

Nudges of the Spirit



Meditations for September 20th to September 26th

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, September 20th Exodus 16:2-15 and Psalm 105:1-6, 37-45 OR Jonah 3:10—4:11 and Psalm 145:1-8 /
Philippians 1:21-30 / Matthew 20:1-16 (*written by Denise*)

Matthew 20:15 *Don't I have the right to do what I want with my money? Or are you envious because I am generous?*

This parable has helped me whenever I think "That's not fair." Any of those low hanging fruits of jealousy, judgement, self-righteousness, bring me back to this story. Imagine addressing God with our, "it is not fair" attitude. Might we sound like spoiled brats? God can do whatever he wants with his generosity, at any time he wants. I am reminded quickly that I live in God's world, not mine. I am his guest here, and I am just visiting. I am here to serve, not to take, and hold tight onto because of fear.

LORD, thank you for the gifts you bestow upon each of us. May we be delighted in your generosity and celebrate with anyone who is a recipient of your generosity. Praise God!

Monday, September 21st (St. Matthew) Proverbs 3:1-6 / Psalm 119:33-40 / 2 Timothy 3:14-17 / Matthew 9:9-13
(*written by Denise*)

Proverbs 3:5 *Trust in the LORD with all your heart and lean not on your own understanding;*

That reminds me of the first time I heard the phrase "Our common sense will thus become uncommon sense." What in the world might this mean? Let's see if we can find an example. You have two sisters in the same house. Neither likes spinach. When it is on their plate, both of them use their common sense. One thinks, "I am going to mix it with my salad, so I won't taste it." The other thinks, "I better just eat it. I may get hungry and not get another meal soon." Each is using their common sense, but our common sense may not be someone else's common sense. The problem arises when we expect others to have our common sense and they have their own. So if we let go of our own understanding and trust in God, we will get a thought that may not be a common thought for us, but something much more inspirational that works for all.

LORD, you are the universal mind. May we trust that you will find a solution for our problems, by letting go of our own understanding and listen for you. Amen

Tuesday, September 22nd Esther 5:1-14 / Psalm 78:1-39 / Acts 18:12-28 / Luke 3:15-22 (*written by Denise*)

Esther 5:11 *Haman boasted to them about his vast wealth, his many sons, and the ways the king had honored him and how he had elevated him above the other nobles and officials.*

Have you ever been boastful and full of yourself? Or have you ever been the opposite and talk about yourself as if you are the worst of the worst? I can tell you I have done both of these and probably in the same hour. Pride and false pride are not in alignment with God's spiritual principles. We are all made in the image of God, and we are all equally important in God's eyes. Every treasure we have; our homes, our lives are all gifts from God. They could vanish any moment just as we could. It is imperative that we praise God, and be grateful so we don't fall into these potholes of thinking that make us think we are the greatest, or the worst.

All Glory to you Lord Christ! May we remain humble and grateful in your presence. Amen

Wednesday, September 23rd Esther 6:1-14 / Psalm 119:97-120 / Acts 19:1-10 / Luke 4:1-13 (*written by Denise*)

Acts 19:6 *When Paul placed his hands on them, the Holy Spirit came on them, and they spoke in tongues and prophesied.*

Let's spend some time with the Holy Spirit today. What is your relationship with the Holy Spirit? When I think of the Holy Spirit, I think of fire and wind. To me the Holy Spirit is an energy that flows and is not stagnant in any way. Standing in the wind, in the quiet of my mind I can feel the Holy Spirit brush over my arms and my face. Sometimes I can smell the Holy Spirit when I am in gratitude, transmitted like the fragrance of a flower. I ask the Holy Spirit to write these nudges as I type. The Holy Spirit is with us if we ask.

Come Holy Spirit, Come. Live in us and through us. Amen

Thursday, September 24th Esther 7:1-10 / Psalm 116, 117 / Acts 19:11-20 / Luke 4:14-30 *(written by Denise)*

Psalm 116:2 *Because he turned his ear to me, I will call on him as long as I live.*

I pray that each of you has a friend that just listens to you. They don't interrupt and begin talking about themselves. They really genuinely enjoy being present and listening to what you have to share. They don't try to fix you or offer suggestions about anything unless you ask. When you talk with them you feel safe and loved. Because they listen, they understand you more than others might. They don't judge, but support. They truly care and want to be a part of your life. For me Jesus is this kind of friend.

Jesus, we call on you as you always listen, and you love us dearly.

Friday, September 25th Esther 8:1-8, 15-17 / Psalm 88 / Acts 19:21-41 / Luke 4:31-37 *(written by Denise)*

Acts 19: 32 *They were amazed at his teaching, because his words had authority.*

When I go to church it is a time to worship and praise God. When the service starts, I know it is a sacred invitation to come closer to God and to incorporate his word into my heart and understand with my mind. I am drawn to being very present during the service. When the readings begin, I can hear the authority in the words. Each reader practices their readings, and through them the word is spoken out loud. The Gospel teachings help me to bring the word into my present-day experiences. We are guided and loved by a powerful God that does not leave us.

Lord, Thank you for your word. May we all transform by the authority that is in your word. Amen

Saturday, September 26th Hosea 1:1–2:1 / Acts 87, 90 / Acts 20:1-16 / Luke 4:38-44 *(written by Denise)*

Luke 4: 43 *But he said, "I must proclaim the good news of the kingdom of God to the other towns also, because that is why I was sent."*

Could this be true for all of us? This week we are smack dab in the middle of Vacation Bible School. What an honor for us that we get to share the good news with all these kiddos. Many are not from our church. It is such a joy to watch the Holy Spirit come alive in all the helpers as well as the children. This is just one example. Every encounter we have is an opportunity to share the good news. We have Christ in our heart and we must take this message from our church to others at all times. The good news is always the solution to all people.

Lord, be with us in spirit as we meet people during our day. Let us not miss an opportunity to share the good news with others. Amen

