

# Nudges of the Spirit



## Meditations for May 31<sup>st</sup> to June 6<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 Denise

**Sunday, May 31<sup>st</sup>** (Trinity Sunday) Genesis 1:1-2:4a / Psalm 8 or Canticle 2 or 13 / 2 Corinthians 13:11-13 / Matthew 28:16-20 (*written by Denise*)

Genesis 1:2 *Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.*

The earth was formless, empty, and dark. Have you ever felt hopeless, empty, dark? Nothing seems to make sense, and there doesn't seem to be any ideas as everything feels overwhelming. It is just this visual that we need to remember at those times, that deep down inside of us is the idea of us that was planted in the beginning of time when there was nothing. Life, light, beauty, imagination, colors, love, creativity are brought to form by the Spirit of God hovering over the waters. When Jesus, God's Son in human form, ascended back into heaven, He gifted us with the Comforter, that same Holy Spirit, so that we are never to be left in the dark again. Close your eyes and imagine the spirit of God hovering over you, around you, through you. God loves you!

*Father, Son and Holy Spirit, be with us now as you were in the beginning. Amen*

**Monday, June 1<sup>st</sup>** (The Visitation) 1 Samuel 2:1-10 / Psalm 113 / Romans 12:9-16b / Luke 1:39-57 (*written by Denise*)

Roman 12:11 *Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.*

These verses in Roman wake something up in me when I read them. I never want my relationship with God or my reborn life to be boring and glum. I have been saved from a hopeless state of mind and body, so why would I not be joyful and full of life? When you walk into a room and see someone's eyes, their facial expressions uplifting, and their whole body language open and welcoming, don't you just feel like you have encountered pure love at that moment? One of my most favorite books is *The Practice of The Presence of God* by Brother Lawrence. He says "Often, we think about prayer as something that we do. However, prayer might be better thought of as something that we are. At the very least, that is the goal, isn't it?"

*LORD may my life governed by you be a walking prayer to all I meet today. May the light of you in me welcome the light of you in another. Amen*

**Tuesday, June 2<sup>nd</sup>** Ecclesiastes 2:16-26 / Psalm 45 / Galatians 1:18-2:10 / Matthew 13:53-58 (*written by Denise*)

Matthew 13:58 *And he did not do many miracles there because of their lack of faith.*

Unless I am willing to change my behavior, let go of any old ideas that may be crippling me, be honest and open minded enough to see that others around me are not to blame, and realize that it may be my distorted thinking that is causing my uncomfortableness, little can be done. The people Jesus was preaching to in the synagogue may have known Jesus as a mischievous, annoying kid. They might have heard rumors about Joseph and Mary and her pregnancy before marriage. They had made a judgement about who Jesus was before he said a word. Jesus knew with this mind set of the people no matter what he did the people could not hear or see him for who he is. Are there any people in our lives that we do not really see or hear because we have already made up our minds about them?

*Jesus, free us of judgements in our minds that keep us in bondage of self. May we grow in your spirit instead. Amen*

**Wednesday, June 3<sup>rd</sup>** Ecclesiastes 3:1-15 / Psalm 119:49-72 / Galatians 2:11-21 / Matthew 14:1-12 (*written by Denise*)

Psalm 119:62 *At midnight I rise to give you thanks for your righteous laws.*

I don't always get up in the middle of the night, but last night I did twice. If you have pets like I do you probably will relate. Sometimes my sweet little dog decides he needs to go out in the middle of the night. He jumps on me and starts licking my face and pawing. I hesitate to get up, but do get up, and take him outside. Once I step outside and look up at the sky, I praise God for waking me up to see the beauty of the stars and have a moment when things are dark and quiet to be able to spend some time with God and my dog outside when I usually would be asleep. Last night there was heat lightning in the sky, so I was given quite a show.

*LORD, let us praise you God, any time we are awake and looking up. You are always awake and ready to be in conversation with us. Amen*

**Thursday, June 4<sup>th</sup>** Ecclesiastes 3:16–4:3 / Psalm 50 / Galatians 3:1-14 / Matthew 14:13-21 *(written by Denise)*

Ecclesiastes 3:16 *And I saw something else under the sun: In the place of judgement, wickedness was there.*

Judgement ~ I had read that we must be very clear that judgement is of great importance for biblical religion. God is not airy fairy. He is fair and righteous. John 12:31 says "Now is the time for judgement on the world; now the prince of this world will be driven out." Many times in the Bible God's judgement is seen to happen in the future. What about the present? My grandson is 17, and we have conversations about how his actions today will affect his future. I am always suggesting "Whatever you decide to do, be sure your future self will thank you for this decision." Maybe another way we could think of this would be "Whatever decision I am making now, how will this affect me at my time of judgement?"

*God, please help us to be strong and awake so our thoughts are pure and aligned with your heart. We want our future self to be in your glory! Amen*

**Friday, June 5<sup>th</sup>** Ecclesiastes 5:1-7 / Psalm 40, 54 / Galatians 3:15-22 / Matthew 14:22-36 *(written by Denise)*

Galatians 3:18 *For if the inheritance depends on the law, then it no longer depends on the promise; but God in his grace gave it to Abraham through a promise.*

We will receive the inheritance because of a promise God made with Abraham. I don't know about you, but I think this is really exciting. We don't have to worry about our future, or be in fear. We have been taken care of by God who loves each and every one of us very much. Through faith in Jesus Christ we will inherit the Kingdom of Heaven through our faith. Just thinking about this reminds me how much all of us are loved from generation to generation. Our God is an awesome God!

*Lord, thank you for taking care of us always through your son Jesus Christ our Lord. Amen*

**Saturday, June 6<sup>th</sup>** Ecclesiastes 5:8-20 / Psalm 55 / Galatians 3:23–4:11 / Matthew 15:1-20 *(written by Denise)*

Ecclesiastes 5:15 *Everyone comes naked from their mother's womb, and as everyone comes, so they depart.*

"Ok, so I came in the world naked and I will leave naked. So what?" There is a space between the coming into the world and going out. "Ok, so I will wear clothes in the space." I think there may be a bit more meaning to this verse than wearing clothes in the space. We have all heard it said, "When we die we can't take anything with us." So then why do we gather so much stuff in the space, and get so attached to it? God is hosting us on this earth during the space. Everything is God's, and with every breath he is giving us life. How do you want to spend the rest of your time being hosted by God on this earth, knowing you cannot take anything with you?

*Lord thank you for our lives. May we continue to learn and practice the flow of giving and receiving. Amen*

