

Nudges of the Spirit



Meditations for April 5th to April 11th

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, April 5th Acts 10:34-43 or Jeremiah 31:1-6 / Psalm 118:1-2, 14-24 / Colossians 3:1-4 or Acts 10:34-43 / John 20:1-18 or Matthew 28:1-10 *(written by Denise)*

Acts 10:40 *...but God raised him on the third day and allowed him to appear...*

Happy Easter! We have the risen Christ in us all this morning. We have come through Lent, Good Friday, Holy Sat., and we are here on Easter morning celebrating the resurrection together! God doesn't die. He has led us all the way through the story promising us eternal life. The sacrifice that Jesus made for each and every one of us is pure love. Today is not the end of the story, but the beginning of our story in Christ. What is God whispering in your ear to renew your heart and reignite your love story with him?

Jesus, appear to each of us with a gentle whisper to follow you. Come and see! Amen

Monday, April 6th Acts 2:14, 22b-32 / Psalm 16:8-11 or 118:19-24 / Matthew 28:9-15 *(written by Denise)*

Psalm 118:24 *This is the day that the LORD has made; let us rejoice and be glad in it.*

Oh this season of resurrection! Every morning the sun is resurrected in the sky. This by the way is the same sun that God spoke into existence in Genesis. God put the breath of life into each one of us, and we have all lived on the same earth, with the same sun and moon since the beginning. Our foundation is so solid. God made us in his image and gave us everything we need today to rejoice and be glad in. This day, with all of its minutes and seconds was made just for us. Praise God!

God, you created all, and you said it is good. May you hear us rejoice in this day! Amen

Tuesday, April 7th Acts 2:36-41 / Psalm 33:18-22 or 118:19-24 / John 20:11-18 *(written by Denise)*

Acts 2: 38 *Peter said to them, "Repent, and be baptized every one of you in the name of Jesus Christ so that your sins may be forgiven; and you will receive the gift of the Holy Spirit."*

Repent-Change the way you are thinking. Most of our problems begin with the way we think about something. We all have heard that saying "Are you looking at things with a glass half full or a glass half empty?" Do you view the world with optimism or with negativity? I think this scripture is telling us that we need to go much deeper in truth and completely change the way we have been thinking and surrender to the love and power of our savior Jesus Christ. We are invited to change the way we think about our sins now, as we have been forgiven and we must forgive ourselves in order to make room for the gift of The Holy Spirit to dwell within us and change our hearts forever.

Lord Jesus, thank you for sending us the gift of The Holy Spirit to dwell within us through baptism in your name. May we be present and begin to think by listening to the voice of The Holy Spirit. Amen

Wednesday, April 8th Acts 3:1-10 / Psalm 105:1-8 or 118:19-24 / Luke 24:13-35 *(written by Denise)*

Psalm 105:7 *Sing to him, sing praise of him; tell of all his wonderful acts.*

Do you ever get in a mood? It feels like the sky is falling, and nothing is right. The only way I have found myself navigating out of these moods is with a lot of prayer and action. "Move a muscle, change a thought." Singing a prayer, or listening to a good Christian song can shift the energy. Once the energy has shifted then gratitude is my go to. I have so many reasons to be grateful. God is so good always! Praising God is key to my wellbeing.

Lord, may you hear our prayers and songs as we rejoice together in your love. Amen

Thursday, April 9th Acts 3:11-26 / Psalm 8 or 114 or 118:19-24 / Luke 24:36b-48 *(written by Denise)*

Luke 24:45 Then he opened their minds so they could understand the Scriptures.

When studying the Scriptures it is important that we ask God that our minds and hearts be open to understand the truth as it was meant to be, not how we think it is. I have found that understanding the history, culture, the laws and the geography of when and where the scriptures are written is foundational. Our value systems today can be different than the value systems back in the days. After all they did not even have TVs or cell phones. The one thing in common is our love for God, and enjoying a relationship with him by getting to know him through scripture. God will open our minds to the richness of the scriptures, and we can share with others.

God, we come to you and ask that you open our minds to your word. Be with us through our day and let your light shine through us to all we meet. Amen

Friday, April 10th Acts 4:1-12 / Psalm 116:1-8 or 118:19:24 / John 21:1-14 *(written by Denise)*

John 21:13 Jesus came, took the bread and gave it to them, and did the same with the fish.

Recently I have had a few epiphanies as Jesus comes back and is with the disciples, after he was resurrected. This week I have been studying Luke with a friend and in Luke 24:30 “When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them.” In Luke it says their eyes were opened and they recognized him, and he disappeared. In John they knew who he was already. Each of these times he breaks the bread and gives it to them. My epiphany is that Jesus was in the bread before he was hung on a cross, and Jesus is in the bread after the resurrection. He shows us this!

Jesus, thank you for showing us the truth in your word. Amen

Saturday, April 11th Acts 4:13-21 / Psalm 118:14-18 or 118:19-24 / Mark 16:9-15, 20 *(written by Denise)*

Acts 4:20 As for us, we cannot help speaking about what we have seen and heard.

Peter and John are speaking about Jesus, letting the crowds know that salvation is found in Jesus only. The Sanhedrin wants to stop “this thing” from spreading further. Peter and John have a living relationship with Jesus and are filled with the Holy Spirit. They are full of courage, and they are willing to go to any length to serve God, and not man. How brave are we? How bold are we with the truth? “This thing” has spread all the way into 2026. If we are lacking in courage, that is alright. We just need to be aware of the truth that we lack courage, and make a decision to move closer in relationship with God.

God, thank you for working with John and Peter’s to spread the word, so that we have it today. Amen

