

Nudges of the Spirit



Meditations for March 8th to March 14th

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, March 8th Exodus 17:1-7 / Psalm 95 / Romans 5:1-11 / John 4:5-42 *(written by Denise)*

Exodus 17:2 *The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the LORD?"*

When I read Exodus these days I chuckle. I so relate to the way the Israelites see their world, their lives, and God. When I have everything I need, and everything is going right then God is doing his job. Right? So what happens when I don't have what I need or want? I start to create stories of how wonderful my life used to be. I forget I was complaining in those days too, that is why God has planted me in a different experience. I start to doubt, and bring my complaints to whoever I think is in charge, to fix my uncomfortableness. In this case it is Moses. I have to remember that they did not have Jesus in this time, but we do. When my attitude gets like this it is important I get back to working on my spiritual wellbeing. God will take care of us.

God, you have such patience with us all. Thank you for showing us you love us all, just as you loved the people in Exodus. Amen

Monday, March 9th 2 Kings 5:1-15b / Psalm 42:1-7 / Luke 4:23-30 *(written by Denise)*

2 Kings 5:13 *But his servants approached and said to him, "Father, if the prophet had commanded you to do something difficult, would you not have done it? How much more, when all he said to you was, 'Wash, and be clean?'"*

Expectations come to mind. Do you ever expect an event, or someone, or yourself to be a certain way, and you are disappointed because nothing is how you expected it to be? I can tell you my expectations have created some tough lessons for me to learn. In this case Naaman was so planted in his ideas, he missed the whole point. When we practice being open minded, active listening, being present in the moment and pray, we have protection from the disappointment that expectations can bring. Acceptance is another tool that helps us walk through expectations. We don't have to like it, but maybe if we can accept everything just the way it is right now; we can save ourselves a whole lot of wasted energy.

God, remind us that our expectation can be a roadblock to your will, and gently nudge us into right thinking. Amen

Tuesday, March 10th Song of the Three Young Men (from the Apocrypha) 2-4, 11-20a / Psalm 25:3-10 / Matthew 18:21-35 *(written by Denise)*

Matthew 18:35 *So my heavenly Father will also do to every one of you, if you do not forgive your brother or sister from your heart.*

Matthew 18:21-35 tends to go deeper and deeper in my heart as I read it. There are no loopholes, or easy ways out when it comes to forgiving others. I can tell you I do not deserve the mercy God has extended to me. It is his gift to me, and he is asking me to extend this mercy to all. We must forgive our brothers and sisters from our hearts. What we offer to others will also be given to us. If we decide we want to hold a grudge that will eventually turn into resentment, then we will be tortured until we pay the debt. This is serious business. If you are plagued with un-forgiveness, I invite you to seek out a closed mouth friend, or spiritual advisor to help you unleash the chains.

God, your mercy is extended to all. Show us the way to offer mercy to all our brothers and sisters. Amen.

Wednesday, March 11th Deuteronomy 4:1-2, 5-9 / Psalm 78:1-6 / Matthew 5:17-19 *(written by Denise)*

Psalm 78:6 ...that the next generation might know them, and the children yet unborn, and rise up and tell them to their children.

This was written many, many generations ago. Our ancestors were to teach their children, and then their children teach their children. Here we are now teaching our children, and some of our children are teaching their children. It reminds me of the game where you whisper a message to someone and they do the same. By the time it gets to the 20th person it is not the same message at all. So we are talking thousands of years ago one generation teaching another. It is a good thing we are not just passing down what we heard, but have the Bible, God, and our experience to share with the next generation. It is our responsibility to be shepherds of the word. In Jesus's generation they had the Torah. Now we have the Old and New Testaments.

LORD, open our hearts and minds to hear the truth in the incarnate word, so we can pass it on to the next generation. Amen

Thursday, March 12th Jeremiah 7:23-28 / Psalm 95:6-11 / Luke 11:14-23 *(written by Denise)*

Luke 11:14 *Now he was casting out a demon that was mute; when the demon had gone out; the one who had been mute spoke, and the crowds were amazed.*

I wonder often how many miracles have happened around me and I did not notice. How many holy moments have I missed because they did not feel to me like they were sacred. How many encounters with angels I have missed because I was in my head worrying about something or someone I have no control over. There are many places in the Bible and in my own life experiences when a plan fell into place because the right people showed up at the exact right time, at the exact right place, and everything worked out for all. In my mundane chores, as I wait for answers, when things in the world begin to feel hopeless, God shows up in his perfect timing, with a plan that he has been orchestrating. Miracles don't have to be big, like this scripture. They can be as simple as me seeing someone's perspective that I couldn't see before.

Lord, wake us up so we can see the miracles all around us in our daily comings and goings. Amen

Friday, March 13th Hosea 14:1-9 / Psalm 81:8-14 / Mark 12:28-34 *(written by Denise)*

Hosea 14:1 *Return, O Israel, to the LORD your God, for you have stumbled because of your iniquity.*

It is interesting to me that, most of the time when I stumble, I am aware of it these days. I used to not even be aware I stumbled. I pray I am less selfish now, as I was unable to see any other views but my own. I would "gather soldiers" to affirm I was right, and have support that what I believed was true. This way of life is exhausting. Turning my life over to Jesus, I have had to practice a new design for living where I pray for God's will to be done, not mine. For some time I would stumble and I would feel guilty. With practice I have learned that God's true nature is love. God doesn't want me to punish myself and he is not punishing me. Nowadays, I still stumble, but as this scripture says I return. I don't feel guilty. If there is an amend to make, I make it and "resume" right back to the LORD.

Thy will be done. On earth as it is in heaven. Amen

Saturday, March 14th Hosea 6:1-6 / Psalm 51:15-20 / Luke 18:9-14 *(written by Denise)*

Hosea 6:3 *Let us know, let us press on to know the Lord; his appearing is as sure as the dawn; he will come to us like the showers, like the spring rains that water the earth.*

Reading this I was thinking about believing versus knowing. Believing is a good start. We all need to start somewhere. I used to believe in Jesus. I have pressed on and today I know Jesus. I absolutely know he is the son of God. I know in my heart. He has revealed himself to me through the Holy Spirit. Even when I don't feel connected, I know he is with me, and will carry me through any circumstances that come up in my life. I know

that it is my responsibility to get to know him better, and I desire to nurture this relationship. Jesus is like the spring rains that water the earth to me.

Jesus, you became human, and the veil lifted so we can have a relationship with you. Jesus, I want to know you better. Amen

