



Praying the Scripture - a few simple steps at home Sunday 7th June 2020

1. Start with stillness and quietening down; then gently read the passage, noticing any feelings and connections to your own experience.
2. Read the passage again and spend understand. *The notes in your Bible may be of help at this point.*
3. Read the passage a third time - wondering how you yourself might pray the text over the next few days.
4. Over the next week, set aside times to come back more than once to the passage. You could read it all or part of it again, slowly. Perhaps there is a special word for you in this passage of Scripture? Keep this word or phrase in your thoughts and gently repeat it, bringing it to mind and allowing God to speak to you in your heart.
5. Finally, come back to the text to conclude: What is God in this scripture asking of you this week? What is the one challenge, one little change you are asked to make or the thing you have been asked to do? Then say a prayer of thanksgiving for the good news in the passage. End in quiet prayer.



THIS SUNDAY'S GOSPEL – John 3:16-18 “Trinity Sunday”

John 3:14 And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, 15 that whoever believes in him may have eternal life.

John 3:16 “For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

John 3:17 “Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

18 Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God.

19 And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil.

20 For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. 21 But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God.”

A Short Thought

The Trinity is not first of all a puzzle, which in principle could be solved, but rather a mystery, a relationship which is not said but lived, never exhausted and only inadequately spoken of in words. This is true of any of the significant relationships in our lives and true, therefore, all the more so of God. Within the mystery of that relationship, we recognise God, from whom we come, in whom we live and move and have our being. We recognise the Son, the way, the truth and the life. We recognise the Spirit, who helps us to pray when we do not know how to pray as we ought. The Trinity is the unique relationship of creative love that exists between the Father, Son and Holy Spirit. Through the gift and grace of our baptism and confirmation we are personally invited to be part of this dynamic and life-giving union. We are made in the image of likeness of a triune God who is not remote or distant, but God who became flesh and now lives amongst us. We are created in the image of God the Father who creates us, of Jesus the Son who saves us and the Holy Spirit who continues to strengthen us. As we celebrate this wonderful feast, we pray that each of us will continue to be blest in the name of the Father, the Son and the Holy Spirit. Amen.

SOME POINTERS FOR PRAYER

1. ‘For God so loved the world that he gave his only Son God gave his son’. We believe that God intervened in human history and gave his only son to show that his attitude to us is that of a loving parent. God loves the world, loves each one of us, loves me. Do I truly believe this?
2. Love is the whole message of Jesus, expressed in his words and embodied, directly or indirectly, in the whole of his life. As one theologian has said about his message, 'There just isn't anything else'.

When and how do I experience this love?

3. Love gives life and to truly give love can come at a cost ourselves. The true life-givers know that they need the generosity of being lifted up by giving their lives so that others may have life. When you have had that generosity? Give thanks for others who selflessly shown love for you, your community.
4. People loved darkness rather than light...so that their deeds may not be exposed. Judgment and condemnation are very inhibiting forces and we easily slip into them. Occasionally we meet someone who is non-judgmental, who does not come into the world to condemn the world but in order that the world might be saved. What has it been like for you when you met a non-judgmental person? What has it been like for you, and for other people, when you have been able to adopt a non-judgmental approach them?

Prayer -

Merciful and gracious Father, you showed the fullness of your love when you gave your only Son for our salvation and sent down upon us the power of your Spirit.

Complete within us the work of your love, that we who have communion in Christ may come to share fully the undying life he lives with you, in the unity of the Holy Spirit, God for ever and ever. **Amen**

Prayer in these uncertain times

We pray for all those in our country and throughout the world suffering from the Corona Virus. May its victims and their families be strengthened by the support of our community of faith and restored soon to full health. We also pray for our leaders and medical personnel who deal with the virus. May we keep calm and may we join together in solidarity with care and compassion to tackle this emergency. This we ask in confidence through Christ Our Lord. Amen

