

Nudges of the Spirit



Meditations for April 19th to April 25th

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 19th Acts 2:14a, 36-41 / Psalm 116:1-3, 10-17 / 1 Peter 1:17-23 / Luke 24:13-35 *(written by Denise)*

Acts 2:38 Peter replied, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit."

Sounds like a good trade to me. Peter is telling us exactly what we all need to do, and what we will receive. In Acts 2:36 Peter tells us that God has made Jesus, whom we crucified, both Lord and Messiah. The people want to know what they should do, and Peter gives them clear-cut instructions. These instructions were for back in those days, and these instructions are for today also. Please, if you have not been baptized, or not sure if you ever were, and want to live your life with the gift of the Holy Spirit, pray about it, and let us support you on this journey.

God, place us who live with the gift of the Holy Spirit in the lives of those that desire a relationship with you in your kingdom. Amen

Monday, April 20th Exodus 18:13-27 / Psalm 25 / 1 Peter 5:1-14 / Matthew (1:1-17); 3:1-6 *(written by Denise)*

1 Peter 5:2 *Be shepherds of God's flock that is under your care, watching over them-not because you must, but because you are willing, as God wants you to be; not pursuing dishonest gain, but eager to serve:*

This scripture invites me to look within and check my motives. What could pursuing dishonest gain possibly mean and why would I do that? If I don't ask these hard questions of myself then I could be behaving in this manner and not be aware of it. Do I serve eagerly or am I serving because I think it is required? Do I serve so I can check off the box that I did my duty? Do I serve with the attitude of, if I don't do it nobody else will? Do I serve because I want to be in control and I have an agenda? You might think of a few other tough questions like these to ask. It is good for our spiritual wellbeing to sit with these questions and be honest. That way we can accept the truth, ask God for forgiveness, repent and get back to serving eagerly with love.

Lord, thank you for the gift of self-reflection. Continue to teach us to be honest with ourselves in order to serve you in your Glory! Amen

Tuesday, April 21st Exodus 19:1-16 / Psalm 26, 28 / Colossians 1:1-14 / Matthew 3:7-12 *(written by Denise)*

Exodus 19:8 *The people responded together, "We will do everything the LORD has said." So Moses brought their answer back to the LORD.*

There have been several times in my life that I have said "I am going to shape up and do everything the LORD has said." It may be because I wasn't feeling well, or I listened to a sermon that touched my heart, and I could see the places in my life where I was lacking. I am all in. Then life happens, and I forget and go back to my old habits. This happens to the people all through the Bible. Maybe this is a way to show us that the spiritual journey is not an easy one, and we have to be disciplined and consistent to follow the path God has laid in front of us. The great news is God consistently stays with us, and is right there with us.

LORD, may the times we forget get less and less, so that we are following your word. Amen

Wednesday, April 22nd Exodus 19:16-25 / Psalm 38 / Colossians 1:15-23 / Matthew 3:13-17 *(written by Denise)*

Colossians 1:17 *He is before all things, and in him all things hold together.*

I invite you to just sit down for a few moments. Take a couple of deep breaths and get real present. Thank God for his word, and read the above scripture several times and just be still with it. Jesus is the alpha and the omega! What came to my mind was super glue. Glue holds anything it is in contact with to it. Jesus's love is the glue that holds us in him. Remember that song: "He's got the whole world in his hands." I feel so much more comfort knowing I am glued to Christ in him, rather than in his hands where I might fall off. That's just how my brain works. What are your thoughts?

Jesus, knowing we are all held together in you proves we are the body of Christ. May we rejoice in this knowledge! Amen

Thursday, April 23rd Exodus 20:1-21 / Psalm 37:1-18 / Colossians 1:24–2:7 / Matthew 4:1-11 *(written by Denise)*

Matthew 4:10 *Jesus said to him, "Away from me, Satan! For it is written; 'Worship the Lord your God, and serve him only.'"*

The next line says that then the devil left him, and angels came and attended him. These are some powerful words and instructions. They have so much power that the devil walks away and the angels move in. When we are attached to people, places and things, we tend to begin to do all the right things for the wrong reasons. Worry, control and fear have a way of slipping through the cracks. We must rebuke them and stay close to our Lord at all times. Most of us do not set out to worship Satan, but sometimes things come before the Lord, and our priorities can become unbalanced. Jesus tells us exactly what we are to do in those times. We have such an opportunity to learn from Jesus through his humanity.

Lord Jesus, may we follow you and learn from your experiences and your words. Amen

Friday, April 24th Exodus 24:1-18 / Psalm 105:1-22 / Colossians 2:8-23 / Matthew 4:12-17 *(written by Denise)*

Psalm 105:1 *Give praise to the LORD, proclaim his name; make known among the nations what he has done.*

I certainly do not have a platform to speak to the nations. The Daughters' of the King motto is: "For His Sake...I am but one, but I am one. I cannot do everything, but I can do something. What I can do, I ought to do. What I ought to do, by the grace of God I will do. Lord, what will you have me do?" Sometimes I get overwhelmed in my thinking, that unless I do something in a big way it won't matter. It does matter! Our stories can touch someone in a way you might never know. Mother Teresa said: "We cannot do great things. Only small things with great love." Our praise for God and let us remember our actions do matter!

LORD, plant that seed in us, and give us strength to begin whatever it is you have for us to do. Amen

Saturday, April 25th (St. Mark the Evangelist) Isaiah 52:7-10 / Psalm 2 or Psalm 2:7-10 / Ephesians 4:7-8, 11-16 / Mark 1:1-15 or Mark 16:15-20 *(written by Denise)*

Mark 1:11 *And a voice came from heaven; "You are my Son, whom I love; with you I am well pleased."*

The verse before this one shared that when Jesus came out of the water after being baptized the heavens tore open and the Spirit descended on Jesus like a dove. I never knew this until I was in Bible study recently, that this is one of the few times we have The Father, The Son, and The Holy Spirit all together. Now that is a great moment in history. It is so beautiful how God introduces his Son, with such intimacy. How do you feel when you know God is pleased with you? Jesus is divine and human in this moment. What a glorious celebration of what is!

Father, Son, and Holy Spirit, be with us today, in all we do and say. Amen

