

# Nudges of the Spirit



## Meditations for February 8<sup>th</sup> to February 14<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, February 8<sup>th</sup>** Isaiah 58:1-9a(9b-12) / Psalm 112:1-9(10) / 1 Corinthians 2:1-12(13-16) / Matthew 5:13-20  
(written by Denise)

1 Corinthians 2:5 *So that your faith might rest not on human wisdom but on the power of God.*

I am sure we all know some very smart people. They seem to be able to retain and articulate what they know in a way that just leaves you standing there saying "How do you know that?" I admire the gift that God has given these people. The key here is God has given them this wisdom. Just as God has given us all gifts. The power of God runs deep and wide. It is everywhere at all times. We can tap into this reservoir of eternal power at any time. What a wonderful world we live in when our faith rests on the power of God.

*God, may we continually keep our eyes upon you. Amen*

**Monday, February 9<sup>th</sup>** Genesis 25:19-34 / Psalm 80 / Hebrews 13:1-16 / John 7:37-52 (written by Denise)

Hebrews 13:2 *Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it.*

Oh how I adore this scripture. There is a beautiful mission in Tucson, Az., called the San Xavier del Bac (White Dove of the Desert). I have had the privilege of visiting this beautiful mission several times. On an outside wall this scripture is written on a round plaque. I have had my picture taken with my dear friends under this plaque. It brings back very special memories for me, as well as a brilliant reminder that we can be entertaining angels anywhere. We don't have to be in a mission, but we can be at home, the grocery store, church, our neighbor's home, anywhere. It is important for all of us to spend the moments not entertaining our thoughts, but being present with all we are with. We may be entertaining angels and I know I don't want to miss that! Do you?

*God, may we be sparked by curiosity, and awake and present to know we entertain angels daily. Amen*

**Tuesday, February 10<sup>th</sup>** Genesis 26:1-6, 12-33 / Psalm 78:1-39 / Hebrews 13:17-25 / John 7:53—8:11 (written by Denise)

John 8:11 *She said, "No one, sir." And Jesus said, "Neither do I condemn you. Go your way, and from now on do not sin again."*

As I grow in my maturity as a Christian, I see deeper into the scriptures, and experience Jesus more as he is, and not as I think he is. This passage is one of those scriptures. We talk about the grace Jesus extends, and this scripture is an example of Jesus's grace as he tells the woman he is not going to condemn her. The last sentence we do not talk about as much. Jesus was a truth teller. He teaches us to be honest and tell others the truth if they are harming themselves or others. Jesus gives her grace, and then tells her the truth: "Go your way, and from on do not sin again." We have a responsibility to change the way we are behaving if it is harmful, and not in alignment with God's principles.

*Jesus, following you is not an easy path. We must change old ideas and behavior patterns. Please provide the love and support we need to move forward with you. Amen*

**Wednesday, February 11<sup>th</sup>** Genesis 27:1-29 / Psalm 119:97-120 / Romans 12:1-8 / John 8:12-20 (written by Denise)

Roman 12:2 *Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God-what is good and acceptable and perfect.*

This scripture piggybacks on the scripture we read yesterday. I like to think of Jesus as “The Great Transformer.” It reminds me of electricity. Before electricity becomes electricity it is high powered energy generated from water sources. It then goes through the transformer that converts it to electricity that is safe to use in our homes. It’s a lot more complicated than this, but you get the picture. The point is we don’t need to know how it works; we just have to turn on the light switch to receive the benefits. Could it be that Jesus takes all our generated high voltage, worldly energies and transforms this energy into God’s will? Once we are transformed by Jesus and our minds are renewed, we can live in God’s will which is good and acceptable and perfect.

*May we all turn our “light switches” on! Thank you, God, that you are the solution to renew and transform us from our worldly energies to your will. Amen*

**Thursday, February 12<sup>th</sup>** Genesis 27:30-45 / Psalm 146, 147 / Romans 12:9-21 / John 8:21-32 (written by Denise)

Psalm 146:4 *When their breath departs, they return to the earth; on that very day their plans perish.*

Just today I was talking to a friend about this very thing. She was saying that she didn’t get any sleep last night because her brain went into high gear, and she started thinking, and planning, and figuring out things. We recently had a friend make a bad decision and was hit by another car that he did not see. He took his last breath because of this accident. At that very moment all of his plans perished. God is in control, and no matter how much we plan, the day will come and all our planning will not matter. My friend and I decided the best way to use our brain power is to be grateful for everything the way it is right now. We surrendered to the moment with a smile and a prayer, not a plan.

*God, help us to remember that you are always in control and have a perfect plan in place for our lives. Amen*

**Friday, February 13<sup>th</sup>** Genesis 27:46–28:4, 10-22 / Psalm 88 / Romans 13:1-14 / John 8:33-47 (written by Denise)

Genesis 28:15 *Know that I am with you and will keep you wherever you go, and will bring you back to this land; for I will not leave you until I have done what I have promised you.*

God frames our lives with his perfect love. God has created all of creation to be in relationship with each other. God’s truth and protection are his way of reaching out to us to have an intimate relationship with him and all that is around us. Our hearts are all longing to be known by God as well as each other. God has brought each of us to this land where we live and are blessed with a church home, with a church family. In this home our hearts can be seen, heard, comforted, soothed, as well as all have a sense of belonging. May each of us gather together in a deeper love for God and each other.

This is a part of a prayer that was written by St. Symeon over a thousand years ago: *Come, O true light! Come, O eternal life! Come, O true and fervent expectation of all those who will be saved! Come, O rising of those who lie down! Come, O resurrection of the dead! Come, O eternal joy! Amen*

**Saturday, February 14<sup>th</sup>** Genesis 29:1-20 / Psalm 87, 90 / Romans 14:1-23 / John 8:47-59 (written by Denise)

Roman 14:8 *...if we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or die, we are the Lord’s.*

This sounds rather simple, and to the point. There are so many distractions that come at us from all different directions all day that sometimes we forget we are not the one driving the boat, so to say. We are the Lord’s in the living and the dying. We are never not the Lord’s. I took some time to just sit with this scripture. It was very grounding for me. I just need to show up for “work”. God will give me the job description, and the strength to

carry out whatever he assigns for me. We can also have a bit more fun if we are not so worried all the time, and know that we are the Lord's.

*May each of you have peace today as you walk with God on whatever path he takes you. God Bless! Amen*

