

# Nudges of the Spirit



## Meditations for November 10<sup>th</sup> to November 16<sup>th</sup>

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

**Sunday, November 10<sup>th</sup>** Ruth 3:1-5; 4:13-17 or 1 Kings 17:8-16 /  
Psalm 127 or 146 / Hebrews 9:24-28 / Mark 12:38-44 (*written by Carolyn*)

Psalm 146:1 *Hallelujah! Praise the Lord, O my soul! \*I will praise the Lord as long as I live; I will sing praises to my God while I have my being.*

The first verse of the song "Praise the King" written by Cindy Morgan and copywritten in 1998 reads: "Praise Him in the morning for tall and lofty trees / And praise Him in the evening for children on their knees / Oh and praise Him in the noon day for gentle birds that sing / Oh praise Him all ye people praise the King." The song continues to name things like peaceful porches and rocking chairs, children at play and wandering souls that never lost their way. In other words, the song reminds us to praise the Lord in all things, big and small. Recently at a conference, I found myself praising the Lord for wind chimes that I could hear playing on someone's porch during our prayer time. Someone else in the room could hear birds singing. I invite you to take some time today and praise the Lord for something - big or small. I find that the very act of giving praise to God lifts my spirit. May yours be lifted as well.

*I praise you Lord, for all the many blessings you have given us. Amen.*

**Monday, November 11<sup>th</sup>** Joel 1:1-13 / Psalm 80 /  
Revelation 18:15-24 / Luke 14:12-24 (*written by Deacon Bob*)

Psalm 80, verses 3, 7, 14 (in different words) and 19: *Restore us, O God, let your face shine, that we may be saved.*

I am convinced that God answers prayers... at least, prayers from the heart. Apparently, the writer of this Psalm over 3000 years ago agrees with me or he wouldn't have asked the same thing four times

in the same Psalm. The true wonder, to me, is that God doesn't stop answering a prayer. Sometimes prayers are answered right away, like a sudden relief of pain or worry. Sometimes there appears to be a delay in the answer, like a slow improvement in health or life circumstances. When I stop to think about it, I can see the answer of God to prayer is never a one-and-done thing, but a continuing chain of changes in the life of the pray-er or the subject of the prayer. God cares about each of us, so He does not abandon us. And if we abandon Him, he is always ready to reconnect.

*Heavenly Father, be with each of us this day and always. Amen.*

**Tuesday, November 12<sup>th</sup>** Joel 1:15–2:2(3-11) / Psalm 78:1-39 / Revelation 19:1-10 / Luke 14:25-35 *(written by Carolyn)*

Luke 14:34 (Jesus said) *“Salt is good; but if salt has lost its taste, how can its saltiness be restored?”*

In the Imagination Station for vacation bible school this year we led a number of experiments that involved salt. I was surprised, as the week went on, how many of the kids wanted to eat the salt that had spilled on the table. Yuck! In our day and age, when we think of salt, we tend to focus in on using it as a seasoning. If you happen to be someone who cans or otherwise preserves food, you may also consider its uses in that regard. Generally, we don't think of salt as a purifier – unless you happen to be gargling some warm saltwater for a sore throat. Have you considered how we Christians are like salt? It is our task to enhance the lives of those around us by sharing the good news, preserve the world from spiritual decay, all while maintaining our distinct identity in order to remain connected to Christ. May we not lose our saltiness!

*Help us, Lord, to serve you. Amen.*

**Wednesday, November 13<sup>th</sup>** Joel 2:12-19 / Psalm 119:97-120 / Revelation 19:11-21 / Luke 15:1-10 *(written by Carolyn)*

Luke 15:7 (Jesus said) *“Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance.”*

This same message is repeated in verse 10, therefore we know it contains words that are especially important. My question about this verse isn't, “Who is the sinner that repents?” but instead, “Who are the ninety-nine righteous persons?” After all, no matter how hard we try, we all sin at some point or another; and if we think we don't, well, guess what, we have just sinned! That means, whenever any of us repents of a sin, there is great rejoicing in heaven. Another way of thinking about this might be from the viewpoint of a parent. I know I prefer my children to get along and not bicker at each other. In fact, it warms my heart to see them enjoying each other's company. I suspect my feelings are only dim reflections of how our heavenly Father feels towards us.

*Abba, help us to turn to you and get along with each other. Amen.*

**Thursday, November 14<sup>th</sup>** Joel 2:21-27 / Psalm 23, 27 /  
James 1:1-15 / Luke 15:1-2, 11-32 *(written by Carolyn)*

Psalm 27:1 *The Lord is my light and my salvation; whom shall I fear?*

When I was young, visits to the dentist were never a happy affair. One or more cavities would be found, which resulted in shots of Novocain followed by a drill – all this happening to someone who has an aversion to shots in the first place. I became somewhat zealous about oral hygiene just so I wouldn't have to have to go through that experience again. Over the years though, I have learned that if I simply ask Jesus to go into the exam room with me, my anxiety level will be reduced. Think about it, the first three words of both Psalms 23 and 27 are the exact same: “The Lord is...”. That speaks volumes. *The Lord is*, and we don't have to be afraid. *The Lord is*, and we have salvation through Him. Because *the Lord is*, I know He is in the dentist's office with me.

*Thank you, Jesus! Amen.*

**Friday, November 15<sup>th</sup>** Joel 2:28–3:8 / Psalm 88 / James 1:16-27 /  
Luke 16:1-9 *(written by Carolyn)*

James 1:19 *You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger...*

“Tell me your story,” or something similar, is a phrase I like to say to people who are new to our church. It often catches people off guard at first, but once they begin sharing, inevitably they will relax a bit and open up. I like to hear why people have chosen to darken our doors at a particular time in their lives. Most of the time, they are new to the area and looking for a new church home, while others just feel a need to get back to church. Listening is a skill that can be learned. You see, good listening is just that: listening. What it is not is trying to figure out what to say back while someone is talking. The Lord tells us to be quick to listen. Today, let’s try to do just that.

*Lord, help me to listen as you do. Amen.*

**Saturday, November 16<sup>th</sup>** Joel 3:9-17 / Psalm 87, 90 / James 2:1-13  
/ Luke 16:10-17(18) *(written by Carolyn)*

Psalm 90:14 *Satisfy us in the morning with your steadfast love, so that we may rejoice and be glad all our days.*

My husband and I recently attended a national conference for the Order of St. Luke, a healing ministry. Each day there were break-out sessions we could attend. One that I went to was choosing joy every day. Do you know that when we laugh, we release “feel good” endorphins in our brains? Our leader made the statement that our laughter can actually help us live longer. By contrast, our anger has the effect of shortening our lives. Granted, some days it is harder to choose to walk in joy than others. In fact, some days it would seem that life just wants to weigh us down and stress tries to overtake us. It’s in those times when we need most to cry out to Jesus and say, “Help me, Lord. Help me to choose joy.” And guess what, He does.

*Lord, help me to choose your joy every day. Amen.*

