

**Lectionary readings: Proverbs 8: 1-4, 22-31; Psalm 8;
Romans 5: 1-5; John 16: 12-15 (Trinity Sunday)**

For reflection and prayer

- **Proverbs 8:** Wisdom is here personified; and many Christians see this figure of wisdom as Jesus, present with God before creation. To follow the way of Wisdom is to follow God's way and to be what God created us to be. God is the source of all wisdom and His wisdom is available to all, enabling us to sing God's song and to dance His dance with joy as we journey through life. Jesus enjoyed God's company, and God wants us to celebrate life, and to delight in all the gifts He has made available to us in the world of creation and in one another. So let this week be a week of enjoying God's company moment by moment and sharing with Him whatever we are going through.
- **Psalm 8:** Here is the Psalm in 'Psalms Now' for you to reflect on this week: *'O God, how full of wonder and splendour You are! I see the reflections of Your beauty and hear the sounds of Your majesty wherever I turn. Even the babbling of babes and the laughter of children spell out Your name in indefinable syllables. When I gaze into star-studded skies and attempt to comprehend the vast distances, I contemplate in utter amazement my Creator's concern for me. I am dumbfounded that You should care personally about me. And yet You have made me in Your image. You have called me Your child and chosen me to be Your servant. You have assigned to me the fantastic responsibility of carrying on Your*

creative activity. O God, how full of wonder and splendour You are!'

- **Romans 5:** *'We throw open our doors to God and discover at the same moment that he has already thrown open his door to us...'* We are standing *'out in the wide open spaces of God's grace and glory.'* The God we worship is not a distant God; He is with us, within us, pouring into us through His Spirit all we need to cope with life. This is a God who gives Himself extravagantly to us and He wants us to give ourselves extravagantly to Him and to one another. Whatever you are going through this week, let God flood you with His grace as you throw open your door to Him.
- **John 16:** Jesus speaks here of the Spirit as a Friend who takes us by the hand and gently leads us into truth - not doctrines or dogma, but into the richness of who God is, so that we experience His presence as we try to make sense of all of life's experiences. God is Mystery, but He comes alongside us as we journey through life and offers to journey with us. Why not let God take your hand as you go through this week, and converse with Him as your closest Friend.

A Prayer

In the name of the holy formless One, in the name of the Son who took form, in the name of the Spirit between these two, all things are made one. God for us – we call you Father. God alongside us – we call you Jesus. God within us – we call you Holy Spirit. But these are only names. You are the Eternal Mystery that enables and holds and enlivens all things – even us and even me. Every name falls short of Your goodness and Your greatness. We can only see who You are in what is. In the beginning, now and always. (Richard Rohr)