

Nudges of the Spirit



Meditations for February 4th to February 10th

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

Sunday, February 4th Isaiah 40:21-31 / Psalm 147:1-12, 21c / 1 Corinthians 9:16-23 / Mark 1:29-39 *(written by Denise)*

Psalm 147:8 *He covers the sky with clouds; he supplies the earth with rain and makes grass grow on the hills.*

The more I learn about the Bible the more I am amazed of the guidance, direction, and provisions that God has made for us. We have such a kind and loving God. He provides information in the Bible on how he has created the means to take care of nature and all the creatures on earth. In Job 36:27-28 we learn: "He draws up the drops of water, which distill as rain to the streams: the clouds pour down their moisture and abundant showers fall on mankind." It wasn't until the 1800's the earth's water cycle was well understood. The Bible was written thousands of years ago, and it explains the water cycle perfectly. It is fun to go through the Bible and find verses that show us how God created means to provide for and love us.

Father God, increase our faith as we grow in your word and see for ourselves, that you always have and always will provide for us. Amen

Monday, February 5th Genesis 25:19-34 / Psalm 80 / Hebrews 13:1-16 / John 7:37-52 *(written by Denise)*

Hebrews 13:2 *Do not forget to entertain strangers, for by so doing some people have entertained angels without knowing.*

The other day my husband and I were out in the yard with a ladder, getting ready to trim our Royal Poinsettia tree in the front yard. A couple we had never seen before came by and asked if they could help. They were from New Jersey visiting his parents. They had decided to turn right on their walk instead of left and that is what brought them by our house. His name was Steve, and he got on the ladder with the saw, after convincing my husband to let him cut the branches because he was taller. He got more done in a half an hour than we could have gotten done in 5 hours. I told them they were angels, and they didn't deny it. They just smiled and said they were happy to help as they left to finish their walk.

God, teach us to see the signs you send showing us how much you love and support us. Amen

Tuesday, February 6th Genesis 26:1-6, 12-33 / Psalm 78:1-39 / Hebrews 13:17-25 / John 7:53—8:11 *(written by Denise)*

Hebrew 13: 20-21 *May the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen*

This blessing/prayer really touched my heart today. Many of us pray for each other and others we care about daily. The words tell us it was God's plan from the very beginning to bring us the needed power through our Lord Jesus. I am struck by the magnificent power, forgiveness, and then the pure humility that takes place with Jesus becoming the Shepherd of the sheep, so we can live our lives in a personal relationship with him. The Shepherd even becomes The Lamb. He promises to equip us with everything we need to do his will. If we all make a commitment to say this prayer every day for a week, I have faith we will see changes in our attitude and those we bless. I am going to try it. Will you please join me?

Wednesday, February 7th Genesis 27:1-29 / Psalm 119:97-120 / Romans 12:1-8 / John 8:12-20 *(written by Denise)*

Roman 12: 2 *Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will.*

There have been so many times when I wanted to not conform any longer to the patterns of the world. I am aware that spending more than I have can put me in financial insecurity. Scrolling through face book instead of reading something uplifting, creates judgement. On and on. No matter how badly I want to change the way I think, or improve myself based on my own willpower, I don't have the needed power to make these changes on my own. This scripture gives me explicit instructions on how to produce these changes. The Bible gives us instructions for life, and Jesus came as a transformer to help us understand. The only way I can be transformed is to admit I am powerless and tap into the one who has all power. Electricity needs a transformer to be useful. Without a transformer, the efficient and safe distribution of electricity would not be possible. Your home would catch on fire. Jesus is the ultimate transformer.

Dear Jesus, Transform our lives into your will. Amen

Thursday, February 8th Genesis 27:30-45 / Psalm 146, 147 / Romans 12:9-21 / John 8:21-32 *(written by Denise)*

Roman 12:17 *Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody.*

Have you ever held a resentment against anyone? I know when I feel like someone has wronged me I am hurt. If I hold on to that hurt, I will begin to create all different kind of stories in my head. Harming someone can be a part of that story I create. I heard that resentment is like drinking poison and expecting the other person to die. I believe that is the point of the words in this scripture. If I chose to respond to evil with evil I will find myself disconnected from God. I am not God, and my role is not to right all wrongs. My role is to take this evil to God in prayer and allow his power to right any wrongs. It is natural to want to repay evil with evil, and harder to be obedient to live the way Jesus asks us, but so worth it!

Jesus, give us strength to follow your teachings, and not intently cause others and ourselves any harm. Amen

Friday, February 9th Genesis 27:46–28:4, 10-22 / Psalm 88 / Romans 13:1-14 / John 8:33-47 *(written by Denise)*

Genesis 28:16 *When Jacob awoke from his sleep, he thought, "Surely the Lord is in this place, and I was not aware of it."*

I so can relate to Jacob in this scripture. I want to be awake and aware of God's presence for the rest of my life. I desire to increase my awareness of God here and now. To be aware of God in all things at all time and express my profound awe of his greatness. Not just in the things he gives me, but in everything and everyone. When I sit on my back porch I see God in the trees waving at me. I feel his touch through the wind. I see his smile in the delicate flowers. There's something about encountering the presence of God that makes everything else secondary.

Dear God, wake us up and increase our awareness of you. All the Glory is yours. Amen

Saturday, February 10th Genesis 29:1-20 / Psalm 87, 90 / Romans 14:1-23 / John 8:47-59 *(written by Denise)*

Romans 14:12 *So then, each of us will give an account of himself to God.*

A practice that has been a part of my daily practices is a daily inventory. This is by no means intended to make me feel good or bad about myself. Inventories are a common practice in business's because to own a business you want to be successful. You want to throw out what is not profitable, and keep and build upon what is working. I need to do the same thing with my thoughts and behaviors. When I take this inventory to God in prayer he creates opportunities for me to do things in accordance to his will. God always forgives and loves me. God is the only one who truly knows our hearts!

God, help us with our disciplines, so we learn how to succeed in doing your will. Amen

