

Nudges of the Spirit

Meditations for May 17th to May 23rd



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

Sunday, May 17th Acts 1:6-14 / Psalm 68:1-10, 33-36 / 1 Peter 4:12-14; 5:6-11 / John 17:1-11 *(written by Denise)*

1 Peter 5-8 *Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.*

This totally reminds me of my mind and my thoughts if I don't practice being present and control what I chose to think about. The mind's nature is to think. Just as God's nature is love, and the devil's nature is evil. We all develop bad habits and just go on autopilot. We scroll on our phones, we multi task, we worry, we get anxious, we are thinking about the past and the present and we are sleep walking through our lives out of habit. This scripture reminds us to be alert. Be present with every minute, with whatever we are doing. A sober mind is one that is present, peaceful, quiet, and faithful. I personally practice being present as much as I can. It is important to me. I would rather live each moment in Christ's mind than letting my will and my thoughts be devoured by the enemy. Are you willing to practice the presence of God in each moment today?

Christ Jesus, you taught us how to be alert and present with the gift of the Holy Spirit. May we welcome the Holy Spirit to live in and through us every moment, so we all are experiencing the peace that transcends all understanding. Amen

Monday, May 18th Joshua 1:1-9 / Psalm 89:1-18 / Ephesians 3:1-13 / Matthew 8:5-17 *(written by Denise)*

Joshua 1:9 (God said) *"Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."*

This scripture is a scripture that has given me a breath to move forward. It is a scripture that I have memorized, and if fear comes to me, I start reciting it over and over. When we knew that my daughter was not going to make it, I flew to Denver knowing this would be the last time I would be with her. She was in a coma, and I knew I would never hear her sweet voice, or that she would never be able to express her fears, and feelings when I saw her. From the moment I got in the car to go to the airport, all through everything we went through, this scripture and the prayers I was receiving from family and friends kept me able to put one foot in front of the other. I knew God would give me directions in the moment if I could just stay present. God was there with me every step of the way. In every moment, I was strong and courageous. Do you have a scripture that helps you in times of trouble?

God, there is no way I can get through this life without you, LORD, being with me. Your WORD assures me you are right there. All glory to you, LORD, forever and ever! Amen, Amen, Amen

Tuesday, May 19th 1 Samuel 16:1-13a / Psalm 97, 99 (100) / Ephesians 3:14-21 / Matthew 8:18-27 *(written by Denise)*

Ephesians 3:21 *...to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen*

Today I was sitting on my back porch thinking about going to church when I was young. I have always had a desire to have a relationship with the LORD. I have always been a seeker. I was remembering all the stories we learned in Sunday school and thinking about the Sunday school teachers and the time and ministry they put into bringing us, the younger generation, into the church. They missed the Sunday service and sermon every week because they chose to teach us. I invite you to take few minutes to just be still and think of the teachers, parents, grandparents, ministers, and special people in the congregation that made a difference in your life. Maybe they could use a prayer and a blessing of thank you from you today.

LORD, you have so many beautiful helpers. Let us remember them today and send them the gift of our love and gratitude. Amen

Wednesday, May 20th Isaiah 4:2-6 / Psalm 101, 109:1-4(5-19)20-30 / Ephesians 4:1-16 / Matthew 8:28-34 *(written by Denise)*

Matthew 8:34 *Then the whole town went out to meet Jesus. And when they saw him, they pleaded with him to leave their region.*

Reading this today I was reflecting on how many times in my life have I not wanted to move forward and grow because I was afraid? How many times have I stayed in relationships, not spoke my truth, kept the status quo because I was afraid of conflict and change? Even when things are dysfunctional, why would I choose the familiar over finding a more healthy way to conduct my relationship? Jesus healed two men that were possessed by a league of demons. Did his power scare the people? Or were they mad at him for the loss of their pigs? When we get sick and tired of being sick and tired, we know who to run to. The healing power of Christ will always heal us, when we are ready to change the familiar to something better.

Jesus, unlike this story, we welcome you into our region. We gladly accept you and your miraculous powers in our lives. Amen

Thursday, May 21st Zechariah 4:1-14 / Psalm 105:1-22 / Ephesians 4:17-32 / Matthew 9:1-8 *(written by Denise)*

Ephesians 4:23 *...to be made new in the attitude of your minds...*

I recently heard a story about a teacher who came upon a woman who thought of herself as poor. She asked for food from the teacher, and the teacher gave it to her joyfully. They proceeded to enter into a conversation, and the woman asked the teacher, "Am I always going to be poor?" The teacher asked her. "If I give you this handful of food, do you want more?" She said "Yes of course I do!" He said, "Then you will always be poor. Until you change your attitude to be grateful for what you have, and not have an attitude of lack, wanting more, you will remain poor. If you are grateful for what you have and not wanting more, then you will be rich."

LORD, May each of us have an attitude of gratitude. May we live as you created us to be, like you, in true righteousness and holiness. Amen

Friday, May 22nd Jeremiah 31:27-34 / Psalm 102 / Ephesians 5:1-20 / Matthew 9:9-17 *(written by Denise)*

Psalm 102:18 *Let this be written for a future generation, that a people not yet created may praise the LORD...*

I once was the baby in our family. I grew up and had children, and they grew up and had children, and these children could have children now, but it is just not the right time. The point is my grandparents did not know my children or my grandchildren. When I leave this earth I will not know the generations yet to come. Wouldn't it be great to sit down with your great, great grandparents and share about our lives? We may not know these generations in the past or future, but God does. He created each one of us to live on this earth at the exact right time. I will praise the LORD today and how wonderful the future generations will praise the LORD also.

LORD, what a beautiful tapestry of generations you have created to know you and praise you. May we always remember you know each of us intimately. Amen

Saturday, May 23rd Ezekiel 36:22-27 / Psalm 107:33-43, 108:1-6(7-13) / Ephesians 6:10-24 / Matthew 9:18-26 *(written by Denise)*

Ezekiel 36:27 *And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.*

I will put my Spirit in you. I desire to be aware of that spirit in me that moves us. How grateful we are to have a God that will go to any lengths to be in relationship with us. I spend time with people who I know love me and they know I love them. It is a safe, nurturing space to be in relationship with people like this. We help make each other better people, and don't allow each other to get caught in pity parties. We tell the truth, and would do anything to support each other with our dreams, our goals, and our families. God is with all of us in this kind of a relationship.

LORD, let us be aware of your spirit in us, flowing through us like the wind, coming and going where you please. Amen

