



Praying the Scripture - a few simple steps at home Sunday 30th May 2021

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 – Matthew 28:16-20 “Trinity Sunday”

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshipped him; but some doubted. And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.'

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. These are Jesus' last words, his final commission. The eleven poor fishermen, still shaken by the experience of the crucifixion, must have listened with astonishment. “Make disciples of all nations” -- when we barely know one language and are most of us good only for fishing! But they started where they were, in Jerusalem. God asks us to start from where we are and it is here that He is with us. It is from here that he asks us to be and show this message of love. 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. There were some among the disciples who doubted, yet Jesus seems to have spoken to them all.

Jesus sends me, recognising my hesitations and weakness. He loves and trust me in my brokenness – Spend a moment placing all your fears, worries and concerns in to God’s hands.

5. Jesus told his disciples that although he would not be physically with them he would be with them in a new way right through life. Have there been times when you were reassured by the love and support of another even though s/he was not physically present with you? What are the things that help you to be aware of the presence of Jesus with you on life’s journey?

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

