

Nudges of the Spirit

Meditations for May 5th to May 11th



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 Denise.

Sunday, May 5th Psalm 98 / Acts 10:44-48 / 1 John 5:1-6 / John 15:9-17 (*written by Denise*)

Psalm 98:8 *Let the rivers clap their hands, let the mountains sing together in joy:*

Sometimes I struggle with Jesus's victory over the cross, as we face the many problems in today's world. I still feel at times I wallow in shame, anxiety, loneliness, and sorrow. I am reminded with scriptures like this one, that Jesus made a way for us all so we don't have to be filled with shame, remorse, and loneliness. We may feel these feelings at times, but let us remember he has sent his Holy Spirit to be right here with us. His gift to us is the same as it was back in his days. He has showed us a way to stand straight and tall, with our head held high. We get to dance, jump, clap our hands, sing and laugh in the face of death! If the rivers can clap their hands and the mountains can sing in joy, then let's join them!

Heavenly Father, may we praise you in the storms. Amen

Monday, May 6th Psalm 80 / Leviticus 25:35-55 / Colossians 1:9-14 / Matthew 13:1-16 (*written by Denise*)

Matthew 13:16 *But blessed are your eyes because they see, and your ears because they hear.*

Have you ever had a relationship with someone that you just don't like? The more you think about them the more you dislike them. This is something I don't like to admit, but this happened recently to me. My thinking took a strong hold on me. I started managing what I was going to say or do when I had to talk to this person next. They live miles away, in another state, for goodness sake. I did have the good sense to pray about this situation. I asked God to soften my heart. To see this person as God sees this person, with love. The other day, out of the blue, I received a text from this person. I looked at it and responded. A conversation developed and it was pleasant. I noticed I was not feeling agitated, my mind was not creating stories, I was neutral about how I was feeling about this person. I thanked God immediately for answering my prayers! God blessed me with ears to hear and eyes to see that day.

Dear Lord, continue to bless us in our relationships. Amen

Tuesday, May 7th Psalm 78:1-39 / Leviticus 26:1-20 / 1 Timothy 2:1-6 / Matthew 13:18-23 (*written by Denise*)

Psalm 78:2 *I will open my mouth in parables, I will utter hidden things, things from of old -*

Jesus is known for talking in parables. If he was asked a question, he would usually answer in a parable, or he would answer with a question. I have learned so much about myself and others through Jesus's parables in the Bible. It appears Jesus covered every question we may have with one of his stories. There are hidden gems in each of them, and great wisdom. I find it so interesting to hear others' views of what these parables mean to them. Whenever I ask someone a question and they respond with a question, or they tell me a story about an experience they had it allows me to chance to contemplate. Jesus is brilliant in creating relationships with us through parables.

Jesus, open our ears and hearts to hear the answers to our questions through your word. Amen

Wednesday, May 8th Psalm 119:97-120 / Leviticus 26:27-42 / Ephesians 1:1-10 / Matthew 22:41-46 (*written by Denise*)

Ephesians 1:3 *Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.*

This scripture is so beautiful. There is such power in the words. Every blessing that we need has been given to us in Christ. Jesus came from heaven to earth, and we as children of God are blessed. I continue to learn how to pray. When using the personal names of God, found in scripture, my prayers strengthen with the needed power to bring me closer and more connected to God. When I approach God with praise, reverence, and thanksgiving my heart feels so connected. If you haven't already looked up the names of God that are found in scripture I invite you to venture on this path. My prayer life has been enriched since I was led to this practice.

God our Father of our Lord Jesus Christ, bless us and keep us in your light. Amen

Thursday, May 9th (Ascension Day) Psalm 47 or 93 / Acts 1:1-11 / Ephesians 1:15-23 / Luke 24:44-53 *(written by Denise)*

Acts 1:9 After he said this, he was taken up before their very eyes, and a cloud hid him from their sight.

Just imagine being a disciple of Jesus for just three short years. You have given up everything to follow him. You have sat and heard his teaching. You have witnessed him healing the sick, casting out demons, feeding the hungry. I imagine there was much laughter and many tears as he loved each of the disciples. He died on a cross and was resurrected, on the third day as he said he would. Now he is ascending into heaven before their eyes. He told them he would do this, and asked them to wait in Jerusalem as he would send the Power to them. They are aware that he is really leaving this world, and must feel sad to see him go. The next lines explain that two men dressed in white (maybe angels?) ask them "Why they are standing there looking at the sky?" In other words...It's a new moment, Jesus will send the power, he promised. You have witnessed it all. Now it is time for them to wait and pray. When they receive the power they will then go out and share the good news.

Heavenly Father, we have faith in your promises. Jesus is Lord! Amen

Friday, May 10th Psalm 85, 86 / 1 Samuel 2:1-10 / Ephesians 2:1-10 / Matthew 7:22-27 *(written by Denise)*

Psalm 85:10 Love and faithfulness meet together; righteousness and peace kiss each other.

Reading this today reminded me of following a recipe. If you leave out an ingredient, or don't put in the proper measurements, your recipe will not come out the way it is supposed to. That's why following directions, being obedient, devoting time to read, practice and understand is so important. Steadfast Love and Faithfulness meet in God. Isaiah 32:17 tells us that "The fruit of righteousness will be peace; the effect of righteousness will be quietness and confidence forever." We are accepted and loved by God, who just wants us to trust the recipe.

Loving God, help us to surrender to your will each day. Amen

Saturday, May 11th 87, 90 / Numbers 11:16-17, 24-29 / Ephesians 2:11-22 / Matthew 7:28-8:4 *(written by Denise)*

Ephesians 2:22 And in him you too are being built together to become a dwelling in which God lives by his Spirit.

The church is those who dwell inside the building. We are a family. The people make the church, not the building. We are the body of Christ where his spirit lives. The mission of the Episcopal Church, as stated in the Book of Common Prayer's catechism, is "to restore all people to unity with God and each other in Christ." In step with this mission we follow Jesus into loving, liberating, and life giving relationship with God, and each other and with the earth. Our church sign says "The Episcopal Church Welcomes You." We all belong. We are all welcomed. Our church's foundation is built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. Come be a part of our church family.

Holy God, we worship and praise The Father, Son and Holy Spirit. We welcome your presence always. Amen

