

Nudges of the Spirit



Meditations for October 5th to October 11th

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 5th Lamentations 1:1-6 or Habakkuk 1:1-4; 2:1-4 / Lamentations 3:19-26 or Psalm 137 or Psalm 37:1-10 / 2 Timothy 1:1-14 / Luke 17:5-10 (*written by Denise*)

Lamentations 3:22 *Because of the LORD's great love we are not consumed, for his compassion never fails.*

Have you ever had anxiety or a panic attack? For most of my life I have lived with underlying anxiety. In my younger days I would self-medicate with alcohol, food, relationships, shopping, anything to try and fix that uneasiness I felt. I did not realize I had a spiritual malady. The LORD took me under his wing, and all that changed. There were times I felt like I was going to be swallowed by the earth, or completely fall apart and never stop crying. Today, because of the LORD's grace, love and compassion I know that if I stay present, and keep my eyes on the LORD, the anxiety will not consume me. The LORD and I will walk through anything together.

LORD, be with us always, as we walk through the trials of this life. Amen

Monday, October 6th 2 Kings 21:1-18 / Psalm 106:1-18 / 1 Corinthians 10:14–11:1 / Matthew 8:28-34 (*written by Denise*)

1 Corinthians 10:14 *wherefore, my dearly beloved, flee from idolatry.*

Lately I have been noticing in my Bible studies that in many books of the Bible there are many verses that warn us about idols. It has made me think about idols, and how many I may have in my life and I am unaware they are idols. I have many items in my house that someone might think of as being idols. I have crosses, pictures, rocks, angels, etc. I believe the items I have in my house remind me of God and point me towards God. I am not worshiping them, but am reminded when I see them to think of God. My constant thinking and my thoughts can absolutely become idols. Sometimes I think and try to figure things out when I need to let go and Let God run the show. At these times I am worshipping my thoughts instead of worshiping God. I will continue to be aware of idols, and watch for them, as I want nothing to stand in my way of the LORD.

LORD, Idols are destructive. Teach us to be aware and choose only you. Amen

Tuesday, October 7th 2 Kings 22:1-13 / Psalm 121, 122, 123 / 1 Corinthians 11:2, 17-22 / Matthew 9:1-8 (*written by Denise*)

Matthew 9:4 *And Jesus knowing their thoughts said, "Wherefore think ye evil in your hearts?"*

Jesus knowing our thoughts! Oh my! I can tell you there is evil in my heart sometimes, and I don't like to admit it, but it is true. I would rather look at you and judge you for the evil in your heart than look at myself. The other day I said something in a joking way about someone, and felt horrible. At that moment I realized I am the one who has evil in my heart, and it is my responsibility to do something about it. I apologized for my joke, and explained I have some work to do on my heart. Every one of us belongs to God and can be who we are. If I have a problem with them, it is my problem not theirs. Hard lessons to learn, but valuable.

Jesus, work on my thoughts so they align with your Christ mind. Amen

Wednesday, October 8th 2 Kings 22:14–23:3 / Psalm 119:145-176 / 1 Corinthians 11:23-34 / Matthew 9:9-17 (*written by Denise*)

Matthew 9:9 *And as Jesus passed forth from thence, he saw a man named Matthew, sitting at the receipt of custom: and he saith unto him, "Follow me," and he arose and followed him.*

When I read this scripture I literally get goosebumps. I have to read it again, and again as it just makes me smile. I so can relate to Matthew. Out of college I worked for a financial institution. At times loaning people money seemed a helpful thing. At other times when they could not pay back the money and had to surrender their collateral it was not easy, and I was not liked. I ended up changing careers when I began to have a family. I have such a visual of Matthew watching Jesus and his disciples, and having a longing to be close to him. I can also relate to that longing. At that moment, Jesus asks him to follow him, and there is no hesitation, no pros and cons list, he arose and followed him. I have a saying I say to myself often "At any given moment, at any given time, something amazing can happen." I think this scripture is one of those moments.

Jesus, help us to stay present, and open hearted. We do not want to miss any moments when you call us to follow you. We are here LORD! Amen

Thursday, October 9th 2 Kings 23:4-25 / Psalm 131, 132 / 1 Corinthians 12:1-11 / Matthew 9:18-26 *(written by Denise)*

Matthew 9:23 *And when Jesus came into the ruler's house, and saw the minstrels and the people making noise...*

I think it is hilarious that in those days they would hire professional mourners to wail and make noise at someone's death. Can you imagine this being your job? It would be like me saying to you, "I just got a call from St. Elizabeth's Church, I have to show up at 10:00-12:00 to wail." I can tell you that when someone I love passes I don't need a professional to wail and make noise for me. I experience many emotions all at once, and make enough noise. At this point in Matthew's writing, Jesus was at the house where the professional mourners were. It was one of his first miracles to bring us in to the idea of resurrection. There is no death anymore, we have eternal life. Thank you Jesus! Thank you!

Jesus, All glory and honor to you, our LORD! Amen

Friday, October 10th 2 Kings 23:36–24:17 / Psalm 140, 142 / 1 Corinthians 12:12-26 / Matthew 9:27-34 *(written by Denise)*

Psalm 142: 2 *I poured out my complaint before him; I showed him my trouble.*

This is exactly my relationship with our LORD. I have learned over the years that God knows everything on my heart anyway. When I pour out my troubles to him, I get to hear myself and am then faced with the truth about what the problem is. If I cannot honestly get to the problem, I will not have enough faith to receive the solution. I am convinced in every situation that my only problem is separation from God. So connecting and being honest brings me immediately into the solution. The problem "I think" I may have may not be solved, but the real problem has been solved in this moment as I am talking with the LORD.

LORD GOD, thank you for always being there. Always! Amen

Saturday, October 11th Jeremiah 35:1-19 / Psalm 137:1-6(7-9), 144 / 1 Corinthians 12:27–13:3 / Matthew 9:35–10:4 *(written by Denise)*

1 Corinthians 13:1 *If I speak in tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal.*

This scripture will right size us if we begin thinking we are all that and a bag of chips. Every single person in our church is part of the body of Christ. There is not one gift that is greater than another when it is received and shared with love. We need every gift in order to be healthy and whole. I don't know about you, but I don't desire

to be a noisy gong or clanging cymbal. Please join me as we invite the Holy Spirit in our lives right now with this ancient Novena prayer.

Veni Sancte Spiritus.. Come, Holy Spirit, send forth the heavenly radiance of your light...Cleanse that which is unclean, water that which is dry, heal that which is wounded. Bend that which is inflexible, fire that which is chilled, correct what goes astray. Grant the reward of virtue, grant the deliverance of salvation, grant eternal joy. Amen

