

The Reverend Marjo Anderson

C: Trinity Sunday

Proverbs 8:1-4, 22-31, Psalm 8, Romans 5:1-5, John 16:12-15

12 June 2022

Salem, Bridgeport

“Drawn into Deeper Relationship”

Early religions were polytheistic, i.e., they had more than one god.

Even Judaism was originally polytheistic but became monotheistic about 4000 years ago, about the same time that Zoroastrianism, another monotheistic religion, appeared.

Christianity, however, is unique in that while it professes to acknowledge only one god, that god is described as a triune god, one god in three persons, one-in-three and three-in-one, the holy trinity.

And that understanding is not only unique, but profound,

for what it does is to describe the very essence of the divine

to be that of a relationship in which there is both diversity and at the same time, unity.

And not only is the essence of God one of relationships,

but everything that exists, exists in relationship to God.

God created the universe out of a desire for relationship,

and God created human beings out of an even deeper desire for relationship.

And we, being created in the image of God, are designed for relationships –

first for a relationship with God,

secondly for a relationship with other human beings,

and thirdly for a relationship with all of creation.

That first relationship – the one between the individual and God is the one the primary one, the one that gets reflected in every other relationship.

If our relationship with God is broken,

if we have cut ourselves off from the creating, redeeming, healing power of God,

then the brokenness within us will be reflected in the brokenness between us and others.

Hurt people hurt people, after all.

So the place of health and healing for everything outside of us –

for our world, for our communities, for our congregation,

for our relationships with friends and family members –

must begin with health and healing inside of us,

and so that’s where we are going to begin this day.

There is a time for speaking and a time for listening.

There is a time for asking and time for receiving,

There is a time for praying and the time for waiting for that prayer to be answered.

And so today we are just going to take a few minutes

and ask for that creating, redeeming and sustaining God to come into our lives

and rebuild our bodies, heal our hearts, and mend our minds.

So invite you to settle yourself and get comfortable, close your eyes, and taking a few deep breaths.

Breathe in hope and the potential for new creation.... Breathe out....

Breathe in the redeeming love of Jesus.... Breathe out....

Breathe in the peace of the Spirit.... Breathe out....

And now for the next few minutes, take a mental inventory of your physical body –
what hurts, what aches, what is stiff, what is out of balance, whatever is not quite right –
and imagine bringing each of those bits of brokenness to the center of yourself
and placing them on an altar.

Do that now...

And now, present those broken bits to God as we pray:

Gracious God, we bring our broken bodies to you,
and we lift them to you so that the divine energy of your light can heal and make whole.

We thank you for that healing.

And we pray that you would help us live into the full healing that you offer us.

Next we bring our hurting hearts to God for healing.

Again, breathe in hope and the potential for new creation... Breathe out....

Breathe in the redeeming love of Jesus.... Breathe out....

Breathe in the peace of the Spirit.... Breathe out....

And now for the next few minutes, take a mental inventory of your heart, your emotional self –
all the hurts that you've experienced over the course of your lifetime,
every broken relationship,
every hurt you've caused that someone has refused to forgive,
every hurt you've received that you have refused to forgive,
every negative thought you still harbor about another –
and imagine bringing each of those hurts to the center of yourself
and placing them on an altar.

Do that now...

And now, present all those hurts to God as we pray:

Gracious God, we bring our hurting hearts to you,
and we lift them to you so that the divine energy of your light can heal and make whole.

We thank you for that healing.

And we pray that you would help us live into the full healing that you offer us.

And finally we bring all the confusion and conflict and chaos of our minds to God for healing.

Again, breathe in hope and the potential for new creation.... Breathe out....

Breathe in the redeeming love of Jesus.... Breathe out....

Breathe in the peace of the Spirit.... Breathe out....

And now for the next few minutes, take a mental inventory of your mind,
of your mental, psychological self –
all of the thoughts and worries and burdens over your life,
your family, your friends, your neighbors, your community, your church, & the world –
and imagine bringing each anxious thought in your mind to the center of yourself
and placing them on an altar.

Do that now...

And now, present all those hurts to God as we pray:

Gracious God, we bring overburdened minds to you to be mended ,
and we lift them to you so that the divine energy of your light can heal and make whole.

We thank you for that healing.

And we pray that you would help us live into the full healing that you offer us.
Again I ask you to breathe in the hope of the Creator to rebuild your body....
Breathe out....

Again breathe in the love of Jesus to heal your heart....
Breathe out....

And again breathe in the peace of the Spirit to mend your mind....
Breathe out....

Continue to breathe in and out as you imagine that healing taking place
in your body heart and mind as we close in prayer:

Creator God, we thank you that you are always creating & making us new.

Jesus, we thank you that you are always shining the light of your love
into our bodies, minds and hearts.

Holy Spirit, we thank you that you are always pouring the power of your peace into our spirits.

Rebuild our bodies, heal our hearts, and mend our minds,
that we may be drawn into deeper relationship with you,
with your children, and with your whole creation.

We thank you for being the God of relationship, the Three-in-One and One-in-Three,
the Holy Trinity, the Triune God.

We thank you and praise you and bless you for who you are and who you are creating us to be.

We pray to you, Creator God, in the name of Jesus and by the power of the Spirit.

Amen and Amen and Amen.