

# Nudges of the Spirit

## Meditations for October 12<sup>th</sup> to October 18<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 Carolyn.

**Sunday, October 12<sup>th</sup>** Jeremiah 29:1, 4-7 or 2 Kings 5:1-3, 7-15c / Psalm 66:1-11 or Psalm 111 / 2 Timothy 2:8-15 / Luke 17:11-19 (*written by Carolyn*)

The Collect for today: *Lord, we pray that your grace may always precede and follow us, that we may continually be given to good works; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.*

By my own admission I am an introvert with an upper-case I. As a result, I can be perfectly happy living in my own little world at home – until I get a major case of cabin fever that is. Knowing this, I begin each day asking the Lord to surround me and my family with His angels of protection and to guide us through the day. God didn't create me to hide behind four walls. He calls me into the world (even if it's figuratively), as He does each of you, in the full knowledge that He walks through each day with us. Together we can do the works He gives us to do.

*Lord, what would you have me do today? Amen.*

**Monday, October 13<sup>th</sup>** Jeremiah 36:11-26 / Psalm 1, 2, 3 / 1 Corinthians 13:(1-3)4-13 / Matthew 10:5-15 (*written by Carolyn*)

Matthew 10:7 *As you go, proclaim the good news, "The kingdom of heaven has come near."*

When is the last time you used a paper map to navigate your way to an unfamiliar destination? I can recall sitting in the back seat of the family car and wanting very badly to look at the map my mother would have in her lap as our dad drove along. Occasionally she would let me see it – probably as a way to quiet my “Are we there yet?” questions. Maps are great. They give us a visual of not only how far we've traveled, but also how much further we still have to go. Today's verse about the kingdom of God struck me in that we don't travel to it in a physical sense. The kingdom comes to us. Our map is Jesus; He gives us all the directions we need. Praise God!

*Holy Jesus, direct me in my going out and my coming in. Amen.*

**Tuesday, October 14<sup>th</sup>** Jeremiah 36:27–37:2 / Psalm 5, 6 / 1 Corinthians 14:1-12 / Matthew 10:16-23 (*written by Carolyn*)

Matthew 10:16 (Jesus said) *“See, I am sending you out like sheep into the midst of wolves; so be wise as serpents and innocent as doves.”*

Bishop N.T. Wright has a comment about Christians being wise as serpents and innocent as doves. In his commentary he writes, “Christians often find it easy to be one or the other, but seldom both. Without innocence, shrewdness becomes manipulative; without shrewdness, innocence becomes naivety. Though we face different crises and problems to those of the first disciples, we still need that finely balanced character, reflecting so remarkably that of Jesus himself. If we are in any way to face what he faced, and to share his work, we need to be sure that his own life becomes embodied in ours.” Do you have anyone in your life that is trying to manipulate your ministry? If so, they may have their own agenda and see you as either a tool or an obstacle. Keeping our eyes on Jesus helps us to be wise in this world.

*Lord, help me keep my eyes on you – not bowing to those around me. Amen.*

**Wednesday, October 15<sup>th</sup>** Jeremiah 37:3-21 / Psalm 119:1-24 / 1 Corinthians 14:13-25 / Matthew 10:24-33 (*written by Carolyn*)

Psalm 119:9 *How can young people keep their way pure? By guarding it according to your word.*

Sacred spaces are important for anyone – young or old. Sacred spaces with programs designed to bring people together and close to Jesus are doubly important. For this reason, my husband and I volunteer at our yearly vacation bible school. It's also for this reason that I encourage young people who are mature enough to spend time away from their parents to attend Christian camps. In our diocese we have a place called Camp Wingmann. Some of the youth who have attended there every summer throughout middle and high school consider it to be a holy place where they are free to talk about and explore their faith. There are, of course, other such places. A young relative of mine joined a Christian club at school where he too was able to learn about Jesus. Our youth face many temptations, as do adults. How can we encourage both our youth and the programs who support them?

*Lord, show us how to help our young people draw close to you, and help us learn from them as they do. Amen.*

**Thursday, October 16<sup>th</sup>** Jeremiah 38:1-13 / Psalm 18:1-20 / 1 Corinthians 14:26-33a, 37-40 / Matthew 10:34-42  
(written by Carolyn)

Psalm 18:2 *The Lord is my rock, my fortress, and my deliverer, my God, my rock in whom I take refuge, my shield, and the horn of my salvation, my stronghold.*

When we lived in California, our house was located on the side of a small hill. I recall trying to dig in our yard and finding nothing but rocks. As difficult as it was to plant a bush there, I was still grateful that we had not purchased a home located at the base of the hill where a river had once flowed. You see when an earthquake hit, our house did tremor slightly, but nothing like what happened to the houses downhill from us – they swayed. Like earthquakes, major events in our lives can strike without warning – sudden illness, car accidents, falls, etc. If we have made Jesus our foundation, our rock, we can depend on Him to keep us steady through our difficult times. It doesn't mean He will wave a wand and make everything disappear, but He will walk with us through the dark times.

*Thank you, Jesus, for being my rock. Amen.*

**Friday, October 17<sup>th</sup>** Jeremiah 38:14-28 / Psalm 16, 17 / 1 Corinthians 15:1-11 / Matthew 11:1-6 (written by Carolyn)

Psalm 16:7 *I will bless the Lord who gives me counsel; my heart teaches me, night after night.*

"Sleep on it." I don't remember who it was that first gave me the advice to not make snap financial decisions, but every time I succumb to the pressure of a salesman who wants to make an immediate sale, I second-guess myself later. The words "sleep on it" are very much akin to other activities where we free up our minds so the Lord can speak to us. Ronald Reagan is attributed with saying, "I've often said there's nothing better for the inside of a man than the outside of a horse." I had a friend who said the same applies to a riding lawnmower. The point is, we need to get out of our own heads so the Lord can use the opportunity to get a word in. So, the next time you're struggling with a problem, mow the grass, go for a horseback ride, take a nap – or whatever your preferred method is for letting the Lord get a word in edgewise.

*Lord, may I find my rest in you. Amen.*

**Saturday, October 18<sup>th</sup>** (Saint Luke, the Evangelist) Sirach (Ecclesiasticus) 38:1-4, 6-10, 12-14 / Psalm 147 or 147:1-7 / 2 Timothy 4:5-13 / Luke 4:14-21 (written by Carolyn)

Luke 4:18b (Jesus said) *"He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free..."*

When my husband was in the hospital years ago, a particular clergy person who was well known to us walked in his room for a visit. As soon as he entered, we both knew everything was going to be OK. There are certain people

who seem to have an air of peace that radiates from them. They are able, by their very presence, to bring the healing power of the risen Christ into a situation. The Lord has blessed each one of them with the sure and certain knowledge that Christ is the healer, and they are merely being obedient by showing up where He wants them to go. What is impressive is that everyone I know who has this was once captive, spiritually blind or oppressed. They are simply paying forward what they were given.

*Lord, help me to pay forward also. Amen.*

