

Nudges of the Spirit

Meditations for August 23rd to August 29th



Nudges of the Spirit is currently a ministry of Deacon Carolyn Quinell and Denise Bersos.
This week's selections have been written by Denise

Sunday, August 23rd Exodus 1:8–2:10 and Psalm 124 OR Isaiah 51:1-6 and Psalm 138 / Romans 12:1-8 / Matthew 16:13-20 (*written by Denise*)

Romans 12:2 *Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

The key in this verse is transformed. I went through a stage in my life where I read many self-help books. I tried harder and failed to get the results and joy I was longing for. I was very attached to the worldly treasures, and I just couldn't make things happen the way I wanted. So, I tried harder, read more, and worked more hours. When I came into a relationship with God, and surrendered my old ideas, and began working with spiritual principles, I was brought into a closer relationship with God. My mind had a completely different perspective than it did before God. I was transformed. Amen!

Dear God, we desire to live in your will. Transform and renew our minds. Amen

Monday, August 24th (St. Bartholomew) Deuteronomy 18:15-18 / Psalm 91 or 91:1-4 / 1 Corinthians 4:9-15 / Luke 22:24-30 (*written by Denise*)

Psalm 91:2 *I will say to the LORD, "He is my refuge and my fortress, my God, in whom I trust."*

Recently I took a "Surrender assessment" offered by a platform called "The Surrender Project" It was very enlightening for me. Surrender is fundamental in our relationship with God. Before I could ever surrender to God it was paramount that I grew in my relationship with God. How could I surrender my control, my agenda's, my relationships, etc. over to a God I did not trust? We have all heard the saying "Let go and let God." I began the process of letting go by practicing surrendering to the moment. I could do that. Then with Bible study, church sermons, prayer, meditation, practicing being present, and experiences, I could see God working in my life. During tragic times, my relationship with God had grown, and I began to be able to surrender and accept that God loved me and God is good, always. I could see God was right there with me. I continue to surrender today, as I know through experience that God is my refuge and fortress.

God, each time we surrender in an attempt to get closer to you, catch us, and love us. Amen

Tuesday, August 25th Job 6:1-4, 8-15, 21 / Psalm 5, 6 / Acts 9:32-43 / John 6:60-71 (*written by Denise*)

Job 6:14 *"Anyone who withholds kindness from a friend forsakes the fear of the Almighty."*

I know I am not going to like everyone, and everyone is not going to like me. The problem arises when an opportunity comes to be kind to someone I dislike and I withhold my kindness, I am now the problem, and I now have a deeper problem. I have withheld kindness before and all it does is closes my heart, If I close my heart to anyone, I block my relationship with God. I cannot afford to do that. The kindest thing I can do for others is to pray for them. Prayer is the bridge that reminds us that we are all the same. We are created equal and each of us are beloved children of God. My dislike of anyone is my pride, or self-righteousness. It is not of God. If I truly want to be healed from these defects, God can remove them.

God, you know our hearts. Remove anything that blocks us from being kind to all. Replace it with your love and grace. Amen

Wednesday, August 26th Job 6:1; 7:1-21 / Psalm 119:1-24 / Acts 10:1-16 / John 7:1-13 (*written by Denise*)

Acts 10:15 *The voice spoke to him a second time, "Do not call anything impure that God has made clean."*

I am not God. I don't get to decide who or what is unclean in his eyes. Even when I am studying, praying and thinking I am on the right track, I may not be seeing things clearly. I was thinking if I had a question-and-answer session with God, what would happen? Would his answers be different than what I thought he would say? One of my favorite songs is "I Can Only Imagine" by MercyMe. "Surrounded by your glory, what will my heart feel?" are some of the words to this song. I have developed precious times in my schedule to just sit and invite God in and to listen. By slowing down and being more present in the moment I have a much better chance to hear that still, small voice in me.

God, surround us with your glory, and continue to teach us to love, as you love. Amen

Thursday, August 27th Job 8:1-10, 20-22 / Psalm 18:1-20 / Acts 10:17-33 / John 7:14-36 *(written by Denise)*

Acts 10:20 *So get up and go downstairs. Do not hesitate to go with them, for I have sent them.*

The Spirit is speaking to Peter in this verse. Peter obeys and goes downstairs. I saw this funny video the other day. The girl in the video said the preacher's sermon was about when Jesus spoke to the demons, the demons obeyed him. The demons know the power that Jesus has. The girl said to herself, "Of course they obey, they should, period, amen." Then the preacher continued with the fact that when the Spirit speaks to us, we say things like: "Let me think about that for a minute. I am not sure I am ready, give me some time." This is where it got funny. The girl slaps her mouth, and her eyes are wide open and she says "Oh No! I am worse than a demon. I don't want to be worse than a demon. I love you LORD!"

LORD, remind us that when you speak to us to do something, that we will not be doing it by ourselves. You will give us strength and be right there with us. Amen

Friday, August 28th Job 9:1-15, 32-35 / Psalm 16, 17 / Acts 10:34-48 / John 7:37-52 *(written by Denise)*

Psalm 17: 7 *Show me the wonders of your great love, you who save by your right hand those who take refuge in you from their foes.*

All we need to do is look around and we will see the wonders of God's great love around us. Just in my own yard there are beautiful trees, and bushes that nurture flowers upon flowers. There are squirrels, geckos, bunnies, and all kinds of birds. Recently we have had a couple of owls and their two babies hanging around. I get so tickled when they are around and flying and hooting. I can feel God's love at any moment. These moments when I slow down and am in gratitude, I know I am safe and protected. God is everywhere always.

Lord, open our eyes to the love you have given us that is all around us. Amen

Saturday, August 29th Job 9:1; 10:1-9, 16-22 / Psalm 20, 21:1-7(8-14) / Acts 11:1-18 / John 8:12-20 *(written by Denise)*

John 8:12 *When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."*

Walking in the darkness is no fun. You can hardly see what is in front of you or behind you for that matter. I remember being a little girl and I was afraid of the dark. I could not sleep without the light on. Fear is not a healthy place for me to be in. In the 12 step programs they say fear stands for "Forget everything and run." That is not a way to live in peace. Jesus promises us that if we follow him, we will never walk in the darkness. He is the light of the world. With him we have the light of life. I am following Jesus today. Are you coming with me?

Jesus, you are truly the light of the world. We will follow you and live in the light. Amen

