

Nudges of the Spirit

Meditations for March 15th to 21st



Nudges of the Spirit is currently a ministry of Deacon Carolyn Quinnell and Denise Bersos.
This week's selections have been written by Carolyn.

Sunday, March 15th 1 Samuel 16:1-13 / Psalm 23 / Ephesians 5:8-14 / John 9:1-41 *(written by Carolyn)*

1 Samuel 16:13a *Then Samuel took the horn of oil and anointed him in the presence of his brothers; and the spirit of the Lord came mightily upon David from that day forward.*

Psalm 23:5b *you have anointed my head with oil, and my cup is running over.*

There's something special about being anointed – even today. Many times, in the healing ministry, I have had the privilege of anointing people with oil that has been blessed by the bishop. One memorable time was when I placed the oil on the forehead of an 8-year-old who was part of a family home communion. I could see the look of question on his face (“Is this going to hurt?”) transform into a look of sheer delight. I have no way of knowing what that young lad will become, just as Jesse had no way of knowing that his youngest son would be a great king. However, I do know that like David, this young fellow is a child of the living God – as are you.

Lord, thank you for anointing us in our baptisms. Amen

Monday, March 16th Isaiah 65:17-25 / Psalm 30:1-6, 11-13 / John 4:43-54 *(written by Carolyn)*

Psalm 30:12 *You have turned my wailing into dancing; you have put off my sackcloth and clothed me with joy.*

Do you ever get stuck while you're wailing? How very easy it is to complain about either how bad we feel, or how bad the economy is, or how rude other people are, or how awful the government is, or – OK you get the idea. Well guess what, yes, those things may be as bad as they are but dwelling on them and not doing anything about them is not of the Lord. Sometimes we have to take baby steps to get out of the mire we manage to bury ourselves in. One way to do that is to begin by counting our blessings. For me, thanking God for my blessings goes beyond positive thinking. It's a recognition that, even in dark times, the Lord is shining His light into my condition or situation. It's a recognition that the Lord is stronger than the evil force that would block my view of our Heavenly Father. It's a conscious looking for the Light of Christ. Will you join me?

Lord, help us all to turn back from the darkness and look for your light. Amen

Tuesday, March 17th Ezekiel 47:1-9, 12 / Psalm 46:1-8 / John 5:1-18 *(written by Carolyn)*

Ezekiel 47:8 *He said to me, “This water flows toward the eastern region and goes down into the Arabah; and when it enters the sea, the sea of stagnant waters, the water will become fresh.”*

A friend gave us a book that included some memories from people who have lived in our town since early times. Just about every tale recorded made a reference to how clear the water was in the lagoon and the plethora of fish that could be caught there. I found myself mourning for that same clear water. We don't realize just how cloudy and murky waterways become until we see pictures of how they used to be. Likewise, we don't realize how quickly we can become set in our ways and thought patterns – yes, we can become murky also. How would it be if that river of life that Ezekiel speaks about would flow into our towns, homes and our inner beings?

Lord, wash me clean – wash me. Amen

Wednesday, March 18th Isaiah 49:8-15 / Psalm 145:8-19 / John 5:19-29 *(written by Carolyn)*

John 5:19 *Jesus said to the Jews, "Very truly, I tell you, the Son can do nothing on his own, but only what he sees the Father doing; for whatever the Father does, the Son does likewise.*

Like it or not, for good or bad, we learn things from our parents. My Dad taught me how to drive the family boat when I was about 9 or 10 years of age – not that I was allowed to take it out by myself, and he always kept a watchful eye on what I was doing. I remember concentrating very hard, trying to do things just as he showed me. Likewise, I learned how to cook from my mother. She got quite used to letting me loose in the kitchen and enjoyed the cookies and pies I liked to bake. In this same idea, Jesus emulated His Father so that we could see what true love, forgiveness and healing look like. Perhaps we can learn those same lessons.

Lord, teach us your ways. Amen

Thursday, March 19th (St. Joseph) 2 Samuel 7:4, 8-16 / Psalm 89:1-29 or 89:1-4, 26-29 / Romans 4:13-18 / Luke 2:41-52 *(written by Carolyn)*

From the Collect for today: *O God, who from the family of your servant David raised up Joseph to be the guardian of your incarnate Son and the spouse of his virgin mother: Give us grace to imitate his uprightness of life and his obedience to your commands...*

Today we celebrate the feast of St. Joseph, the earthy adoptive father of Jesus. There is a song called "Joseph's Song" that I think does a good job of what Joseph may have been thinking as he held the baby Jesus. In it, he asks of God that even though the child is not of his own flesh, may Jesus be a child of his love. Joseph also asks the Lord to direct him and show him how to raise a king. The Lord chose Joseph to play an important role in the life of Jesus. Likewise, the Lord chooses each of us to play particular roles as we walk this earth. Like Joseph, we can (and should) ask Him to direct us to do the things He would have us do. Sometimes, that calling leaves us with a "Who me?" feeling, but take heart, we are not left alone to our own devices.

Lord, thank you for walking with us. Amen

Friday, March 20th Wisdom 2:1a, 12-24 / Psalm 34:15-22 / John 7:1-2, 10, 25-30 *(written by Carolyn)*

From the Collect for today: *O God, you have given us the Good News of your abounding love in your Son Jesus Christ: So fill our hearts with thankfulness that we may rejoice to proclaim the good tidings we have received...*

The other night I had a late-night text that naturally woke me up and then I had trouble getting back to sleep. So, I began to contemplate the wonder of the Creator of the universe giving us the gift of His Son Jesus in the form of a tiny baby. Yes, I know we've heard those words many times, but to recognize the sacrifice Jesus made by leaving paradise to be born and, by necessity, become dependent upon human parents to bathe, clothe and nurture Him is astounding. It's also very good news because if Jesus had not been born, there would be no Good Friday or Easter. In reverse, if there were no Good Friday or Easter, Jesus would not have needed to be born. Let us praise Him who came to save us.

Jesus, we praise and glorify you this day. Amen

Saturday, March 21st Jeremiah 11:18-20 / Psalm 7:6-11 / John 7:37-52 *(written by Carolyn)*

John 7:52 *They replied, "Surely you are not also from Galilee, are you? Search and you will see that no prophet is to arise from Galilee."*

Sometimes I wonder why Jesus did not point out the fact that He was actually born in Bethlehem not Galilee. It seems like it would have given the temple authorities something to think about. Perhaps, if they had gotten to know Him better before casting judgement, they would have learned a few things. Perhaps we can learn the same lesson. How often are we quick to judge someone based on appearances or preconceptions? I saw an ad in a

magazine for a t-shirt that read, "Go ahead and underestimate me. This will be fun." May we not be quick to judge.

Lord, help me to look upon others as you see them. Amen

