

## **Kingswood Interactive Worship for Sunday 7<sup>th</sup> June 2020 Trinity Sunday.**

**Theme: “Three into one – how does that work?” - Led by Tanya Cook**

10,000 Reasons (Bless the Lord)– Heather Glover and the Atkinson Family

### **Gathering prayer.**

Father God,

You revealed yourself to us in the Trinity with your dear son, Jesus,  
And with your Holy Spirit.

There is no time or place where you have been absent,  
You are the beginning and the end,  
The creator of everything and each one of us.

Father God,

In your son we find hope and forgiveness, love unlimited.

In your Holy Spirit – the gift of Pentecost –

We are renewed each day and surrounded by your love and grace  
Constantly beckoning us forwards to do your will.

In that Trinity you are everything to us.

Loving God,

Father, Son and Holy Spirit,

For all you are, all you do,

And all you mean to each one of us,

We give you thanks,

And we offer you our worship and praise today.

In Jesus' name.

Amen.

**StF 15** The Splendour of the King.

**Reading: Genesis 1 v 1-4**

**Reading: Matthew 28 v 16 -20**

### **Interactive options:**

#### **1) Questions to consider: -**

1. We often find the concept of the Trinity difficult to understand. Why might this be?
2. How did the disciples obey the command of Jesus?
3. How might we as a church and also as individuals follow in the footsteps of the disciples?

## **2) Creative activity:**

### **Make a prayer Kite:**

Equipment needed: A couple of sheets of A4 paper (brightly coloured if possible but white can always be coloured if that's all you have). Pens, pencils, felt tips if you have them. Scissors, string, ruler

#### **Process.**

Fold one sheet of paper into 3 approximately equal sections, unfold and then fold the corners of the top third inwards and likewise with the bottom two thirds to create the kite shape (you might need to jiggle the folds a bit to create the point at the bottom). You may want to cut the folded edges off but it won't hurt to leave them folded at the back of your kite shape either!

Rule lines across the top to bottom points and the 2 sides – you have created a cross. At the highest point write the word “Father”, at the centre of the cross write the word “Jesus”, at the 2 sides write the words “Holy Spirit” and at the lowest point write your own name.

Decorate the Kite shape as much as you like and think about how all of those words you have written down are linked together by the cross on which Jesus died. Attach a string to the lowest point of the kite under your name and then use either the bits of the kite that you have cut off or a separate sheet of paper cut into small strips to write short prayers on and tie them to the string to create a prayer streamer at the base of the kite. You could always put this on a notice board at home and update the prayers when you want to or need to.

## **3) Meditation: -**

Meditate on today's Bible reading from Matthew's Gospel (see below). What do these words mean in our lives today?

Matthew 28:16-20 New International Version

The Great Commission

<sup>16</sup> Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. <sup>17</sup> When they saw him, they worshipped him; but some doubted. <sup>18</sup> Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. <sup>19</sup> 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, <sup>20</sup> and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.

## **4) Musical meditation for our times.**

Meditate on the words to hymn 399 in Singing the Faith which are printed below. If you want to sing it the tune is Repton to which we usually sing “Dear

Lord and Father of mankind”. YouTube link to the tune attached for those who can get it: <https://youtu.be/GUNikNESRbw>

1. When deep despair casts out all light  
And hope is wearing thin;  
Come Spirit, dance with gentle grace,  
Shine through the dullness we embrace  
And make the colours sing;  
And make the colours sing.
  
2. When greed dictates that children die  
And poverty holds sway;  
Come Spirit, burn as living flame,  
Prompt us to act to end this shame;  
Cast apathy away;  
Cast apathy away.
  
3. When colour, lifestyle, creed or name  
Cause groundless hate and fear;  
Come Spirit, weave a web of peace,  
That prejudice and violence cease;  
Reveal God’s purpose here;  
Reveal God’s purpose here.
  
4. When guilt and fear tear us apart  
And faith’s a bitter thing;  
Come Spirit, dance with gentle grace,  
Shine through the dullness we embrace  
And make God’s colours sing;  
And make God’s colours sing. (Michaela Youngson)

### **Regathering Hymn.**

**StF 394** Spirit of God, unseen as the wind.

### **Summing up.**

I do hope you’ve all found time to do some of the suggested activities today and that they’ve given you plenty to think about. The theme for our worship today was *“Three into one – how does that work?”* It’s Trinity Sunday – hence that title. So we’re thinking about God who is referred to in church circles as the “triune” God – Father, Son and Holy Spirit. It’s always a little difficult to grasp that God is made up of 3 beings that we are inclined to visualise as separate entities. We have probably all sung that line in the hymn “Holy, holy. Holy, Lord God Almighty” that says “God in three persons, blessed Trinity!” without

thinking too hard about what that actually means. In truth we probably each have an image in our heads of what God might look like and those images would all be very different if we compared them.

As you probably know, last Sunday we celebrated Pentecost and we both read and heard about the amazing day when many disciples and followers of Jesus were filled with the Holy Spirit several days after his ascension to heaven – the roaring of the wind and tongues of fire descending upon them and then their speaking in all the different languages – what a day that must have been!

But going back to our readings today. The Genesis reading took us back to the beginning of time – to the universal God who created everything – the earth, the sky, darkness and light, the sun, the moon, the stars and planets, and all the creatures on the earth. Today that includes each one of us – we’re his children. It’s the reminder, if you like, that then brings us on to our second reading which is often called “the great commission”. We travel back to the day Jesus called the eleven remaining disciples or apostles together on the mountain prior to his ascension and tells them to “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 taught you”. The Holy Spirit was already at work in them and through them and yet immediately after Jesus death and resurrection they had been cowering in a locked room together in fear of their lives because of their association with Jesus. In earlier times during Jesus ministry they had gone out in twos performing miracles and casting out demons in Jesus’ name as instructed by him in Luke’s gospel chapter 10. Surely the work of the Holy Spirit in them.

The Holy Spirit was there at the beginning of time because she was part of who God was. I say “she” because we often envisage the Holy Spirit as the feminine side of God – we see her as a gentle dove and yet at the same time a roaring fire, a rushing wind – combinations of gentleness and yet great power and strength.

We, too, when we allow Jesus into our lives and hearts and follow him are filled with the Holy Spirit – it may not be so obvious to many of us as the experience of the disciples at Pentecost. Some Christians do testify to amazing Spiritual experiences even today. Often for us it’s the still small voice in the quietness of prayer that prompts us. The founder of Methodism, John Wesley, experienced his “heart strangely warmed”, as he experienced God's love in a personal and life-enhancing way on the 24<sup>th</sup> May in 1738 the anniversary of which we now call Aldersgate Sunday – so we could probably say that was his “awakening” by the Holy Spirit – his spiritual experience!

So – the Trinity. We use that prefix “tri” in lots of other words. Triplets - all conceived and born at the same time – together and yet separate. A tricycle – a bike with 3 wheels – joined together by a framework to create a safe, secure and balanced ride usually for a child but there are adult ones too. A triathlon – 3 segments in one race. Cycling, swimming and running – all need to be completed to cross the finishing line. So with the trinity we need God – Father, Son and Holy Spirit in our lives on our journey. To be complete on our journey we need each other as parts of the body of Christ – still fulfilling the work of God.

Perhaps a “telling” part of the gospel reading today is the sentence in verse 17 which says “When they saw him, they worshipped him; but some doubted”. I think, if we’re honest, there are times for all of us when we have doubts about our faith, about God, Jesus, the Holy Spirit – when times are difficult, lonely, painful, sad and so on – the current pandemic may be one of those times for you. Where is God in all of this? – you may well ask,

Perhaps it sounds trite to say that Jesus never promised us an easy journey through life. If we read the letters of the apostle Paul in the New Testament we can see the suffering of the followers and disciples of Jesus as they suffered persecution and imprisonment and sometimes death for sharing the good news of Jesus.

The “great commission” that we read about is as much ours today. When God says “go” he’s not telling us all to go to be missionaries on the other side of the world baptising others (let’s face it - for most of us that’s out of the question!) but simply to tell others where we are of his love, his grace, of his death on the cross, of his resurrection and forgiveness – to tell them of our journey with him.

Three into one does work together – God the Father, Jesus his son, and the power of the Holy Spirit combined together. God still invites us to share his love wherever we are and however we can – and I can truly say that I have seen and heard that happening through our church during this lockdown when we haven’t physically been able to meet together. So may God Bless each one of you today and always. Amen

### **Prayers for others**

Our needs in our prayers to God are all different at this time so I invite you to bring your own prayers to God in the silences that follow each bidding.

Father God, Creator of all things, hear our voices in the silence as we bring our prayers to you. (Silence)

Jesus our saviour, Son of God, you gave your life for us, hear our voices in the silence as we bring our prayers to you. (Silence)

Holy Spirit, our comforter, hear our voices in the silence as we bring our prayers to you.

(Silence)

Father, Son, Holy Spirit, we worship you and we bring our prayers together before you. We praise you and we thank you knowing that you will always hear the voices of all your children.

Amen

**StF 378** Father of everlasting grace.

### **Benediction**

As we leave this time of worship  
Much of the road ahead is uncertain,  
The path at this time always changing,  
We know some things that are as solid  
As the ground we walk on.  
As clear the sky above our heads.  
We know that God is love.  
We know that Christ's light endures forever.  
We know the Holy Spirit is always there,  
Found in the spaces between everything,  
Closer to us than our heartbeat,  
Around and inside of each one of us  
Holding us near to each other,  
Until the time we can meet together again,  
Go in peace and share God's hope, his joy  
Whenever and wherever you can.  
May the grace of our Lord Jesus Christ,  
The love of God  
And the Fellowship of the Holy Spirit,  
Be with us all,  
Evermore.

**Amen**

(Thanks to the other members of the Interactive Worship team for their contributions of suggestions and ideas for this service)