

# Trinity: Three and One

Self-guided worship – July 5, 2020

## **The Invitation:**

O God make speed to save me, O Lord make haste to help me!

Glory to the Father, and to the Son, and to the Holy Spirit: As it was in the beginning, is now, and will be forever. Amen.

Be the eye of God dwelling with me, the foot of Christ in guidance with me, the shower of the Spirit pouring on me, richly and generously.

## **Reflection Questions:**

Which person of the Trinity walks most closely with you in this season of your life?

- What new knowledge of God does this closeness lead you toward?
- How does this person of the Trinity teach you the love of God?
- How does this closeness draw you out of your area of comfort?

Which person of the Trinity is most difficult for you to know, love, or trust?

- Why do you suppose this is the case?
- What comparable names for this person might be helpful? Parent, Mother, Brother, Wind, etc.

Give yourself permission to know and seek God in whatever way God is being revealed to you today. Allow yourself to question, to wonder, even to let go of prior understandings of God that might be harmful.

## **Closing Prayer:**

I bow before the Father who made me,

I bow before the Son who saved me,

I bow before the Spirit who guides me, in love and adoration.

I praise the Name of the one on high;

I bow before thee Sacred Three, the ever One: the Trinity.