

Nudges of the Spirit

Meditations for May 24th to May 30th



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, May 24th (Pentecost) Acts 2:1-21 or Numbers 11:24-30 / Psalm 104:25-35, 37 / 1 Corinthians 12:3b-13 or Acts 2:1-21 / John 20:19-23 or John 7:37-39 (*written by Carolyn*)

From the Collect for today: *Almighty God, on this day you opened the way of eternal life to every race and nation by the promised gift of your Holy Spirit...*

There are two options for the opening Collect for today. The first one I have quoted above, the opening line of the second one reads: *O God, who on this day taught the hearts of your faithful people by sending to them the light of your Holy Spirit...* Now if we were to combine those two opening thoughts, it might read, "Almighty God, you opened the way of eternal life to everyone and taught the hearts of all your faithful people by sending them your Holy Spirit." To put that in today's world, it tells me that the inhabitants of one country are not necessarily "better" or "more faithful" than another by the mere fact of where they were born. Instead, it says that we all have the chance to be instructed and guided by God's Holy Spirit. What a wonderful gift that is for the entire population of our planet. Yet there are those who have never heard of Jesus or the Spirit. That's where we are called to stand up, like Peter did, and let the Spirit work through us to invite others to God's grace. Happy Pentecost to everyone!

Holy Spirit, guide me to do those things you would have me do. Amen

Monday, May 25th Proverbs 10:1-12 / Psalm 25 / 1 Timothy 1:1-17 / Matthew 12:22-32 (*written by Carolyn*)

Psalm 25:7 *Do not remember the sins of my youth or my transgressions; according to your steadfast love remember me, for your goodness' sake, O Lord!*

A gentleman made an appointment with his parish priest for confession. Before the allotted time, he was told to go home and make a list of all the sins he committed the week before. The priest added, "Don't bother going any further back, you will run out of paper." So, the man did just that. Unfortunately, when it came time for the confession, he forgot the paper at home – so he mentioned those things he remembered but felt bad about the ones he had written but couldn't recall. The priest said to him, "That's OK. God forgave you when you wrote them down in the first place." That's grace. How wonderful it is that our Lord forgives us our transgressions – and then wipes the slate clean. If we have already confessed sins from our past, we don't need to continue to bring them up because God has already forgiven them. Alleluia!

Thank you, Lord, for forgiving me and wiping the slate clean. Amen

Tuesday, May 26th Proverbs 15:16-33 / Psalm 26, 28 / 1 Timothy 1:18–2:8 / Matthew 12:33-42 (*written by Carolyn*)

1 Timothy 2:1 *First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for everyone ...*

Sometimes it's a test of the will to pray for all people – especially those who have upset us in some way. At times like that, perhaps the best thing we can do is to ask the Lord to help us want to forgive them. I personally like inserting their name into the Lord's prayer: "Abba, holy is your name. May your kingdom come and your will be done in (the other person's name) as it is in heaven." Then I continue on with putting their name in as many places as possible. After a few days, my attitude shifts and I can pray more easily. May you find a way to pray for difficult people that suits your personality.

Lord, help us forgive those who hurt us. Amen

Wednesday, May 27th Proverbs 17:1-20 / Psalm 38 / 1 Timothy 3:1-16 / Matthew 12:43-50 (*written by Carolyn*)

1 Timothy 3:13 ...for those who serve well as deacons gain a good standing for themselves and great boldness in the faith that is in Christ Jesus.

When I read these words, I think of two of the first deacons, Phillip and Stephen. They originally were selected to wait on tables and make sure the Gentile widows received their equal share in the daily distribution of food. Not too long after that we hear of Stephen boldly proclaiming Jesus to the rulers of the temple - and being stoned to death as a result. Afterwards we hear of Phillip being an evangelist in several places outside of Jerusalem. Today, when deacons are ordained, their bishop will often give them a charge to "make a difference." How that happens will look different for each individual and some seem "bolder" than others. But we don't need to be ordained to "make a difference for Christ." We only need the help of His Holy Spirit.

Lord, how may I be bold for you today? Amen

Thursday, May 28th Proverbs 21:30–22:6 / Psalm 37:1-18 / 1 Timothy 4:1-16 / Matthew 13:24-30 *(written by Carolyn)*

Psalm 37:1 *Do not fret because of the wicked; do not be envious of wrongdoers...*

In the first eight verses of this psalm, there are three "do not fret" statements and two places that tell us to trust in the Lord. It's so easy to get caught up in fretting - is it not? All we have to do is watch the evening news, read the paper, or scroll through page after page of the internet and we are bound to find something to fret over. Lately I've been reminding myself to trust in the Lord, not just because it's written in the psalm, but because I truly believe that's what we are called to do: trust in Him in all things. I don't have a crystal ball that tells me what will happen tomorrow, but I do know who will be by my side when tomorrow gets here.

Thank you, Lord, for being with me. Help me to keep my eyes on you. Amen

Friday, May 29th Proverbs 23:19-21,29 - 24:2 / Psalm 31 / 1 Timothy 5:17-22(23-25) / Matthew 13:31-35 *(written by Carolyn)*

Psalm 31:24 *Be strong, and let your heart take courage, all you who wait for the Lord.*

I have to admit, as I was reading all of psalm 31, I was thinking, "What in the world am I going to write about? Most of it seems rather bleak - until I got to this last verse. What it seems to say is even though we go through trials and difficulties, we are to stay strong and have courage in the Lord. That I can wrap my head around. Even though countries are at war with each other, or you or people you love are being diagnosed with dreaded disease, or a loved one has lost their job, we are told to take comfort and strength in the Lord. Is this a message you need to hear today? Is this something that someone you know needs to hear? If so, I pray that you (or they) may find the solace the Lord has for them.

Come, Holy Spirit, come. Amen

Saturday, May 30th Proverbs 25:15-28 / Psalm 30, 32 / 1 Timothy 6:6-21 / Matthew 13:36-43 *(written by Carolyn)*

Proverbs 25:24 *It is better to live in a corner of the housetop than in a house shared with a contentious wife.*

Many years ago, I dated someone whose parents bickered back and forth constantly. I got to where I did not like to spend any time at their house because the constant fighting made me very uncomfortable. After a while, his mother asked him why I didn't come around more often and he told her how I felt. She questioned him, "Well, don't her parents argue?" To which he said, "Rarely. And neither do the parents of any of my friends." It really took her back and made her examine their lifestyle. Every now and then we need someone who will speak truth into our lives. Every now and then the Holy Spirit taps us on the shoulder - through our friends - and says, "Turn from that, and follow me." Are you willing?

Lord, lead me in your ways. Amen

