

# Nudges of the Spirit



## Meditations for October 19<sup>th</sup> to October 25<sup>th</sup>

*Nudges of the Spirit* is currently a ministry of Deacon Carolyn Quinnett and Denise Bersos.

This week's selections have been written by Denise

**Sunday, October 19<sup>th</sup>** Jeremiah 31:27-34 or Genesis 32:22-31 / Psalm 119:97-104 or 121 / 2 Timothy 3:14—4:5 / Luke 18:1-8 (*written by Denise*)

Jeremiah 31:34 *No longer shall they teach one another, or say to each other, 'Know the LORD,' for they shall all know me, from the least of them to the greatest, says the LORD; for I will forgive their iniquity, and remember their sin no more.*

Several thoughts are flowing through me as I ponder this scripture. How loving, forgiving and amazing God is. He always meets each of us right where we are. God loves us all so much, and desires to have an intimate relationship with each one of us. God has written his laws on our hearts. We do not have to look outside for God, we just need to tap into our inner resource, to connect in relationship with God. If I forget and feel that God is not near, the truth is he is always with me, and I just need to remember and resume.

*GOD, what a loving forgiving God you are! You love us all equally, and your laws are written on our hearts! Thank you!*

**Monday, October 20<sup>th</sup>** Jeremiah 44:1-14 / Psalm 25 / 1 Corinthians 15:30-41 / Matthew 11:16-24 (*written by Denise*)

Psalm 25:16 *Turn to me and be gracious to me, for I am lonely and afflicted.*

Way too often my thinking can get focused on me. If I don't discipline these thoughts, I can slide right 'down the rabbit hole' very quickly. The stories I begin to tell myself are created from fear, and I can begin to feel very lonely and alone. In this mindset I begin to believe my own lies and am afflicted with emotional pain. This scripture tells me that I need to ask God for help. The insanity I have created at this point cannot be solved with the same mind that created the insanity in the first place. God is always the solution. Always! When I am willing to surrender the emotional pain, God is right there. I can ask God to turn to me and be gracious to me. At that moment I have set myself to receive God's grace, and I am no longer alone.

*God, as we continue to practice asking you for help, we continue to see how you are always with us. We are never alone. Amen*

**Tuesday, October 21<sup>st</sup>** Lamentations 1:1-5(6-9)10-12 / Psalm 26, 28 / 1 Corinthians 15:41-50 /

Matthew 11:25-30 *(written by Denise)*

1 Corinthians 15:44 *It is sown a physical body, it is raised a spiritual body. If there is a physical body, there is also a spiritual body.*

In Genesis 2:7 "Then the LORD God formed man from the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living being." In order to live on this earth we need our physical body with the breath of God. These bodies of ours will decompose when God's breath is no longer in us. We will then have our spiritual body when we are resurrected. Luke 24:41-43 states "While in their joy they were disbelieving and still wondering, he said to them, 'Have you anything to eat?' They gave him a piece of broiled fish, and he took it and ate in their presence." Jesus's spiritual body is new. Its existence is now under the control of the of

the spirit. It is now glorified, powerful and is eternal and will not decompose. It is perfected for living in God's kingdom.

*Lord, continue to teach us your word, so we know truth. Amen*

**Wednesday, October 22<sup>nd</sup>** Lamentations 2:8-15 / Psalm 38 / 1 Corinthians 15:51-58 / Matthew 12:1-14 *(written by Denise)*

1 Corinthians 15:58 *Therefore, my beloved, be steadfast, immovable, always excelling in the work of the Lord, because you know that in the Lord your labor is not in vain.*

God loves us so very much. All we have to do is look around at the beautiful world he created for us to live in. He made each of us in his image, and we are able to live today in his grace and mercy. My experience is that when we are in relationship with God, we are given opportunities that we could never have orchestrated on our own accord. We might receive a phone call, a random meeting in the grocery store, even destroyed relationships could be united back together by love. This is how God lives amongst us. I am all on board to show up and do my best doing the Lord's work.

*Lord, take our open hearts, and place them in opportunities to serve you and your creation. Amen*

**Thursday, October 23<sup>rd</sup>** (St. James of Jerusalem) Acts 15:12-22a / Psalm 1 / 1 Corinthians 15:1-11 / Matthew 13:54-58 *(written by Denise)*

Matthew 13:58 *And he did not do many deeds of power there, because of their unbelief.*

Does your faith ever waiver? Do you ever get discouraged and start getting fearful because your security around money, things, comfort, health, etc is not where we would like them to be? Do you have ideas around something or someone that keeps you from being open to new ideas? These are the kind of things that prevent us from being able to receive miracles that are always available to us. The great news is God always meets us where we are. As we practice letting go and joining our minds with the Christ mind, our faith will grow, and the deeds of power become more common in our life!

*Jesus, we have the faith of a mustard seed. Grow us and nurture us. How great is your power! Amen*

**Friday, October 24<sup>th</sup>** Ezra 3:1-13 / Psalm 31 / 1 Corinthians 16:10-24 / Matthew 12:22-32 *(written by Denise)*

Ezra 3:11 *And they sang responsively, praising and giving thanks to the LORD," For he is good, for his steadfast love endures forever toward Israel." And all the people responded with great shouts when they praised the LORD, because the foundation of the house of the LORD was laid.*

This sounds exactly like us in church on Sunday mornings. This is the exact attitude we must take out into the world to our neighbors, our families, and strangers. We are alive with the risen Christ! We have been set free! We are grounded in the truth, and our foundation has been laid. Sharing the steadfast love of God with joy and gratitude to others is essential. May God's love strike a chord in you today that is so beautiful that your whole being sings praises of gratitude.

*May God continue to open our hearts and minds to the foundation that he has laid for us. Amen*

**Saturday, October 25<sup>th</sup>** Ezra 4:7, 11-24 / Psalm 30, 32 / Philemon 1-25 / Matthew 12:33-42 *(written by Denise)*

Philemon 1:25 *The grace of the Lord Jesus Christ be with your spirit.*

This is a definition of grace that I found: “Grace is a divine gift of unmerited favor, blessing, or assistance that is freely given by a higher power and cannot be earned through one’s own efforts.” When someone asks me how I am, how many times I have responded, “Great, I got two loads of laundry done, the bathrooms cleaned and have dinner ready for tonight.” I am not sure where we get that the more we do the better we are. What good news that God’s grace is with us even if we think we need to earn it. This is a powerful quote; “we are not human doers, but human beings.”

*God, thank you for undeserved gift of your grace. We love you! Amen*

