

# Trinity Sunday

## **Prayer**

God of mystery and nearness,  
before words and worlds, you are.

In the making of light and land,  
in the breath that stirs the deep,  
you call life into being.

In Jesus Christ,  
you meet us face to face –  
mercy with skin,  
love that acts with courage.

In the Spirit,  
you move through what we cannot name,  
strengthening the weary,  
opening the closed places of our hearts.

Make us a people who live your life:  
creating room, practising justice,  
and blessing the world with kindness.

## **Created and Sent**

Trinity Sunday does not ask us to solve God like a puzzle. It invites us to notice how God meets us: creating, companioning, and animating; beyond

us, beside us, within us. We are held by a love that makes room for the world, makes room for people, and then sends us to make room for others – not with domination, but with presence, courage, and joy.

### **Threads to explore**

- Wonder and humility
- Blessing and belonging
- The nearness of God
- Being sent with love

### **Context**

Genesis opens with God bringing creation into being – not through violence, but through word, breath, and generous ordering. Psalm 8 marvels that the Maker of the heavens notices fragile humanity and entrusts us with care of the earth. In 2 Corinthians, Paul closes with a brief blessing of grace, love, and communion. Matthew’s Gospel ends with the risen Christ meeting the disciples on a mountain, naming their mixed worship and doubt, and sending them to make disciples with the promise of Christ’s continuing presence.

### **Connections**

These readings offer a wide-angle view of faith: God creates life, calls us into responsibility, blesses community, and sends us into the world. They hold together wonder and calling, dignity and dependence, blessing and commissioning – a life received as gift, and lived as love in action. Trinity is not an abstract diagram here – it is a way of speaking about the God who makes, meets, and moves: the One who is bigger than us, closer than us, and committed to us.

## Deepening the Word

Psalm 8 holds wonder and humility in the same breath. The vastness of the night sky does not reduce human worth – it reframes it. We are small, and we are seen. We are fragile, and we are entrusted. That trust is not a badge of superiority; it is a calling to care. In a world where power so often becomes exploitation, these readings point to a different kind of authority: authority shaped by love, exercised for flourishing, accountable to the Creator.

Matthew's ending is honest: some worship, and some doubt. Jesus does not shame that mix. Instead, he anchors the commission in presence: "I am with you always." This is not a sending-away from God, but a sending-with God. The "name" we are baptised into is not a label to wield, but a belonging to live – grace that heals, love that holds, Spirit that binds us into communion and sends us out for justice.

In everyday life, this can feel like a choice between two stories. One says: power is for protecting yourself, getting your way, proving you matter. The other says: power is for making room – for the earth to breathe, for people to be safe, for communities to share what they have, for those pushed to the edges to be centred. We see both stories playing out around us: in how organisations treat workers, in whose needs are taken seriously, in whether disabled people are expected to "fit in" or the world is reshaped for access, in the way we consume and discard, and in how we speak about strangers and neighbours. Trinity-shaped faith keeps asking: what kind of life does God give, and what kind of life are we sent to practise?

Be mindful that "dominion" language in Genesis and Psalm 8 has been misused to justify harm – to the earth, to animals, and to communities treated as expendable. Keep the emphasis on stewardship, restraint, and shared wellbeing. God's authority is creative and life-giving; it does not authorise domination.

## Discussion

*Matthew 28:16–20*

The risen Jesus meets people who are not perfectly certain, and calls them into a life of learning, practising, and sharing faith. The promise is not that we will never doubt, but that we will never be abandoned. We are sent into the world not to conquer, but to make God’s life visible – teaching, baptising, and living in the presence of Christ.

### *Questions:*

- What helps you hold wonder about God without turning faith into something you have to “figure out”?
- Where do you see authority being used well in your community – and where do you see it being misused?
- Psalm 8 speaks of being “crowned” with honour. What might dignity look like in practice for people who are often overlooked?
- Jesus sends disciples who are both worshipping and doubting. What would it mean to make room for that honesty in your community?
- What might it look like to “teach” the way of Jesus as a way of living, not just a set of ideas?
- Where do you most need to hear, this week: “I am with you”?

## Call to Worship

Bring your wonder, and your weariness.

Bring your questions, and your gratitude.

Bring the week you have lived, and the hopes you still carry.

God speaks life into being.

Christ meets us where we are.  
The Spirit binds us together in love.  
This is the day to praise the Holy One.

## **Adoration**

Creating God,  
you speak light into darkness  
and possibility into chaos.  
You delight in what you have made,  
and you do not abandon your world.

Christ of mercy,  
you come close to real people in real places,  
not to dominate, but to heal;  
not to shame, but to restore.  
You meet us with truth that frees,  
and compassion that holds.

Spirit of life,  
you breathe through our ordinary days,  
strengthening what is tender  
and stirring what has become still.  
You weave us into communion –  
teaching us to share burdens,  
to practise courage,  
to make room for joy.

We adore you:  
holy mystery, faithful presence,  
God of grace, love, and communion.

## Confession

Merciful God,  
we confess that we want certainty more than trust,  
and control more than compassion.

We confess the ways we misuse power –  
over people, over the earth, over one another –  
and call it “responsibility”.

We confess the harm we do  
when we rush to label instead of listening,  
when we argue instead of caring,  
when we speak about love but reduce life.

Forgive us.  
Re-form us in your image:  
gentle, truthful, brave.  
Make us a people who create room for life.

## Intercessions

*Optional response*

Triune God,  
**hear our prayer.**

Creating God,  
for a world under strain – land, sea, air, and all creatures –  
raise up wisdom, restraint, and courage to change what is harming life.

Christ of compassion,  
for people who feel unnoticed or unsafe,  
for anyone living with fear, exclusion, or poverty,  
bring protection that is real and justice that is practical.

Spirit of strength,  
for those who are exhausted – in body, mind, or heart –  
and for those carrying care without enough support,  
bring rest, help, and communities that share the load.

God of grace,  
for places where power has been used to wound,  
in churches, families, workplaces, and institutions,  
bring truth-telling, accountability, and healing.

God of communion,  
for your church in every place,  
make us learners of Jesus:  
humble in our speech, generous in our welcome,  
and faithful in the work of love.

Receive these prayers, and shape us into people  
who bless the world you love.

## **Thanksgiving**

Faithful God,  
we give thanks that you are not far away.  
You create, you come close, you breathe life into us again.

We give thanks for Christ's promise of presence –  
for the grace that finds us when we doubt,  
and the courage that rises when we feel lost.

We give thanks for the Spirit's quiet work:  
for communities becoming kinder,  
for justice taking root,  
for love that keeps making room.

Triune God, we give you thanks.

## Blessing

Receive the Creator's delight – life given freely.

Hold to the grace of Christ – who meets you in worship and doubt.

Live in the Spirit's communion – courage shared, burdens lightened, joy made possible.

Go in peace,  
sent with love,  
and accompanied always  
by the Living God.

## Visual

- Place three simple objects together (a candle, a bowl of water, a small green plant) as signs of creation, baptismal belonging, and living breath.
- Hang a night-sky image (or scatter paper stars) with the words: “What are human beings that you are mindful of them?”
- Display a simple banner near the exit: “I am with you always”, as a sending promise.

## Creative

- **Wonder Wall:** Invite people to write one sentence beginning “God, you are...” and place it on a board as a shared hymn of praise.
- **Commission Cards:** Give small cards with “Sent with...” and space to write one word (grace, courage, patience, joy).
- **Three-Breath Prayer:** Lead three slow breaths: “Maker” (in), “Word” (hold), “Spirit” (out), with a silence-only option.

- **Star Blessings:** Offer paper stars with a single blessing word (seen, held, called, sent) for people to take home.
- **Presence Stones:** Provide smooth stones or paper circles labelled “With you always” as a tactile reminder of Christ’s nearness.
- **Care of Creation Promise:** Invite one practical commitment for the week that protects life (waste reduced, energy saved, advocacy supported).

## Meditation

*Based on Genesis 1:1–2:4a; Psalm 8; Matthew 28:16–20*

In the beginning, there is not a demand,  
but a voice that makes room:  
light, sky, land, sea, breathing creatures,  
and the goodness of being alive.

If you can, imagine the night sky.  
If you can’t picture it, simply hold the sense of vastness –  
a world wider than your worries,  
a universe that does not need your perfection.

And in that wonder, a question rises:  
what are we, that God notices us?  
So small – and still known.  
So fragile – and still held.

But wonder does not cancel doubt.  
Sometimes it makes it sharper.  
If God is so vast,  
how can God be near?  
If the world is so beautiful,  
why is it so bruised?

If faith is true,  
why do we feel unsure?

Yet, in all this wondering,  
Jesus meets his disciples on a mountain.  
Not a perfect place,  
not a tidy ending,  
but a meeting.

Some worship.  
Some hesitate.

And he does not sort them into groups.  
He does not reward the confident  
and dismiss the uncertain.  
He comes close to them.

He speaks a calling, not a performance.  
A way of life, not a set of winning arguments.

Go – and make learners.  
People who practise what love looks like.  
People who learn mercy.  
People who make room for life.

And then, the promise that steadies everything:  
I am with you always.

Not only when you feel brave.  
Not only when you can explain yourself.  
With you in the questions.  
With you in the learning.  
With you in the ordinary,  
where faith is tested and lived.

So take your wonder with you.  
Take your doubts with you too.

And take this, above all:  
you do not go alone.

## Performance

*Four Voices: "In the Name"*

**Voice 1:** In the beginning, the Spirit moved over the deep.

**Voice 2:** In the beginning, God spoke light into being.

**Voice 3:** In the beginning, creation was called good.

**V1:** And we are small beneath the stars.

**V2:** And we are seen beneath the stars.

**V3:** And we are trusted beneath the stars.

**Leader:** We are baptised into a belonging we cannot earn.

**All:** Grace, love, and communion.

**Leader:** We are sent, not to conquer, but to care.

**All:** Grace, love, and communion.

**Leader:** We are not abandoned in the work of faith.

**All:** Grace, love, and communion.

**V1:** Creator of life, teach us wonder.

**V2:** Christ of mercy, teach us courage.

**V3:** Spirit of breath, teach us love.

**All:** God with us, keep making room in us – and through us.

## Practice

*A three-name prayer for ordinary moments*

Choose one ordinary moment each day this week: when you wake, when you wash your hands, when you step outside, when you start work, when you turn off the light. Pause and name God simply.

On the first breath: “Maker” – for the gift of life.

On the second breath: “Word” – for the gift of mercy.

On the third breath: “Spirit” – for the gift of strength and connection.

Then ask: “What life needs making room for today?” Keep the answer small and doable: a kinder tone, a slower pace, a message you send, a boundary you hold, a barrier you remove, an act of care that shares the load.

## Digital

- Post the question: “Where have you noticed God’s presence recently – in something ordinary?”
- Share a short line as text-on-image: “Some worshipped, some doubted – and Jesus still came close.”
- Invite one-word replies: “If God feels near today, it’s because...”
- Share a simple practice: “Three breaths – Creator, Christ, Spirit.”
- Post a commissioning prompt: “One small way I’m making room for life this week is...”

## Explore

This week can be especially helpful for people new to faith because it centres presence rather than complexity: God creates, Christ meets, the Spirit strengthens – and we are sent with love. Be careful with language about “authority” and “dominion”, which has sometimes been used to justify harm. Keep the focus on stewardship, dignity, and a commission shaped by mercy and justice.

## Discover

- Genesis begins with God creating through word and breath, calling creation good.

- Psalm 8 holds wonder at the vastness of creation and the dignity entrusted to humanity.
- 2 Corinthians closes with a blessing of grace, love, and communion.
- Matthew ends with Jesus meeting worship and doubt, then sending disciples with a promise of presence.
- Together, these readings emphasise God's life-giving nearness and our calling to care.

### **Reflect**

Trinity Sunday invites trust more than explanation. God is not an idea to master, but a love to receive. The pattern is simple: life is given, dignity is named, community is blessed, and we are sent. Faith grows when we notice that God is present in the ordinary and committed to making life flourish.

### **Connect**

You might see this in everyday life: in the relief of being met without judgement, in communities learning how to share power, in people caring for the earth with seriousness, in friendships that make room for doubt, and in moments when kindness turns into courage.

### **Think**

- Where do you see “making room for life” needed most right now?
- What does it mean to be “sent” in your context – not as pressure, but as blessing?

**Do**

Do one “room-making” action today. Make a path clearer, add a caption, give better directions, reduce waste, check in on someone who feels alone, or speak up when a joke or policy harms people. As you do it, pray simply: “Creator, Christ, Spirit – make room for life through me.”