

Nudges of the Spirit



Meditations for March 22nd to March 28th

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, March 22nd Ezekiel 37:1-14 / Psalm 130 / Romans 8:6-11 / John 11:1-45 *(written by Denise)*

Ezekiel 37:14 *I will put my spirit within you, and you shall live, and I will place you on your own soil; then you shall know that I, the LORD, have spoken and will act," says the LORD.*

When I read Ezekiel 37:1-14 I literally tear up. If I had to read this out loud to a group, I am not sure I would make it through without expressing deep emotions. I have been saved by Jesus. I have been brought up from the grave with my dry bones. I made a decision one day, and have been given life from that day forward. I owe everything to God. Anything you see good in me is of God. The soil I have been placed on by God is holy. I trust the LORD and have countless experiences of him acting through me to connect with the suffering. There is a solution, and that is God. If you feel like your bones are dry, and you want to choose life instead of death, please get on your knees and accept Christ into your life.

LORD, you breathe your life into us. You know the hearts of all reading this nudge today. Bring them to one of us, so we can share how God works in our lives. Amen

Monday, March 23rd Susanna (1-9, 15-29, 34-40) 41-62 (from the Apocrypha) / Psalm 23 / John 8:1-11 or John 8:12-20 *(written by Denise)*

John 8:6 *They said this to test him, so that they might have some charge to bring against him. Jesus bent down and wrote with his finger in the ground.*

It strikes me that Jesus bending down and writing with his finger in the ground is important enough to enter it in the Gospel. Not only here but after he spoke to the crowd it says in John 8:8 And once again he bent down to and wrote on the ground. He did not directly look at the crowd and give them his undivided attention. He purposefully removed his attention from the problem and paused long enough to connect with God. He didn't condemn the woman the crowd brought to him, and he did not even condemn the crowd. He just made a statement that he who is without sin should be the first to throw a stone at her. He then takes his attention away from the problem once again, and connects with God, allowing the crowd to make their own decision, and they all disperse. With problems I must learn to pause, connect, listen, see my part in the situations, speak, let go, pause and connect.

Jesus, thank you for this beautiful demonstration. Remind us always that we do sin, and do not have the authority to judge anyone. May we keep our eyes on you always. Amen

Tuesday, March 24th Numbers 21:4-9 / Psalm 102:15-22 / John 8:21-30 *(written by Denise)*

Numbers 21:5 *The people spoke against God and against Moses, "Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food."*

I think it is important to remember that the people were brought out of Egypt because they were slaves. It wasn't that they lived in castles with banquets every night. I so relate to the people, though. I find myself at times being very ungrateful, as my expectations did not get met. Things did not go my way, people did not act like I wanted, and I don't have what I want. I do not trust God and his word at these times. I do know that God's time and my time are not the same. The fruits of my labor may not be seen for many generations. It is my responsibility to trust and have faith as I follow God's plan.

God, bring us back to you with your open arms when we grumble about your creation. Amen

Wednesday, March 25th (The Annunciation) Isaiah 7:10-14 / Psalm 45 or 40:5-10 or Canticle 15 / Hebrews 10:4-10 / Luke 1:26-38 *(written by Denise)*

Hebrews 10:10 *And it is by God's will that we have been sanctified through the offering of the body of Jesus Christ once for all.*

Sanctified, that is a powerful word, and it is God's will that we be sanctified through the offering of the body of Jesus Christ once and for all. What are the signs that someone has been sanctified? I read that as we grow spiritually, we develop a habitual desire to obey God's laws. We bear the fruits of the spirit. Our hearts are transformed by aligning our hearts with Christ's. We have an increasing ability to show a Christ-like character with kindness, mercy, and forgiveness in our daily lives. God's spirit is constantly working through us, no matter what the circumstances are. Mary is a beautiful example of being sanctified, and fulfilling God's purpose.

God, may we all say yes to you as you work through us fulfilling your purpose. Amen

Thursday, March 26th Genesis 17:1-8 / Psalm 105:4-11 / John 8:51-59 *(written by Denise)*

Psalm 105:4 *Seek the LORD and his strength; seek his presence continually.*

Why is it that as humans we can take something very simple and turn it into a complicated process? These instructions are rather straightforward in order to keep us grounded in the spirit and not have a monkey brain. So why do we think that we need to find the right book, read the right readings, etc. in order to find peace? We are told we must seek the LORD and his presence continually. Someone told me once that you can starve to death reading a cookbook. You must follow the directions and put them into action. What is your plan for the day? I will practice seeking the LORD continually today! It's a great start!

LORD, through your strength and love you continue to remind us of what it is we must do in order to be in relationship with you. Amen

Friday, March 27th Jeremiah 20:7-13 / Psalm 18:1-7 / John 10:31-42 *(written by Denise)*

Jeremiah 20:9 *If I say, "I will not mention him, or speak any more in his name," then within me there is something like a burning fire shut up in my bones; I am weary with holding it in and I cannot.*

This makes me laugh. I understand this on some level. I am like a sponge. I soak up Bible studies, conversations about how God has worked in people's lives, sermons and quiet time in prayer. When I get going talking about how God works in my life and the loving, intimate relationship I have with him, I get fired up. I can't imagine not mentioning God in my conversations, as I am so grateful and blessed. Everything I have, all my relationships, everything comes from God.

LORD, We Praise your name! All glory goes to you. Amen

Saturday, March 28th Ezekiel 37:21-28 / Psalm 85:1-7 / John 11:45-53 *(written by Denise)*

Ezekiel 37:27 *My dwelling place shall be with them; and I will be their God, and they shall be my people.*

One of my most favorite things about going to church is being surrounded by likeminded people, praying and worshipping together. The words of our prayers, and the rich traditions remind me that we are all the body of Christ, coming together to worship our awesome God. I know God's spirit is with me wherever I go, but there is something so beautiful about praying words together that so many of our ancestors have spoken. It is a tapestry of love.

God, we are your people. Bless us and show us how we can serve you. Amen

