

Nudges of the Spirit

Meditations for July 26th to August 1st



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, July 26th Genesis 29:15-28 and Psalm 105:1-11, 45b or Psalm 128 OR 1 Kings 3:5-12 and Psalm 119:129-136
/ Romans 8:26-39 / Matthew 13:31-33, 44-52 (*written by Denise*)

Romans 8:26 *In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.*

This verse seems appropriate today. This is the first Nudge I have written since the passing of our Dear Deacon Bob. I found myself thinking and saying to others, "I don't have words." I have had the feeling of powerlessness with many tears and groans. Deacon Ducky (as we lovingly addressed him) was only in my life a short time, but I promise you this man of God has made an incredible impact on my life. He was a teacher and I paid close attention. I watched him and Deacon Carolyn in their loving relationship. I witnessed him with others. He was the real deal. When I spent time with him, I always left him knowing God loved me. I am a better person today, because of the blessing God gave me by bringing Deacon Bob into my life. I will continue to pray and trust the Spirit will intercede through my wordless groans.

Dear God, may your Spirit intercede on all whose lives were touched by Deacon Bob. Please hold Deacon Carolyn especially close in peace and comfort. Amen

(Editor's note: We write these Nudges anywhere from 2-3 months ahead of time, so Denise wrote these words in May.)

Monday, July 27th Joshua 24:16-33 / Psalm 56, 57 / Romans 16:1-16 / Matthew 27:24-31 (written by Denise)

Psalm 56:12 *I am under vows to you, my God; I will present my thank offerings to you.*

If we make a vow to God, it is different than making a promise to our friend. My hope is that we practice spiritual principles, and that when we make a promise, we do what we can to keep the promise. A vow to God is voluntary. They are ways we can express deep devotion, gratitude and praise. It is wise to understand what a vow is, and what it means to us before we take one. A vow to God, I read is binding. It is not optional. It is a moral obligation that must be fulfilled. Many of us took a vow in Baptism, and then in Confirmation. Several years ago I took a vow when I became a Daughter of The King which was an extension of my baptismal vows. The rule of service is that we can serve through any word or deed that is said or done with the sincere purpose of bringing a soul nearer to Christ. It is important daily to take a simple inventory to see if my heart is aligned with my vow to God.

Lord, you are our everything! Taking a vow to you is a privilege to be able to serve you in love and gratitude. Stand with me as I bring souls closer to Christ. Amen

Tuesday, July 28th Judges 2:1-5, 11-23 / Psalm 61, 62 / Romans 16:17-27 / Matthew 27:32-44 (written by Denise)

Roman 16:17 *I urge you, brothers and sisters, to watch out for those who cause divisions and put obstacles in your way that are contrary to the teaching you have learned. Keep away from them.*

Is there division in your church? Why in a church would there be division? A church is a place where all should be welcomed, loved and encouraged. Our judgements about certain people in the church should not guide us to cause division. Jesus' love should guide us. All of us have a part in the wellbeing of our church family as we grow closer to Christ and bring others closer to Christ. Are we working together for the good of the church so there is no division, or

do we have our own agenda? Do we treat each person with love and respect or just the ones we like? How could I participate to bring any division I see into harmony with my prayers, words and behavior?

Lord, please help us all to come together as one. Show us how to all work together so that together we bring your Kingdom here to our church. Thank you for our beautiful church families. Amen

Wednesday, July 29th Judges 3:12-30 / Psalm 72 / Acts 1:1-14 / Matthew 27:45-54 *(written by Denise)*

Acts 1:7 *He said to them: "It is not for you to know the times or dates the Father has set by his own authority."*

I heard something on Lectio 365, which is a daily prayer app I listen to, that really caught my attention. They were saying that God is our host. This is His world, His people, His church, etc. He has invited us to be a guest in His home. It seems a bit arrogant of us when we begin to complain about God's handy work. I am so guilty of this. God is the authority, and he has surrounded us with so much support and love. When we become aware of our arrogant thinking we can surrender and switch our thinking to remember God is our host. I know if you invited me to your house, I would be gracious. This attitude of graciousness and gratitude with the Holy Spirit working in us will prepare us for anything at any time.

Gracious God, you hold all authority. Help us to remember that it is your breath that sustains our lives as we live as guests on your earth. All Glory to you LORD GOD! Amen

Thursday, July 30th Judges 4:4-23 / Psalm 71 / Acts 1:15-26 / Matthew 27:55-66 *(written by Denise)*

Matthew 27:56 *Among them were Mary Magdalene, Mary the mother of James and Joseph, and the mother of Zebedee's son.*

The women showed up. I cannot say enough about the women in our church and how they show up. Sometimes it is easy to show up for the events in our lives. Sometimes it is more difficult. In this verse, Jesus is going to be placed in a tomb, and the women showed up. This is love. This is letting go of fear, acceptance, grief, not wanting to be there, but being there anyway. The best gift we can give anyone is our undivided attention, our presence and our time. May we learn from these ladies in the Bible, by their example how to show up for each other.

Jesus, I imagine these women told you they loved you. Knowing they showed up speaks volumes on the love they have for you. May we all learn from their example. Amen

Friday, July 31st Judges 5:1-18 / Psalm 69:1-23(24-30)31-38 / Acts 2:1-21 / Matthew 28:1-10 (written by Denise)

Acts 2:1 When the day of Pentecost came, they were all together in one place.

I am always in awe when people tell me stories of how God has worked in their lives. I call them “God kisses!” God uses everyone and everything to create these God kisses. When the Holy Spirit came to the apostles, they were all together and they all received the Holy Spirit, and they all began to speak in tongues as the spirit enabled them. I invite you to take a few moments and read Genesis 11:1-9. At Babel the people sought to make a name for themselves. God fractured their unity by giving them a language barrier that scattered them all over the earth. In Acts, God unites them in language so everyone, no matter what language you speak can understand the Gospel. He brought all together, in their diversity.

God, help us to slow down and not miss your God kisses that are around us every day. Amen

Saturday, August 1st Judges 5:19-31 / Psalm 75, 76 / Acts 2:22-36 / Matthew 28:11-20 (written by Denise)

Matthew 28:20 ...and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age.

We are so blessed to be living in this time on the earth. We have the Bible to learn from. We have Bible apps, prayer groups, cell phones, podcasts, Bible studies, churches, clergy, Facetime, etc. so that we can be taught and teach the Gospel. Jesus was with the disciples in his physical form. Because they obeyed his commands, we are obeying his commands and spreading the Good News today. I am so comforted by the last part of this scripture. “And surely I am with you always, to the very end of the age.”

Jesus, we are with you! Show us today who needs to hear about you and how much you love each of us. Amen

