

# Nudges of the Spirit



## Meditations for July 12<sup>th</sup> to July 18<sup>th</sup>

*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, July 12<sup>th</sup>** Genesis 25:19-34 and Psalm 119:105-112 or Isaiah 55:10-13 and Psalm 65:(1-8), 9-14 / Romans 8:1-11 / Matthew 13:1-9, 18-23 *(written by Denise)*

Psalm 65:8 *The whole earth is filled with awe at your wonders; where morning dawns, where evening fades, you call forth songs of joy.*

Every morning I have a routine. I wake up, and I thank God for another day, and ask him to direct my thinking. I get up, and go to the restroom. The next thing I do is make my bed. It sets the stage for the day. I take care of the dog, get some water and coffee and go outside to breath in fresh air. Every morning I sit and welcome the morning, by thanking God for all the wonders in my little back yard. I thank God for his trees, the bushes, the birds, the wind, the rabbit, the armadillo, the squirrel, and occasionally our neighborhood fox. My dog goes out and lies in the grass and together we are in awe of the beauty around us. At night my prayers are simply Thank you God, Thank you God, Thank you God!

*LORD, as you fill our days with your wonders, open our eyes, to see the beauty, and may we sing songs of joy and thanksgiving all day long. Amen*

**Monday, July 13<sup>th</sup>** Joshua 2:1-14 / Psalm 25 / Romans 11:1-12 / Matthew 25:1-13 *(written by Denise)*

Matthew 25:13 *"Therefore keep watch, because you do not know the day or the hour."*

Last week a dear friend of mine passed away. He was diagnosed with a disease 6 years ago, and at that time he thought his life was over. Thanks to the love of the community and God's healing touch in prayer and medicine, he made it 6 years longer than he thought he would. I had another friend that passed two months ago from a car accident. It was sudden. He did not wake up that morning and think that this was his last day. My other friend had a general idea when they put him in Hospice, and so he said his goodbyes, had a priest visit and took confession and communion. We have no idea when the LORD is coming for us individually or all together. These examples show me that I need to be ready at any moment or time. Is there anything you might want to do today to be sure you are ready to go live with our LORD, if he took you today?

*LORD, give us strength to take care of our relationship with you and others, as well as any business we need to do, so that when you call us home, we are ready. Amen*

**Tuesday, July 14<sup>th</sup>** Joshua 2:15-24 / Psalm 26, 28 / Romans 11:13-24 / Matthew 25:14-30 *(written by Denise)*

Psalm 28:9 *Save your people and bless your inheritance; be their shepherd and carry them forever.*

I must stay close to God in order to be protected and safe. It is such a comforting thought that I will be carried forever. Father Deke told us a story in one of his sermons that really touched my heart. There were many different flocks of sheep in a pasture. There was over 100 sheep all mixed up together. A young boy wanted to get his 12 sheep out of the herd to take them home. The gate keeper asked him how he would know which 12 were his. He took out his flute and played a song that he always played to call them. His 12 sheep when hearing the flute left the big herd to follow the boy. We must be still enough to hear the LORD when he calls us. We are his flock, and the LORD is our shepherd.

*LORD, May I practice being still enough to hear your voice when you call, so I will follow you always. Amen*

**Wednesday, July 15<sup>th</sup>** Joshua 3:1-13 / Psalm 38 / Romans 11:25-36 / Matthew 25:31-46 *(written by Denise)*

Romans 11:36 *For from him and through him and for him are the things. To him be the glory forever! Amen.*

I believe that anything you see good in me is of God. Anything I have is from God. We moved to Florida, into the house we live and I call it "My God Home." I have no doubt God found this home for us. Everyone is invited to come visit, stay if you want, share a meal, engage in meaningful conversations on the porch. Even today I have a hard time believing I live in such a beautiful home in such a beautiful community. There is so much love in this home. I had never heard of Sebastian, Florida 6 months before we moved here. My husband had health issues that required us to move to sea level, so we moved here quickly. It took a lot of faith and trust as we knew nobody here. It is all God. All Glory to God!

*LORD, let us take a moment and look around at all you have given us, especially our relationships with one another. Thank you! All Glory to God! Amen*

**Thursday, July 16<sup>th</sup>** Joshua 3:14–4:7 / Psalm 37:1-18 / Romans 12:1-8 / Matthew 26:1-16 *(written by Denise)*

Psalm 37:11 *But the meek will inherit the land and enjoy peace and prosperity.*

This sounds like something we read in the Gospel of Matthew. It is so engaging when the Old Testament meets the New Testament. Matthew 5:5 "Blessed are the meek, for they will inherit the earth." So what does meek mean? I used to think it meant timid, weak, lack of power, shy. If that is the meaning how does this make any sense? The meaning of meek in the Bible according to AI is "strength under control, humility, and a gentle, submissive spirit toward God. A meek person is powerful yet chooses to restrain their power, acting with patience and humility rather than force. It is essentially a deliberate, active submission to God's will." Understanding the meaning encourages me to pray and develop the spirit of meekness in my life.

*LORD, place people in our lives who are meek, so by their living example we can learn this spirit and enjoy peace and prosperity. Amen*

**Friday, July 17<sup>th</sup>** Joshua 4:19–5:1, 10-15 / Psalm 31 / Romans 12:9-21 / Matthew 26:17-25 *(written by Denise)*

Romans 12:12 *Be joyful in hope, patient in affliction, faithful in prayer.*

This does not come naturally for me. I have been hopeful as I hold my breath, and my fists are clenched. Not even one thought of joy. Patient in affliction, come on. Let's wrap this up and move on. Faithful in prayer has at times been begging. It takes practice, experience, and a loving relationship with God to form trust. I have no strength on my own to achieve these qualities unless I trust God. With God I can be joyful in hope, because I rebuke anything that is not of God. Patience in affliction is tough. I call it 'active waiting.' That way I feel I am doing something. During these times I chose to think of the characteristics of God instead of the affliction. Faithful in prayer is a constant communication with God all through the day. With God's Grace we can demonstrate God's omnipresence in our lives.

*LORD, may we be aware of your presence and love in our lives, no matter what we are going through. Amen*

**Saturday, July 18<sup>th</sup>** Joshua 6:1-14 / Psalm 30, 32 / Romans 13:1-7 / Matthew 26:26-35 *(written by Denise)*

Psalm 30:4 *Sing the praise of the LORD, you his faithful people; praise his holy name.*

This brings to mind one of my most favorite songs, "There is power in the name of Jesus." The most simple prayers can be Help me Jesus, and Thank you Jesus. There is so much power in the name of Jesus. No matter what any of us are going through at this present time if we can remember there is power in the name of Jesus, and yield and rest in this power, we may just feel the peace that passes all understanding. If you have a few moments listen to that song and praise his holy name.

*Jesus, there is power in your name! Thank you! Amen*

