



Our Opening Prayer.

Loving, Father God, beyond all space and time, ruler over all that is and has been and shall be, we worship you.

We worship you as God made known to us in Jesus Christ through his life and teachings and loving relationship with us.

We worship you as God we experience within us, who sets our hearts aflame and guides us through your Holy Spirit.

. **Amen**

The Lord's Prayer

Our Father who art in heaven,
hallowed be Thy name,

Thy kingdom come,

Thy will be done,

on earth, as it is in heaven.

Give us this day our daily bread;

and forgive us our trespasses

as we forgive them who trespass
against us.

And lead us not into temptation,

But deliver us from evil.

For Thine is the kingdom,
the power and the glory
for ever and ever.

Amen

Bible Reading Mathew 28:16-20

Then the eleven disciples went to
Galilee, to the mountain where Jesus

had told them to go. When they saw
him, they worshiped him; but some

doubted. Then Jesus came to them
and said, "All authority in heaven and
on earth has been given to me.

Therefore, go 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 I have commanded you.

And surely, I am with you always, to
the very end of the age."

Amen.

Reflection

Following Jesus' resurrection, he
instructs the disciples to go to a
specific mountain in Galilee and wait
for him there. Jesus was in effect
returning to the place where he had
started his ministry. There he instructs
the disciples to tell everyone about his
life and his message and to carry
forward his ministry when the time
comes that he will leave them. We
read that some doubted him, but we
are not sure if these were perhaps
disciples who hadn't seen him after his
resurrection.

To reassure them that he really had
come back from the dead he says that

through the authority given by God, he asks them 'in the name of the Father and of the Son and of the Holy Spirit' to continue his ministry, preaching baptizing and teaching. This act by Jesus has come to be known as 'The Great Commission' because he was commissioning them to continue his mission in his name.

This Sunday it is Trinity Sunday when we particularly remember the three aspects of God - the Holy Trinity -the Father, the Son and the Holy Spirit'. Some other religious faiths insist that there is only one God. But followers of Christ also believe there is one God but believe that God has these three aspects - God the Father, God the Son, and God the Holy Spirit as Jesus taught.

Over the page is a picture of a famous Russian Icon by Rublev. This depicts the three angels who visited Abraham at the Oak of Mamre (Genesis 18:1–8), but the painting is full of symbolism and is interpreted as an icon of the Holy Trinity. This represents the Holy Trinity as the embodiment of spiritual unity.

What is unique about our Christian faith is that we believe that Jesus was, as he told the disciples on that mountain, God in the form of man – God the Son. Why was that important? It important because that is how, by God's design, God the Father who until

Jesus came was thought to be unapproachable, on a higher level than humans and above all things, was to enable us all to have a close personal relationship with God the Father through Jesus Christ -God the Son. This was made possible through the fact that Jesus lived a human life sharing human relationships and emotions similar to our own. Because Jesus suffered and was rejected towards the end of his life here, we know that God understands the times when we suffer in our lives and he is with us through those times.

Unlike for the disciples on that mountain in Galilee Jesus is not here in person. But as we have known from the time of Pentecost, and as we remembered last week, he sent God's Holy Spirit to help and guide us – God the Holy Spirit.

Amen

Closing prayer

A hymn we often sing in church on Trinity Sunday is Holy, Holy, Holy by Reginald Heber the last verse of which is:

Holy, Holy, Holy!

Lord God Almighty!

All thy works shall praise thy name,

In earth, in sky, and sea;

holy, holy, holy!

Merciful and mighty!

God in three persons,

Blessed Trinity!

Amen

Prayers inspired by Prayerfully Yours by Nick Fawcett