express. To align my will with God's will, and form sentences and prayers that will be pure and loving for all involved. I am always lifted up, always!

*Come Holy Spirit, Come! Intercede in our prayers and our conversations today!
Amen*

Thursday, November 21st Malachi 2:1-16 / Psalm 105:1-22 /
James 4:13–5:6 / Luke 17:20-37 8 *(written by Denise)*

Luke 17:21 (Jesus said) *“Nor will people say ‘Here it is’ or ‘There it is,’ because the kingdom of God is within you.”*

When reading this I thought of Psalm 139:7 *“Where can I go from your Spirit? Where can I flee from your presence?”* Wherever we go God is. There is fire within each of us that encourages us, guides us, loves us, and wants only the best for us. It sometimes nudges us to dance, to pray, to help a stranger. It is that still small voice we have all heard in the dark nights of the soul. There is no place to go to find it. It is right here in this moment. I know for me sometimes the noise in my head is stronger than this voice. Times like this it is my responsibility to pick up my spiritual toolkit and quiet the noise in my head so I can be encouraged and loved by that fire within.

*Dear God, help us to quiet down enough to connect to your loving presence.
Amen*

Friday, November 22nd Malachi 3:1-12 / Psalm 102 / James 5:7-12 /
Luke 18:1-8 8 *(written by Denise)*

Psalm 102:19 *The Lord looked down from his sanctuary on high, from heaven he viewed the earth.*

This is such a great visual of comfort for me right now. I love reading Genesis 1:1 “In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.” Tonight as I write this, Hurricane Milton is headed for Florida. May God look down on earth and God’s Spirit hover over the water as he did in the beginning. May God protect and comfort all in the path of this storm. May he bring resources to those in need, and touch each of our hearts with ideas to help and love our neighbors. I am reminded of Genesis 1:31 “God saw all that he had made, and it was very good.” God loves us and his creation so much!

Dear Lord. Please hover over these waters of Hurricane Milton and protect us all! Amen

Saturday, November 23rd Malachi 3:13–4:6 /

Psalm 107:33-43, 108:1-6(7-13) / James 5:13-20 / Luke 18:9-14 8

(written by Denise)

Psalm 108:5 *Be exalted, O God, above the heavens, and let your glory be over all the earth.*

I purposefully look for God’s glory on earth. God loves us all so very much, and created us in his image. A God that loves us this much would not design us to have sorrow. He designed us to walk hand and hand with him through the difficult valleys of our lives. His intention for our earth is to flourish, enjoy the beauty, be fruitful, and love him and others. Genesis 1 and 2 affirm this. Having a personal relationship with God enhances us to connect, receive, and trust he does everything to show us he loves us. We must look for God in everything, because his glory is with us, and all over the earth.

Dear God, help us to let go of any old ideas we may have of you being a punishing God. Let us purposefully look for your glory in every situation. Amen

