

Lectionary readings: Isaiah 6: 1-8; Psalm 29; Romans: 8: 12-17; John 3: 1-17 (Trinity Sunday)

For reflection and prayer

- **Isaiah 6:** Isaiah, in his vision in the Temple, sees God as holy, glorious, majestic. And yet God is a mystery, invisible, unknowable, untouchable. He takes shape and form in us. He is the Word that seeks to become flesh. And the love that seeks to heal and bring alive is the Spirit. Isaiah became aware of his sinfulness when confronted with this vision of a holy God. But he saw himself cleansed and forgiven by God, accepted and called to be part of God's plan. We, too, are called to be part of God's plan, alive with God's life and present to our life - whatever form it takes - in love, and showing God in our daily living. How do we respond to this call?
- **Psalm 29:** *'Exalt the glory of Love's Name; adore the Beloved in holy splendour.'* (v2 Psalms for Praying) How we respond to God depends on how we see Him. We can never reflect too often on our image of God. He is Love, our Beloved. Let's spend time each day in silence loving Him and letting Him love us. The Psalmist says that the glory of God can be seen all around us in the whole of creation. May we see God's glory this week. May we see God even in the most unlikely people this week. And let's pray that we may reflect God's glory in our living.
- **Romans 8:** Here Paul reminds us that we are called to live a new life, a resurrection life through the Spirit of God living within us. We are children of God - that's

our real identity. And we are called to live a life similar to that of Jesus. Jesus went through hard times and we will too. With the help of God's Spirit in our hearts, we will receive courage and strength to cope with whatever difficult experiences we have to face. Let's reflect on how we can open ourselves more to God's living presence and so be filled with resurrection life, fully alive.

- **John 3:** Nicodemus comes to Jesus one night to ask about the spiritual life. Perhaps Nicodemus was torn in two: he had heard of Jesus' teaching and was obviously drawn to Him. But perhaps he was wondering how it fitted in with his life as a Pharisee. In his encounter with Jesus, Nicodemus got something he wasn't expecting. *'You must be born from above.'* In other words, Jesus is calling Nicodemus and us to a whole new way of seeing, of being, of living - going beyond our natural tendencies to grasp, acquire, cling, compare, compete; being willing to have a whole new way of perceiving which will open us up to a life of wholeness here and now. This is surely a radical transformation that Jesus is calling us to. How do we respond to such a challenge?

A prayer

Deliver me, Lord, from just going through the motions of religion and living and wasting what I have, namely today, this moment, a chance to change, a choice to be different, to develop my creativity, to respond to Your call, to be in touch with who I truly am, to open myself to who You are and to respond to my brothers and sisters with Your love and acceptance, thus helping them to be who they truly are by the power of Your Spirit, to the glory of Your name. Amen.