

Trinity

*“Trinity” – an idea the early church came up with to describe how we experience God:
God revealing Godself in three ways – as Father, Son & Holy Spirit.*

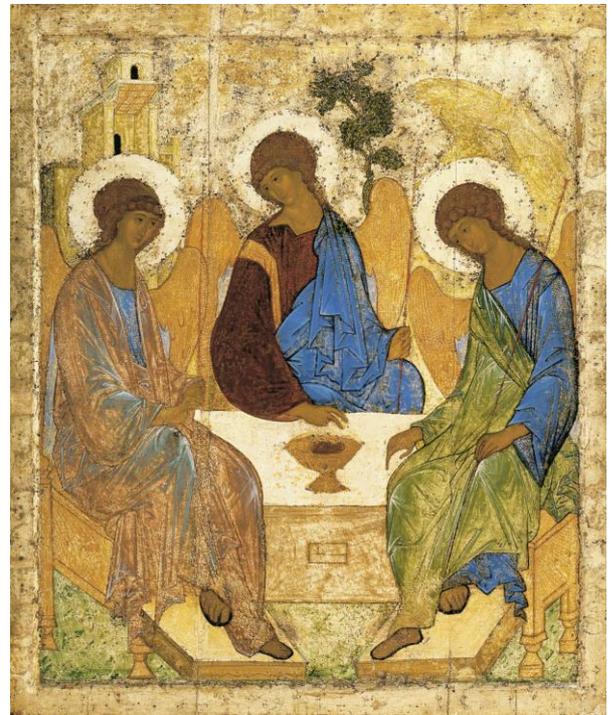
- We experience God as “beyond” us – source of life & energy behind the whole universe, beyond everything but in everything *God as Creator, Father/Mother of all*
- We experience God as “beside” us - Jesus as friend, companion & saviour walking alongside us *God as Jesus Christ, Son of God*
- We experience God as “within” us – the power of God working in our lives, giving strength, peace & love for others *God as Holy Spirit, sustainer of life*

This idea of a threefold way of knowing God is captured in a picture - an icon by Rublev:

God is shown as a relationship of three persons (Father, Christ, Holy Spirit).

In a circle where all are equal & belong to one another; each looking lovingly at the others: the love flowing ceaselessly.

The circle is not exclusive – there is a space at the table that invites us in to join the circle and be transformed by their love



Prayer (Elizabeth Baxter)

Gentle God, close to me, hold me in your love, bring strength when I feel weak, bring courage when I feel despair, bring peace when I feel afraid.

Jesus, healer, be my companion through my pain, hold my hand through suffering, walk beside me to steady me, before me to guide me, behind me lest I fall.

Compassionate Spirit, alert me to your call, inspire me to share your passion, your wisdom, your justice, to bring healing to the world. Amen

Action

In a quiet space when you have a few moments to be still, sit with this picture of God. Imagine yourself invited into the space at the table: What do they say & what do you say? How does the conversation go? And how does it feel to be there?