

‘Worship at home’ May 31st 2026



Today is **Trinity Sunday**
in the Church's liturgical year,
as we consider the revelation of God as Creator,
Redeemer and Sustainer. You might bring with you a pen/pencil
and paper as an aid to prayer and reflection.

Opening:

God, our Creator, Father, Mother, Source of our lives

You formed us and all things in love.

Jesus, our Saviour, Messiah, Redeemer, Brother, Friend.

You bring wholeness and life.

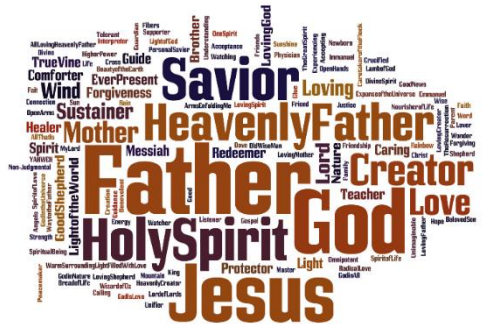
Holy Spirit, Breath of Life, Helper, Sustainer.

You shape us, guide us, inspire us.

Divine Mystery, Trinity, known by many names,
you are more than we can ever imagine.

**Gather us, in love, as we seek
to worship, to follow, to live in you. Amen!**

Do you have a nickname? What do your closest friends call you? Your family? Are you a daughter? Father? Friend? Grandmother? We each have various ways in which we are known by those around us, according to our relationship with them.



Reflect on some of the names and images we use for God.

How many can you think of?

Write them on your piece of paper.

As you do so, think about what each one says about the nature of God.

Which of these names or images do you relate to best?

Which do you struggle with?

**What might this say about
what is important in your relationship with God?**

Since the beginning of time people have wrestled with questions such as “Who is God?” “What is God like?” “How can we know God?” The word ‘God’ is not a name, but a generic term for a spiritual being. However, what we mean by this word matters, as the images and pictures it creates for us shape how we see God, and how we relate to God.

Scripture uses many words and images for the revelation of God in the world. Each captures a different aspect of who God is, and what God means. The truth is that God is too vast to define or imagine, but in each of these names and images we can grasp a little of God and of God’s limitless love for us.

Nowhere in the Scriptures is the doctrine of the Trinity mentioned. For the ancient Israelites, the mystery of God was so sacred that God’s name was not to be written in full. They used images such as Lord, shepherd, potter, creator, judge, to describe aspects of God’s nature. We see more clearly who God is in Jesus, revealed as Saviour, Redeemer, love. And Jesus affirmed that God’s presence would remain with his followers as Spirit, Advocate, comforter, guide and teacher.



<https://www.immanuelbirmingham.com/blog/trinity-g3mwm>

Names and images tell us something of God, but there is no one name or image that can possibly tell us everything about God. God is always much more than any description, name or image. It might be helpful for us to remember that God is not physical being: God has no form. Rather, God is the ground of our being, the wind beneath our wings, the lifeblood in our veins. Perhaps all we can do is express God in terms of our experience of and our relationship with God.

You are the thought before I speak
You are the urge before I sing
You are the nudge before I act
You are the spring before I walk
You are the prayer before I sleep
You are the dawn before I wake
You are the breath before I live.

God is Source.

God is Life.

God is Love.

- Val Webb

Like Catching Water in a Net:

Human Attempts to Describe the Divine

*Trinity leads you into the world of mystery and humility
where you cannot understand, you can only experience.*

- Richard Rohr

We cannot fully explain or understand God, but we can know God through our experience of God in our lives. It might be easier to understand the doctrine of the trinity if it is not heard as a dogmatic factual statement, but an expression of the truth of relationship. Father, Son and Spirit are one, held together in love, and we too are invited into this relationship, into the presence of God, to live in God, one with God, in love. And we are called to share that mystery of love with others.



*Design: Beyer Studio, 'Trinity Window,'
Saint Gabriel of the Sorrowful Mother,
Avondale, Pennsylvania*

Matthew 28:16-20

The eleven disciples went to the hill in Galilee where Jesus had told them to go. When they saw him, they worshiped him, even though some of them doubted. Jesus drew near and said to them, "I have been given all authority in heaven and on earth. Go, then, to all peoples

everywhere and make them my disciples: baptise them in the name of the Father, the Son, and the Holy Spirit, and teach them to obey everything I have commanded you. And I will be with you always, to the end of the age."

Good News Bible

When Jesus' time of ministry on earth was finished, he emphasised the continuing presence of God in the world, and commissioned his followers to continue to spread this good news, so that others too will come into a relationship with God and experience the mystery of God's love and grace.

Prayer

Abba, Father, Mother, Creator—
we call You by many names,
but the names we choose
show our relationship with You.



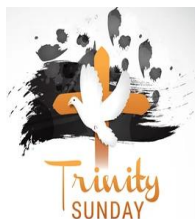
We desire to draw closer to You, O God.
We desire to hear Your voice above the chatter of the world,
to know Your ways and to walk in them.

Spirit of Life, Wind and Breath among us,
we feel You move through us,
guiding us on our journey,
inspiring us to share Your love with others.

Jesus, the Christ, the Savior of us all,
our Brother and Friend,
we desire to walk in Your ways
and to love one another as You have first loved us.

Triune God,
we desire to relate to You and to each other more fully,
so that we might draw into the depths of Your love,
first glimpsed at creation,
when Your voice called us and the earth
forth out of darkness into Your light.
Continue to call us, guide us and lead us
into this world and beyond. **Amen.**

— Rev Mindi's [Rev-o-lution](#) blog



Closing

May the grace of our Lord Jesus Christ,
the love of God,
and the fellowship of the Holy Spirit
be with you, now and always.
Amen.