

# Praying the Scripture - a few simple steps at home

## Sunday 12<sup>th</sup> June 2022 – Trinity Sunday

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 16:12-15 “Trinity Sunday”**

*Jesus said, 'I still have many things to say to you, but you cannot bear them now. When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own, but will speak whatever he hears, and he will declare to you the things that are to come. He will glorify me, because he will take what is mine and declare it to you. All that the Father has is mine. For this reason I said that he will take what is mine and declare it to you.'*



### **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. Wisdom about life comes slowly and sometimes painfully. Hearing the 'right' answer at the 'wrong' time does not help us. We need to be ready and open to receiving the truth if it is to have any impact. Perhaps you can recall some occasions when it was the 'right' time for you to learn a truth about life. Remember your experiences of growing in understanding and truth.
2. I hear Jesus say that he has much more to say to me. How do I feel about that? Am I, perhaps, afraid of what Jesus might ask of me? Am I afraid to listen to him, in case I hear something I don't want to hear? I ask the Holy Spirit to guide me into the truth, and to help me to trust that what Jesus wants will always be life-giving for me.
3. 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?

4. 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.
5. 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*

*We pray for Ukraine. For all of humanity distorted by war. For all the lives lost, homes seized, and peace broken. May the Spirit of comfort and compassion envelop all who dwell in fear. May peace prevail and justice reign. May love always be the guide and measure of our actions and responses. Amen*

