

Nudges of the Spirit

Meditations for July 28th to August 3rd



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

Sunday, July 28th 2 Samuel 11:1-15 or 2 Kings 4:42-44 / Psalm 14 or Psalm 145:10-19 / Ephesians 3:14-21 / John 6:1-21 *(written by Denise)*

2 King 4:44 *Then he set it before them, and they ate and had some left over, according to the word of the Lord.*

I used to have a potluck dinner at my house every month with a group of women. At first, we thought we needed to be organized so we had all food groups on hand. Then we just decided since we were gathered together for the Lord, we would trust the Lord, and see what he brought through us to the table. Oh my goodness! It was always such a spread, and each of us would try new recipes and try them out on the group. We were always amazed how everything fit together, perfectly. My husband was always happy, because my friends would leave leftovers for him. When we all pitch in and share there is enough for all. Praise God for his bountiful gifts!

Lord, teach us how to apply your Word in our lives. Amen

Monday, July 29th Joshua 24:16-33 / Psalm 56, 57 / Romans 16:1-16 / Matthew 27:24-31 *(written by Denise)*

Psalm 57:5 *Be exalted, O God, above the heavens; let your glory be over all the earth.*

Oh Lord hear our prayer! Imagine if everyone on this earth said this prayer for ten minutes at the same time. I can just see God in all his glory, excitedly shouting "Yes! They are ready to receive." The angels would be rejoicing, and there would be a huge celebration! The more we pray over God's word, the closer we get to sharing in his glory. That's why gathering with likeminded people and sharing our experiences of God's Glory is so meaningful. At those moments, God's glory descends on us, and we get to taste a bit of heaven here on earth. God smiles and says "Yes! They are ready to receive."

Glorious God in heaven, receive our prayers, and bless us to receive your glory. Amen

Tuesday, July 30th Judges 2:1-5, 11-23 / Psalm 61, 62 / Romans 16:17-27 / Matthew 27:32-44 *(written by Denise)*

Psalm 62:8 *Trust in him at all times, O people: pour out your heart to him, for God is our refuge.*

How quickly I can forget that God is my refuge. One of the things that crops up first when I am not spiritually fit is neediness. The neediness I feel is a symptom of something much bigger going on. Have you ever heard of HALT? It's an acronym for hungry, angry, lonely, tired. I can do a quick inventory and usually find that my symptom of neediness comes from at least one of these conditions. When I pour my heart out to God, I feel the acceptance God grants me. I am then free of neediness and trust that God is my refuge. Henri Nouwen says it eloquently, "This experience of God's acceptance frees us from our needy self and thus creates new space where we can pay selfless attention to others."

Lord, help me to identify my neediness so I can be available for others. Amen

Wednesday, July 31st Judges 3:12-30 / Psalm 72 / Acts 1:1-14 / Matthew 27:45-54 *(written by Denise)*

Matthew 27:51 *At that moment the curtain of the temple was torn in two from top to bottom. The earth shook and the rocks split.*

We finished our Bible study of Matthew not too long ago. This scripture had a big impact on me, when it was explained. I never thought much about the curtain of the temple being torn. This is one of those puzzle pieces that

just makes me see how much I have to learn and how the Old Testament has so much significance. The curtain in the temple was between the Holy Place and the Most Holy Place. The Priest performed duties in the Holy Place, but only the High Priest could go into the Most Holy Place, and only once a year to offer a sacrifice. God's presence was in the Most Holy Place. The significance of the curtain of the temple being torn when Jesus died is that the barrier between us and God is gone. Jesus made the final sacrifice for us, and through him we can go boldly and courageously right into God's presence. I have no words for how amazing this is!

Thank you, Jesus! Thank you, Jesus! Thank you, Jesus! Amen

Thursday, August 1st Judges 4:4-23 / Psalm 71 / Acts 1:15-26 / Matthew 27:55-66 *(written by Denise)*

Psalm 71:18 *Even when I am old and gray, do not forsake me, O God, till I declare your power to the next generation, your might to all who are to come.*

My daughter and my grandchildren know that my life is centered in God. I would have to say that my faith has grown stronger since I have become old and gray. My friends today are older like me, and full of great wisdom. I learn so much by watching and listening to them go through life's sorrow and life's celebration. It is such an honor when my grandchildren call me when they need some direction. I always thank God that they are willing to listen to me share about how God has entered into my life in such a loving, powerful way. I rejoice seeing my friend's children and grandchildren serve and be members of our church. Each generation is an intricate link to the next generation.

God, keep us strong in your embrace, so we may continue to demonstrate your power and love to all on our path. Amen!

Friday, August 2nd Judges 5:1-18 / Psalm 69:1-23(24-30)31-38 / Acts 2:1-21 / Matthew 28:1-10 *(written by Denise)*

Psalm 69:1 *Save me, O God, for the waters have come up to my neck.*

There are a few descriptions that grab my attention. This scripture is one of them. When you are crying out because the water has come up to your neck, you are surely at a point where you need divine intervention. Another one I read recently was "quicksand stretched around me in all directions." Think about that for a moment. It appears to me that these situations are hopeless. We don't have to get to this point to ask God to save us. We know from scripture that we don't know when God will return. Matthew 24:36 "But concerning that day and hour no one knows, not even the angels of heaven, nor the Son, but the Father only." So instead of waiting until water is up to our necks, or we are immersed in quicksand, we can ask to be saved now, and live as if God could come at any moment.

Holy Spirit, save us and be with us to the end of time. Amen

Saturday, August 3rd Judges 5:19-31 / Psalm 75, 76 / Acts 2:22-36 / Matthew 28:11-20 *(written by Denise)*

Judges 5:31 *"So may all your enemies perish, O Lord! But may they who love you be like the sun when it rises in its strength." Then the land had peace for forty years.*

Have you noticed that 40 in the Bible is used quite often when it comes to time? I have read that the number 40 in the Bible means a new generation, new life and growth, transformation. It also may mean a time of testing, or temptation. The bible doesn't really come out and explain, but if we look at just a few of these scriptures, it appears that this time is allotted for a transformation. Genesis 7:4 (Seven days from now I will send rain on the earth for forty days and forty nights, and I will wipe from the face of the earth every living creature I have made.) Exodus 24 (Then Moses entered the cloud as he went up the mountain. And he stayed on the mountain forty days and forty nights.) Luke 4:1-2 (Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert,

where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.) Lent is 40 days long. Do you maybe have a personal experience with the number 40?

Lord, may we who love you rise up like the sun. Amen

