

Nudges of the Spirit

Meditations for June 14th to June 20th



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

Sunday, June 14th Genesis 18:1-15 (21:1-7) and Psalm 116:1, 10-17 or Exodus 19:2-8a and Psalm 100 / Romans 5:1-8 / Matthew 9:35–10:8 (9-23) *(written by Denise)*

Romans 5:3-4 *Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance character; and character hope ...*

The word suffering can bring up different emotions for each of us. Most of us would rather be comfortable than to be suffering. I am unaware of anyone who has not dealt with some suffering in their lives. I have had many experiences with suffering to see that it does indeed produce perseverance. I do see people develop character which could be bitterness, or strength. With strength of character there is hope. Do you know anyone who may have developed a character of bitterness, because of their own suffering? Maybe you could share your experience with them and give them some hope. Sharing our suffering can help us see God is always in the suffering and brings us just a ray of hope that keeps us showing up.

LORD, You, LORD are in our suffering as well as in our joy. You are in every emotion we feel. Keep your light on us and help us support each other. Amen

Monday, June 15th Numbers 9:15-23; 10:29-36 / Psalm 80 / Romans 1:1-15 / Matthew 17:14-21 *(written by Denise)*

Romans 1:12 *... that is, that you and I may be mutually encouraged by each other's faith.*

We are a community of likeminded people, practicing the Gospel, and growing in our relationship with God. Every ministry that we have at the church is an opportunity to serve Jesus and his people. Anyone who wants to serve in any capacity we must invite to serve with their ideas and their skills. We learn from each other. We learn how to serve, how to pray, how to treat each other as we would like to be treated. We learn how to tithe, to give of ourselves, how to grieve our losses together, and support each other when things are tough. We should never feel alone or separated if we are all encouraged by each other. Is your faith encouraging to others?

LORD, grant us peace, and quiet times to hear your voice, and encourage others to live a life in loving relationship with you and each other. Amen

Tuesday, June 16th Numbers 11:1-23 / Psalm 78:1-39 / Romans 1:16-25 / Matthew 17:22-27 *(written by Denise)*

Numbers 11:14 *I cannot carry all these people by myself; the burden is too heavy for me.*

Do you ever feel overwhelmed, and reach the point where you just feel like you cannot deal with one more thing or you may explode? When I have gotten to this point, I know I have been doing too much, and my spiritual disciplines are lacking. I am thinking I am responsible for things that are probably not my business and running on my own will. Where is God in the picture? At these times Matthew 11:28-30 pops into my brain. "Come to me, all who labor and are heavy laden, and I will give you rest." Jesus invites us to give him our heavy burdens, in exchange for his light burden.

Jesus, please take my burdens, and give my soul rest. Amen

Wednesday, June 17th Numbers 11:24-33 (34-35) / Psalm 119:97-120 / Romans 1:28–2:11 / Matthew 18:1-9 *(written by Denise)*

Romans 1:29 *They have become filled with every kind of wickedness, evil, greed and depravity. They are full of envy, murder, strife, deceit and malice.*

These kinds of scriptures have the power to make us uncomfortable. Every one of us has blind spots, and habits that if we are not aware they become part of how we interact with others. An eye-opening exercise is to put a rubber band on your wrist. For the whole day, you pay attention. You snap that rubber band every time you complain, you roll your eyes, gossip, or you are rude with someone. I have found that this is a valuable exercise if I truly am vulnerable to want to change some habits. Try to go a whole day without complaining one time. It may take a few days of practice. I personally want to be aligned with God's principles, and wickedness can worm its way into our hearts without us even knowing. I am putting a rubber band on my wrist today. Will you join me?

LORD, reveal to us through an exercise like the rubber band on our wrist how evil has entered into our hearts. Once we recognize it, we can lay it down to you and be healed with your love and mercy. Rebuke any evil in us. Amen

Thursday, June 18th Numbers 12:1-16 / Psalm 34 / Romans 2:12-24 / Matthew 18:10-20 *(written by Denise)*

Psalm 34:5 Those who look to him are radiant; their faces are never covered with shame.

These are very special kinds of people. They walk this earth with faith, and their eyes upon the LORD. I know several people who possess this quality, and I yearn to be around them. They create a space of safety and love by just being in their presence. They listen and treat me as if I am the most important person ever because I am with them in this moment. It is important to have teachers like this for me to grow in my relationship with Christ. They practice the presence of God in every moment. They are radiant with God's love and are able to be present with whoever they are with.

LORD may each of us have one of these very special people in our lives to show us the radiance of your love, God, as they interact with us. Amen

Friday, June 19th Numbers 13:1-3, 21-30 / Psalm 88 / Romans 2:25–3:8 / Matthew 18:21-35 *(written by Denise)*

Matthew 18:22 Jesus answered, "I tell you, not seven times, but seventy-seven times.

Seventy-seven times is a whole lot of times to forgive someone. I was just thinking about Easter today. It was a few months ago. During holy week we spend a great deal of time remembering and walking through the crucifixion and resurrection of Jesus. Jesus experienced death on a cross for us because of sin. We have been forgiven. He tore the veil and we are no longer separated from God. We make mistakes and hurt each other all the time. I pray that I can give the same grace to others as Jesus gave to me on that cross. In forgiveness lies the transformation and the resurrection we live in. Not just on Easter, but every day.

Jesus, may we remember your sacrifice at all times. Fill us full of Grace to let go of our evil thoughts about others that separate us from you. It is finished. Amen

Saturday, June 20th Numbers 13:31–14:25 / Psalm 87, 90 / Romans 3:9-20 / Matthew 19:1-12 *(written by Denise)*

Psalm 90:14 Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.

The fact is that once we are born, each day we get closer to our own death. We have no idea the day or time that God will call us home. I have lived a few 24 hours, and have wasted many moments in worry, fear, shame, and remorse. I look forward to each morning. The resurrection of a new day, and my first thoughts when I wake are of God, asking for him to direct my thinking, and thanking him for a chance to live another day. I spend time with God in the mornings, reading, meditating, praying to set the stage for the rest of my day. I have less wasted moments in my days and more moments where I sing for joy.

LORD, when we wake, may our first thoughts be of you. Fill us with your love and be with us all through the day. Amen

