

Nudges of the Spirit



Meditations for August 9th to August 15th

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, August 9th Genesis 37:1-4, 12-28 and Psalm 105:1-6, 16-22, 45b OR 1 Kings 19:9-18 and Psalm 85:8-13 / Romans 10:5-15 / Matthew 14:22-33 (*written by Denise*)

Roman 10:13 For, "Everyone who calls on the name of the Lord will be saved."

I call out to the name of the Lord the very first thing I do in the morning. I must align my thoughts with God's word and begin my day in relationship with God. It really doesn't matter how close I am with some people in my life. They cannot be with me at all times, and I cannot be there all the time for them. God has been with us before we entered our mother's womb, and he will be with us after our last breath. God is a constant in our life. He is always there with us. We are once again affirmed of how loving our God is that he will save anyone of us by just calling out his name. My desire is to spend as many moments as I can each day in awareness that God is with me always.

LORD, we call out your name. We are saved by your love, grace and mercy. May we be aware of you working in our lives throughout the day. Help us share this great news with everyone we meet today! Amen

Monday, August 10th Judges 12:1-7 / Psalm 89:1-18 / Acts 5:12-26 / John 3:1-21 (*written by Denise*)

Acts 5:14 Nevertheless, more and more men and women believed in the Lord and were added to their number.

What are some ways we can bring people to the Lord in 2026? A woman in our church told us that she takes crosses in a bag with a prayer and gives them to cashiers or anyone else she meets. Vacation Bible School is a great way to bring children to God. When I go to the grocery store, I smile at people and do a silent blessing. Sometimes when I smile at people, they want to have a conversation. I am always happy to share about God's love for us all. Our church is going to be starting an Alpha program. Other churches that do this program have great results as they create a safe place where anyone can come and share their thoughts, their questions, and not be judged. Creating an environment for people to have an experience of God is what the apostles did, and what we can do. The Holy Spirit will take care of the rest.

Holy Spirit come into our hearts so that your light shines onto everyone we meet. Help us to guide others into relationships with you. Amen

Tuesday, August 11th Judges 13:1-15 / Psalm 97, 99 / Acts 5:27-42 / John 3:22-36 (*written by Denise*)

Judges 13:8 Then Manoah prayed to the LORD; "Pardon your servant, Lord. I beg you to let the man of God you sent to us come again to teach us how to bring up the boy who is to be born."

This is so beautiful to me. God is giving this man and his wife the greatest gift of a child. An angel had come to his wife and told him they would have a child. God is there always to help us, if we ask. I imagine Manoah was a man of God and was humble enough to know he needed help. In my life God has never asked me to fight for what I want and try harder. He wants me to surrender and ask for his help. With his strength I can withstand pain until I am healed. With his strength I can get through tragic events. With his help I make better decisions for all involved. Today I surrender and will ask God for help.

LORD, you have always helped your people when they ask for help. Thank you for being there for us today. Amen

Wednesday, August 12th Judges 13:15-24 / Psalm 101, 109:1-30 / Acts 6:1-15 / John 4:1-26 (*written by Denise*)

Acts 6:15 All who were sitting in the Sanhedrin looked intently at Stephen, and they saw that his face was like the face of an angel.

Stephen was given the spirit and wisdom of the Spirit when he spoke. He was filled with The Holy Spirit. I know several people that are filled with the Holy Spirit. When I look at them, they truly do look like Angels. They are comforting to be around and I feel safe. We are told Stephen spoke God's word with authority and performed great wonders and signs among the people. Stephen was met with opposition by many who accused him of blasphemy and produced false witness against him. He didn't cower. As a matter of fact Stephen is said to be our first Christian martyr.

Jesus, may I be bathed with The Holy Spirit and not cower with opposition. May we each be seen as having the face of an angel. Amen

Thursday, August 13th Judges 14:1-19 / Psalm 105:1-22 / Acts 6:15–7:16 / John 4:27-42 *(written by Denise)*

Psalm 105:2 Sing to him, sing praises to him; tell of all his wonderful acts.

Do you ever feel so full of the Holy Spirit you just want to spread your joy? What a great time to sing praises. The choir at our church sings such uplifting songs. One of my favorite things on Sunday is to be surprised by what songs we get to sing. So many people do so many things in our churches. If we take a few minutes to sit and just think of all the ministries, from vacuuming the sanctuary, to ironing linens, to working the sound systems, doing readings, mowing the lawn, VBS, etc., we see that it takes a village. Maybe a way to sing praise to God would be to thank each other for the ministries God has called us to.

God, thank you for touching the hearts of those who serve in your name. Open our eyes to be aware of those doing their ministries and thank them for their blessings. Amen

Friday, August 14th Judges 14:20–15:20 / Psalm 102 / Acts 7:17-29 / John 4:43-54 *(written by Denise)*

John 4:50 "Go," Jesus replied, "your son will live."

Healings can happen at any time and at any place. Healings can look different to us humans than they do to God. We do not think and see as God does. I know for myself that when I ask for help in the name of Jesus the help is there. My job at that point is to not worry, to keep my eyes on the Lord. When I feel stressed, and pray for help, I then start rehearsing the characteristics of God in my head to prevent me from worry. God is good all the time. God's grace is sufficient in these situations.

Jesus, we ask you for healing in our churches. May we all participate by bringing your love to all. Amen

Saturday, August 15th (St. Mary, the Virgin) Isaiah 61:10-11 / Psalm 34 or 34:1-9 / Galatians 4:4-7 / Luke 1:46-55 *(written by Denise)*

Galatians 4:7 So you are no longer a slave, but God's child; and since you are his child, God has made you also an heir.

You are no longer a slave. What is coming to my mind is "Gone with the Wind." The movie shows what it is like to literally be a slave in the South, not very long ago. We can still be slaves today. Slaves of our own delusions, slaves to our resentments, slaves to our agendas and thoughts, slaves to our self-pity, selfishness, arrogance, etc. When we are aware we are children of God, we can be released of our self-imposed misery. We are heirs of God. We can be anywhere and have peace from suffering in our mind because we are children of God, and we are so loved. Jesus is the Prince of Peace.

Lord, thank you for Mary, the mother of Jesus. May we all be as obedient as Mary when it comes to you. Amen

