

# Nudges of the Spirit

## Meditations for June 7<sup>th</sup> to June 13<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 Carolyn.

**Sunday, June 7<sup>th</sup>** Genesis 12:1-9 or Hosea 5:15–6:6 / Psalm 33:1-12 or 50:7-15 / Romans 4:13-25 /  
Matthew 9:9-13, 18-26 (*written by Carolyn*)

From the Collect for today: *O God, from whom all good proceeds: Grant that by your inspiration we may think those things that are right, and by your merciful guiding may do them...*

Ethics. Here's a situation for you: you are using a restroom in a grocery store. You look down and notice some fingernail clippers on the floor. Do you ignore them, pick them up and keep them or turn them in to the store's lost and found? In this rather benign situation, I'm not going to tell you what you should do. Instead, I will let you think about the situation according to your own set of ethics and upbringing. It's not at all unusual for us to run across someone on social media who is an "influencer." In fact, the show AFV will sometimes have videos of young "wannabe influencers" whose tape sessions go wildly wrong. Our Collect for today tells us we have one heavenly "influencer" who guides our choices. May we choose Him over ones we see in social media.

*Lord, in all things, help me to do as you would do. Amen*

**Monday, June 8<sup>th</sup>** Ecclesiastes 7:1-14 / Psalm 56, 57 / Galatians 4:12-20 / Matthew 15:21-28 (*written by Carolyn*)

Matthew 15:25 *But she came and knelt before him, saying, "Lord, help me."*

Pair this verse with the last verse from today's reading, 15:28, "Then Jesus answered her, 'Woman, great is your faith! Let it be done for you as you wish.' And her daughter was healed instantly." When I put these two together it occurs to me the story could be lifted across time and place to today - to any location. Have you ever been in a situation where you felt you had nowhere to turn? That was the woman's plight in today's verses. Yet it could easily be our reality as well. She turned to Jesus in her desperation. Who, or what, do we turn to? The older I get, the more I try and remember to turn to Jesus first, and not as a last resort. That has made a huge difference. I know Jesus is waiting, and for that I am very thankful.

*Lord, thank you for being my safe harbor in the midst of the storm. Amen*

**Tuesday, June 9<sup>th</sup>** Ecclesiastes 8:14–9:10 / Psalm 61, 62 / Galatians 4:21-31 / Matthew 15:29-39 (*written by Carolyn*)

Psalm 62:2 *He alone is my rock and my salvation, my fortress; I shall never be shaken.*

There are rocks and there are ROCKS that some would describe as boulders. In truth, rocks can vary in size from small pebbles to massive formations. In contrast, according to Mr. Google, a boulder is a type of rock that is larger than 10" in diameter and is usually rounded and smooth due to weathering. So, while all boulders are rocks, not all rocks are boulders. So, what does all this have to do with today's lesson? I heard a story about a man who purposefully put a small rock in his shoe to remind him to pray (ouch!). If I had to choose a foundation to build a house on, I think I would want a boulder instead of tiny pebbles. In truth, our Lord can be either. He certainly sends reminders every now and then; yet He is also very able, ready and willing to be the fortress/foundation we need.

*Lord, I thank you for being my rock. Amen*

**Wednesday, June 10<sup>th</sup>** Ecclesiastes 9:11-18 / Psalm 72 / Galatians 5:1-15 / Matthew 16:1-12 (*written by Carolyn*)

Galatians 5:9 *A little yeast leavens the whole batch of dough.*

I have known people who liked to make their own bread from scratch, including kneading the dough with their own two hands. If I am in the mood for making bread (which happens on rare occasions), the first thing I reach for is my bread maker that allows me to add all the ingredients and walk away from it for four hours. Still, I know enough about the process to first check the expiration date on the yeast I may have in the pantry. If the yeast is not good, the bread will not rise. In our verse for today, Paul is using yeast as a metaphor for some of the teachings the people of Galatia were hearing. He's specifically warning against outsiders who had come along and insisted that Gentiles must be circumcised, even though the leaders of the church in Jerusalem said that is not the case. So, the "yeast" of bad information that was being taught was causing an uproar in the early congregation. Which leads me to ask, are we careful to make sure what we say to other Christians is biblical and reflects Christ's teaching, or are we spreading our own agendas?

*Lord, give me the words to say in your name. Amen*

**Thursday, June 11<sup>th</sup>** (St. Barnabas) Isaiah 42:5-12 / Psalm 112 / Acts 11:19-30; 13:1-3 / Matthew 10:7-16 *(written by Carolyn)*

Acts 11:22 *News of this came to the ears of the church in Jerusalem, and they sent Barnabas to Antioch.*

Today we celebrate the life of St. Barnabas who was a supporter of the early church. Later in our reading we will learn that he was a good man who was filled with the Holy Spirit. Apparently, he was so successful at converting people to the faith in Antioch that he had to find Paul to come and help him. In today's lingo we might say that he was "on fire for Christ." I think that every generation throughout the world needs people like him. Otherwise, how would people learn about the love and joy of our Lord? Perhaps you are a Barnabas. If so, let the light shine forth through you to everyone you meet.

*Lord, spark the inner Barnabas in each of us so that we might share your good news. Amen*

**Friday, June 12<sup>th</sup>** Ecclesiastes 11:9–12:14 / Psalm 69:1-23(24-30)31-38 / Galatians 5:25–6:10 / Matthew 16:21-28 *(written by Carolyn)*

Ecclesiastes 11:9b *Follow the inclination of your heart and the desire of your eyes but know that for all these things God will bring you into judgment.*

Does your current self ever wish your earlier self knew some of the things you now know? I've heard this kind of thing when it comes to the stock market, "If I had only not sold (xyz stock) when I did, it would be worth a lot of money now." But what about your choices in other things? What about your decisions about your career or those whom you chose to be friends with? All those things had a role in shaping you to be the person you are today. Yet, no matter where we find ourselves today, Jesus can and will meet us – and help us to become the person He would have us be. If we are completely honest with ourselves, we know there are things in our past that still weigh us down. He would have us leave those things at the foot of the cross because they get in the way of our life in Him.

*Thank you, Jesus. Amen*

**Saturday, June 13<sup>th</sup>** Numbers 3:1-13 / Psalm 75, 76 / Galatians 6:11-18 / Matthew 17:1-13 *(written by Carolyn)*

Psalm 75:1 *We give thanks to you, O God; we give thanks; your name is near. People tell of your wondrous deeds.*

The other day I heard about a man who had been healed of cancer. Earlier, I had heard about a woman who had been redeemed of a bad memory from childhood. Last Sunday, I heard about a woman whose knee was no longer hurting after receiving prayers. All of these are wondrous deeds the Lord has done. How has He acted in your life?

Have you given Him thanks and told others? If not, why not? Others take encouragement from such stories, and I know I certainly need to hear about such things as they give me inspiration to continue to give witness to God's grace. I'm sure other people need to also hear such witnesses. So, when the Lord blesses you in some way - tell someone.

*Lord, thank you for your many blessings. Amen*

