

# Nudges of the Spirit

## Meditations for July 5<sup>th</sup> to July 11<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, July 5<sup>th</sup>** Genesis 24:34-38, 42-49, 58-67 and Psalm 45:11-18 or Song of Solomon 2:8-13 or Zechariah 9:9-12 and Psalm 145:8-15 / Romans 7:15-25a / Matthew 11:16-19, 25-30 *(written by Carolyn)*

Psalm 145:10 *All your works praise you, O Lord, and your faithful servants bless you.*

Denise and I write these daily thoughts almost three months in advance. With that in mind, what I write about today actually took place in April. We have a Hong Kong Orchid tree in our backyard that lost all its leaves during a freeze. We left it alone until we saw new buds poking out along the branches, then we trimmed off the ends that had no buds. Today my husband pointed out that our tree has a new flower. The hummingbird will be so happy! My point is, even though the tree went through a difficult time (the freeze), it continued to live as the Lord created it because there was still life in the bare branches. So perhaps when we are feeling worn out and beaten down, we can take inspiration from the tree that is now full and beautiful – and blooming again.

*Lord, we know that when we go through hard times you are with us. Encourage us to focus on you, that we may bloom again. Amen*

**Monday, July 6<sup>th</sup>** Numbers 32:1-6, 16-27 / Psalm 1, 2, 3 / Romans 8:26-30 / Matthew 23:1-12 *(written by Carolyn)*

Romans 8:27 *And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.*

The Book of Romans is a heavy book to read and understand. Still, this verse is comforting because it lets me know that the Spirit of the living God, the third part of the Trinity, acts as a go-between from me to the Father. To put that another way, God is interceding for me with God. Confused yet? Yes, the whole trinitarian concept is confusing and no, I am not going to try to explain it. I'm just glad that when I bumble along in prayer, the Spirit is there to guide me and take my plea to the Lord of all creation. It's also comforting to know that the Spirit guides me according to the will of the Father. I need a guide – someone to take me by the hand and say, "Let me show you the way, it's OK. You're doing great."

*Holy Spirit, thank you for being my guide and go-between. Amen*

**Tuesday, July 7<sup>th</sup>** Numbers 35:1-3, 9-15, 30-34 / Psalm 5, 6 / Romans 8:31-39 / Matthew 23:13-26 *(written by Carolyn)*

Romans 8:38-39 *For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.*

This is such a powerful statement from Paul and it's yet another example of me reading scripture many times, and then something new jumping out at me the very next time I sit with it. Paul writes about angels, and we have an idea of what they are; but he also writes about powers. For years I thought that he meant earthly government authority of some sort, however "powers" is a high order in the angelic realm that is tasked with maintaining divine order, protecting creation and overseeing cosmic balance. While I can't imagine any of God's good angles and powers would want to separate us from our creator, I can see where some of the fallen angels and like ranked beings that follow the evil one may be tasked with trying to convince us to turn our back on our heavenly Father. It all comes down to who we choose to listen to.

*Lord, I turn to you once again to be my guide in all things. Amen*

**Wednesday, July 8<sup>th</sup>** Deuteronomy 1:1-18 / Psalm 119:1-24 / Romans 9:1-18 / Matthew 23:27-39 *(written by Carolyn)*

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

Our former parish has sent quite a number of young people to Camp Wingmann, a place where youth from 3<sup>rd</sup> to 12<sup>th</sup> grades gather and experience fun activities in a Christian atmosphere with no outside distractions. Many of the attendees are “repeat campers” who look forward to returning as often as possible. Likewise, the camp has been the setting where many campers have given their lives to Christ. One of the telling aspects of camp life is the number of students who also want to work as paid counsellors – and, later in life, want to be united in marriage to someone whom they met at camp. These young people are truly guarded by the Word of God. What a precious gift it is to give our young – Christian environments in which to freely experience His love.

*Lord, I ask you blessings on all young people. Turn their hearts toward you. Amen*

**Thursday, July 9<sup>th</sup>** Deuteronomy 3:18-28 / Psalm 18:1-20 / Romans 9:19-33 / Matthew 24:1-14 *(written by Carolyn)*

Matthew 24:13 *But the one who endures to the end will be saved.*

Several years ago, one of my doctors decided that I should take a treadmill stress test. My thinking, at the time, was, “Oh, this will be easy because I already walk about 3 miles a day.” What I didn’t know is that the medical people who have their patients walk on treadmills start them out on a steep incline. I live in flat Florida; I’m not used to walking uphill. Needless to say, I tired out quickly. The endurance Jesus is speaking of has nothing to do with walking on a treadmill. Instead, He is encouraging us to continue to believe in Him, regardless of all the “stuff” that is going on around us personally and in the world. To be able to keep our focus on Him, we need to train ourselves, just as a walker does – everyday intentionally spending time in prayer and scripture.

*Lord, train me to focus on you. Amen*

**Friday, July 10<sup>th</sup>** Deuteronomy 31:7-13, 24–32:4 / Psalm 16, 17 / Romans 10:1-13 / Matthew 24:15-31 *(written by Carolyn)*

Deuteronomy 31:7 *Then Moses summoned Joshua and said to him in the sight of all Israel: “Be strong and bold, for you are the one who will go with this people into the land that the Lord has sworn to their ancestors to give them; and you will put them in possession of it.”*

“You’re graduating from high school. Here are your choices: college or trade school, the military or getting a job. Pick one.” I grew up in a time and place where many people my age and a bit older were given these options. The words Moses spoke to Joshua strike me as being in a similar vein, “You’ve had your training. You’re up next for the leadership role.” In other words, you can remain an apprentice only for so long. Sooner or later you are called to step up for Christ. Joshua is instructed to be strong and bold. Are those descriptors someone would use about us? If not, what’s holding us back?

*Lord, help me to be bold for you. Amen*

**Saturday, July 11<sup>th</sup>** Deuteronomy 34:1-12 / Psalm 20, 21:1-7(8-14) / Romans 10:14-21 / Matthew 24:32-51 *(written by Carolyn)*

Romans 10:17 *So faith comes from what is heard, and what is heard comes through the word of Christ.*

Every time I begin to prepare a sermon or write a Nudge, I ask the Lord to direct me. Sometimes the words flow through my fingers to the page – but then there are those days when I struggle to hear what the Lord is saying. Does it mean the Lord isn’t speaking? No, not necessarily. It’s much more likely that my listening skills need work. I find if I just sit with a particular verse for a bit, and let it roll around in my being, it will speak to me. Scripture does that – it speaks to us on many levels; and what touches us one day may, or may not, resonate on

another. So, during those times when a piece of scripture seems to fall flat, I invite you to sit with it for a bit and ask the Lord to open your mind to what He would have you glean from it.

*Lord, open our hearts and minds to you. Amen*

