

Service for Week May 20 -26<sup>th</sup> May  
2024 Trinity Sunday by Chaplain Andy



**Andrei Rublev's  
Icon (1425)  
depicts the three  
angels who visited  
Abraham, but the  
painting is full of  
symbolism and is  
interpreted as an  
icon of the Holy  
Trinity.**

**Our Opening Prayer.**

Almighty God, beyond all space and time, greater than our minds can grasp, we worship you.

We worship you as the God made known in Jesus Christ- a God who loves us as a father loves his children.

We worship you as the God we experience within us- firing our imagination, and setting our hearts aflame through your Holy Spirit.

**Amen**

Prayer inspired by Prayerfully Yours by Nick Fawcett

***The Lord's Prayer***

*Our Father who art in heaven,  
.....Amen*

**Bible Reading Romans 8:18-26**

Paul says - I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. The creation waits in eager expectation for the sons of God to be revealed. For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope that the creation itself will be liberated from its bondage

to decay and brought into the glorious freedom of the children of God.

We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons, the redemption of our bodies.

For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what he already has? But if we hope for what we do not yet have, we wait for it patiently. In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express.

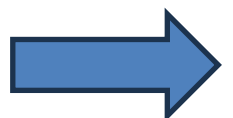
And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will.

Holy words, Holy wisdom ,

**Thanks be to God**

**Reflection.**

Last week it was Pentecost –when we heard how God's Holy Spirit came down on the disciples and the followers of Jesus in the upper room where they were meeting. This coming Sunday is Trinity Sunday when we celebrate the three aspects of God – we talk about those aspects in our services and in our prayers when we say:



God the Father, God the Son, and God the Holy Spirit. These are the three aspects of God – but at the same time God is one.

I always found this hard to understand –how can one God be three things at the same time? Well I have always found this way of thinking about it helpful. Think about water – Water is one thing isn't it but when it is frozen it becomes -? Ice. and when it is heated up it becomes what - ? Steam. Three things water, ice and steam but still essentially the same thing. It is the way I have demonstrated it in a children's talk using a bowl of water, a kettle and a block of ice!

And so, there are three aspects of God. We have God the Father – God who we read about in the Old Testament and God who Jesus prays to in the New Testament in the Bible. Then we have Jesus –who is God who came to us in human form through Jesus Christ- God the Son. Then there is God's Holy Spirit and we heard how that Spirit came at Pentecost and is now here within us all - God the Holy Spirit.

Some other faiths reject this way of thinking about God – they say –no there is only One God – but as Christians we also believe there is only one God –but there are these three aspects to God. And that is good and

important to us because in God the Father, as we read in the bible, we can learn about God, God's creation of the earth, God's creation of us and his relationship with people going back thousands of years through history.

We also learn more about God and his relationship with us –in a very personal way through his Son Jesus Christ, who was both human and divine, through the New Testament Gospels which tell us about Jesus's life 2000 years ago.

But what is really important is the fact that God's Holy Spirit is with us now –it is within each of us today. It is what Jesus said that God would send to us – it is like having Jesus' presence with us all the time – it helps us, it guides us and it gives us comfort when we are depressed or when we are sick. As the apostle Paul writes ' , the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. The Spirit lifts us up and can restore us – because it is God's Holy Spirit of love that is within us all. **Amen**

### Closing prayer

Love of the Father, flow through my veins. Goodness of Christ, pulse through my body. Power of the Spirit, flow through my soul. Wonder of God, resonate through my mind. Glory to you, O God, Father, Son and Holy Spirit, now and for all eternity. **Amen**