

Nudges of the Spirit

Meditations for October 4th to October 10th



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, October 4th Exodus 20:1-4, 7-9, 12-20 and Psalm 19 OR Isaiah 5:1-7 and Psalm 80:7-14 / Philippians 3:4b-14 / Matthew 21:33-46 *(written by Denise)*

Philippians 3:14 *I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

Anything I have ever achieved in my life has required a lot of training and practice. A football team does a lot of training and practice. There are no prizes to win at practice. You can get hurt and nobody will witness it on TV or on their phone. In practice your injury most likely will not go viral on the internet. There are no spectators cheering you on and patting you on the back when you make a good play. In order to reach your goal you must train and practice. So, we must practice the commandments and live our lives loving God and others. At times it is not easy when someone hurts us, or things don't go our way, but the more we practice the closer we get to Christ Jesus. This is the goal.

Jesus, in all our interactions let us remember that God is constantly calling us heavenward in Christ Jesus. Amen

Monday, October 5th Hosea 14:1-9 / Psalm 106:1-18 / Acts 22:30-23:11 / Luke 6:39-49 *(written by Denise)*

Hosea 14:9 *Who is wise? Let them realize these things. Who is discerning? Let them understand. The ways of the LORD are right; the righteous walk in them, but the rebellious stumble in them.*

You cannot give a 5 year old the keys to a house, and tell them that this is their house and they must take care of the maintenance on their new home. A 5-year-old has not even developed skills to feed themselves, nor has obtained much schooling. They would not be wise enough to take care of a house. The person who gave them the keys would not be wise or have much discernment either. Jesus says in John 8:12 "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life." Following Jesus is how we learn to be wise and develop discernment in the ways of the LORD. May every step we take be one of faith as we follow Jesus.

Jesus, when we stumble wait for us so we can get back on our feet again and walk in your ways. Amen

Tuesday, October 6th Micah 1:1-9 / Psalm 121, 122, 123 / Acts 23:12-24 / Luke 7:1-17 *(written by Denise)*

Psalm 122:8 *For the sake of my family and friends, I will say, "Peace be within you."*

Every morning for months the first things I do when I get out of bed is write down, "Today is going to be my peaceful day." By writing that down it sets my intentions for the day. I understand that peace begins within each of us. If I am not peaceful it is not about you, it is about me. The same plays out if you are not peaceful, it does not have to disturb my peace. We cannot share peace with others if we do not have peace ourselves. I know when I am able to keep my eyes on Jesus I have peace. When I have peace in my days I want everyone to experience it. It is important that we remind each other where peace exists. "Peace begins within."

"Peace be within you." Amen

Wednesday, October 7th Micah 2:1-13 / Psalm 119:145-176 / Acts 23:23-35 / Luke 7:18-35 *(written by Denise)*

Luke 7:35 *But wisdom is proved right by all her children.*

Have you ever had anyone talk poorly about you behind your back? Have you ever talked poorly about someone behind their back? I have experience with both. Wisdom teaches us that it doesn't matter that people complain about us. What matters is our reaction. Matthew 7:16 "By their fruit you will recognize them." A good example of this is the Pharisees complained about Jesus eating and drinking, and they called him a glutton, a drunkard, a friend of with the tax collectors. Look at the fruit Jesus produced. Maybe we all can learn a lesson here, to look at the fruit others bare before we begin complaining about them.

LORD, give us the wisdom to see the truth about others. Amen

Thursday, October 8th Micah 3:1-8 / Psalm 131, 132 / Acts 24:1-23 / Luke 7:36-50 *(written by Denise)*

Acts 24:16 *So I strive always to keep my conscience clear before God and man.*

There has been some growth in my life since I have become older. If I do something to hurt someone, even if it is as simple as getting upset at someone who I believe is not driving their car to my standards, it can disrupts my peace of mind. My conscience is on high alert. I have a tool kit of tools today. If an encounter happens where I am not acting with spiritual principles, I immediately ask God for forgiveness. I then share my error with a trusted friend. I make an amend if needed, and then turn my thoughts to someone I can help to get out of myself. With a set of tools it helps me to strive to be a better person every day.

Jesus, thank you for always setting an example so by following your examples, we can strive to be closer to you and our fellows. Amen

Friday, October 9th Micah 3:9—4:5 / Psalm 140, 142 / Acts 24:24—25:12 / Luke 8:1-15 *(written by Denise)*

Luke 8:3 *...and Joanna the wife of Herold's household; Susanna; and many others. These women were helping to support them out of their own means.*

Many times when we think of Jesus traveling from town to town we think of him with his 12 disciples. This scripture assures us there were many women who followed Jesus and proclaimed the good news also. Do you remember that old saying that "Children should be seen and not heard?" I looked it up and it is a 15th-century English proverb that originally targeted young women and unmarried girls rather than children. Over the years the phrase broadened to apply to all children. Jesus respected the women and the children he encountered on his journey. After all, we are all made in God's image.

Jesus, teach us all the beauty of your words and your ways. Amen

Saturday, October 10th Micah 5:1-4, 10-15 / Psalm 137:1-6(7-9), 144 / Acts 25:13-27 / Luke 8:16-25 *(written by Denise)*

Luke 8:17 *For there is nothing hidden that will not be disclosed, and nothing concealed that will not be known or brought out in the open.*

God knows our hearts. God always knows our motives. Free will can be used for good or evil. This reminds me of something I just heard about forgiveness. Forgiveness is a portal to bringing heaven to earth or hell to earth. When we forgive, we are bringing heaven to earth, and when we don't forgive and hold on to resentment, we are bringing hell to earth. Once again, we can tell people by their fruits. Are you grumpy or joyful most of the time? It takes awareness to change habits. Today in all our encounters let's commit to bringing heaven to earth, and have a joyful day.

God, you know our hearts. Cleanse our hearts of anything that stands in the way of us bringing heaven to earth. Thy will be done. Amen

