

Winchester, Eastleigh, and Romsey Circuit  
Worship at home sheet 26.5.2024  
Prepared by Revd Ruth Fry

**Trinity Sunday**

**Opening prayer**

We have come to meet with you, O God  
Father, Son, and Holy Spirit  
To be aware of your presence,  
To bring you our worship  
And offer you our praise  
Draw near to us now, we pray  
for we long to know you  
and love you more day by day.

**Amen**

**Silence**

**Listen, read, pray, or sing along**  
<https://youtu.be/6CKDQxIZZUE>

Sing of a God in majestic divinity,  
seeding the heavens with numberless stars,  
forming our dust and our dreams of infinity,  
God of our lives and the judge of our wars.

Sing of a Child who was cradled so tenderly,  
sing of a boyhood by Galilee's lake ;  
sing of a cross and a Saviour who wondrously  
suffered and died for humanity's sake.

Sing of a Spirit who daily addressing us,  
lives in our sciences, nature, and arts ;  
moving through all of creation and blessing us,  
guiding our minds and engaging our hearts.

Sing of this God who in glory and mystery  
chooses to lie in humanity's womb,  
enters the prison and pain of our history,  
rises triumphant and opens the tomb.

Thomas Herbert O'Driscoll (b. 1928)

Reproduced from *Singing the Faith* Electronic Words Edition, number 13  
Words: © Herbert O'Driscoll

**Prayer for Trinity Sunday**

In the mystery  
Of the beginning of things,  
Creator God,  
You made this planet,  
Rock upon layer of rock,  
To be weathered and planted,  
to become a place for living.

In the mystery of human life,  
Parent God,  
You made us,  
Flesh and blood and spirit and bone,  
Image of yourself,  
Woman, man, and child,  
For loving.

In the mystery  
of your unconditional love,  
Redeemer God,  
You came in Jesus,  
Flesh of our flesh, bone of our bone,  
To buy us back from captivity,  
Back to our true belonging together,  
Daughters and sons of heaven,  
Living and loving,  
Here on earth.

So here, in this sacred place,  
Place of celebration,  
Of struggle, and of safety,  
We rest,  
Content or cautious,  
To know your presence,  
Hear your Word,  
Sense your Spirit,  
Welcoming us, and waiting,  
Once again.

And if, in the quiet,  
There come to mind  
The broken or the wounded bits  
Of our lives,

And of our world,  
Help us to name some of them now;  
And as you have shared  
Our deepest sufferings,  
So may the glue of your transforming grace  
Be for us,  
And for our world,  
A mending once again.

And if, here and now  
It will come to pass once again,  
Or perhaps for the very first time,  
That your Spirit will touch ours-  
Then in your mercy  
Turn us to face you,  
In ourselves, our world, our neighbour.  
We pray in Jesus's name. Amen.

**Read** Isaiah 6 v1-8

**Read** John 3 v1-17

### **Reflection**

Nicodemus is a man who is struggling to understand. He waits until nightfall and then he goes looking for Jesus to try and find out more, to try and understand what he's just not sure how to make sense of.

Nicodemus is a man who gets tripped up on the mystery. Instead of receiving the good news Jesus offers, his brain is working overtime desperately trying to comprehend the incomprehensible.

Nicodemus just can't seem to see the wood for the trees.

I don't know about you, but I struggle with things I don't fully understand too.

In this chapter from John, the story of Nicodemus invites us to ask ourselves, "What do we do when we don't understand?"

What better day for us to ask this question of ourselves than Trinity Sunday – the Sunday of the church year dedicated to an attribute of God that defies understanding?

When it comes to our faith and our life as followers of Christ, the first thing we must find a way to be comfortable with is not fully understanding everything. God is so vast, so mighty, so...God. We cannot understand all of who God is or why everything that happens in this world happens. We just can't. So, we need to get comfortable with not having all the answers or all the understanding.

From Isaiah 55:8-9: *"For my thoughts are not your thoughts, nor are your ways my ways, says the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."*

I don't for a minute think that this means God doesn't expect us to use our intellect, to think and to reason.

It's just that some things demand a different approach, a different way of seeing, a different way of knowing.

Jesus says to Nicodemus *'Very truly I tell you, no one can see the kingdom of God without being born from above'*. And when Nicodemus spectacularly fails to comprehend and takes the words of Jesus literally Jesus replies by saying, *'Very truly I tell you, no one can enter the Kingdom of God without being born of water and the Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit'*.

Nicodemus still doesn't understand. He's still trying too hard, it's as if his brain cells have gone into overdrive. He's making heavy weather of it all.

Verses 16 and 17 seem to say all that needs to be said *'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him'*.

At the end of the day, it's really all about trust. It's about trusting in the One God, Father, Son, and Holy Spirit.

In his book 'Tokens of Trust, an introduction to Christian belief' Rowan Williams writes, *'Christian belief is really all about knowing who and what to trust.... Christianity asks you to trust the God it talks about before it asks you to sign up to a complete system. I hope it may become clear how, once you have taken the step of trust, the actual teaching, the doctrine, flows out of that'*.

The invitation then on this Trinity Sunday is not to tie ourselves in knots wrestling with trying to understand how three can also be one but instead to place our trust in the God of love made known to us in the person of Jesus and to open ourselves to the movement of the Holy Spirit in our lives and in the Church.

**Amen.**

**Listen, read, pray, or sing along**

<https://youtu.be/H1VMHEMOMZY?si=aC2QdESUhddFhx2T>

Blessèd assurance, Jesus is mine :  
O what a foretaste of glory divine !  
Heir of salvation, purchase of God ;  
born of his Spirit, washed in his blood :  
*This is my story, this is my song,  
praising my Saviour all the day long.  
This is my story, this is my song,  
praising my Saviour all the day long.*

Perfect submission, perfect delight,  
visions of rapture burst on my sight ;  
angels descending bring from above  
echoes of mercy, whispers of love :

Perfect submission, all is at rest,  
I in my Saviour am happy and blest —  
watching and waiting, looking above,  
filled with his goodness, lost in his love :

Frances Jane van Alstyne, (Fanny Crosby) (1820–1915)  
Reproduced from *Singing the Faith* Electronic Words Edition, number 548.

## **Intercessions**

Holy Trinity, God in relationship,  
we bring to you in our prayers those  
whose relationships are breaking down;  
**and we pray for your healing.**

We think of relationships that have gone wrong  
and have caused division and bitterness;  
**and we pray for your healing.**

We think of relationships between nations  
where there is tension and mistrust;  
**and we pray for your healing.**

We think of our own relationships  
of the times when we have felt inadequate  
or helpless or used;  
**and we pray for your healing.**

And we thank you for your relationship with the  
world, with your Church, and with each one of us.  
**Amen.**

## **Silence**

an opportunity to bring before God the needs of  
individuals known to us as well as our own needs

## **The Lord's Prayer**

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.

**Amen.**

## **Offering and Prayer of Dedication**

*If you give your weekly offering through an  
envelope scheme or in cash, please set it aside,*

*and pray with those who give using Standing orders.*

Gracious God, accept these gifts, and with them our lives, to be used in mission and service through Jesus Christ our Lord. Amen.

John Harvey, Wild Goose Publications, the Iona Community

**Listen, read, pray, or sing along**

<https://youtu.be/siBX8rVycr4>

Lord, you call us to your service,  
each in our own way.

Some to caring, loving, healing ;  
some to preach, or pray ;  
some to work with quiet learning,  
truth discerning,  
day by day.

Life for us is always changing  
in the work we share.  
Christian love adds new dimensions  
to the way we care.  
For we know that you could lead us,  
as you need us,  
anywhere.

Seeing life from your perspective  
makes your challenge plain,  
as your heart is grieving over  
those who live in pain.  
Teach us how, by our compassion,  
you may fashion  
hope again.

Lord, we set our human limits  
on the work we do.  
Send us your directing Spirit,  
pour your power through,  
that we may be free in living  
and in giving  
all for you.

Marjorie Dobson (*b.* 1940)

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**Closing prayer**

Father, Son, and Holy Spirit  
Send us out to live lives that glorify you  
Help us to be people of peace  
Empower us to recognize your call  
In our families  
In our communities  
In our workplaces and schools  
In our churches and in our world.  
**Amen.**

Resources used:

Fire and Bread, Wild goose publications, the Iona Community  
re-worship.blogspot.com  
[www.rootsontheweb.com](http://www.rootsontheweb.com)

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