

## Cell notes 11.6.17

**Matthew 28:16-20** ...in the name of the Father, and of the Son, and of the Holy Spirit...

Questions for discussion:

- 1) When you pray, are you conscious which person of the Trinity you are praying to? Does it vary at different times? Which do you focus on least? Might it be helpful to try consciously praying to that person?
- 2) How has it helped you to have a relationship with God as: a) your heavenly Father; b) Jesus; and c) the Holy Spirit?
- 3) In the aftermath of last week's General Election, how does **Isaiah 40:21-14** help put things in perspective and how should we pray in the light of these verses?

**Sermon notes:**

### **The Trinity is an experience, not just a doctrine!**

- Bellefield SIAMS report (Jane's role – pray for her. Julia too?)
- *At present they have a limited understanding of the nature of the Trinity.*
- You and me both! Does anyone?! On the other hand... (Matt 28:19)
- *In the name of the Father and of the Son and of the Holy Spirit* deeply embedded in collective unconscious. Conveys something powerful/holy.
- Many cross 'selves (no problem even if not part of our spiritual heritage – raising hands, clapping etc... another physical expression of devotion)
- Also 2 Corinthians 13:14, *May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all.*
- Carries sense of a powerful, wholesome, profound reality
  
- These verses reveal: Trinity was an experience before it was doctrine
- NT Christians had related to Yahweh, Creator, God of Israel since infancy
- Disciples spent 3 years with Jesus and by end (after all seen/heard) convinced that he was also uniquely/unrepeatably God-made-man
- Premise for NT Christianity... Pentecost and what followed led to rethink
- God in heaven... God-made-flesh... now God in us too = Trinity!
- Left to later councils into spell doctrine out, but already inherent in NT
- Every human needs to experience God as Father, Son and Holy Spirit.
- Aware of which you pray to? (Fine if not... he's still One God) but sometimes helpful to consciously *pray the Trinity* – to each in turn
- Many hymns and songs e.g. *Father we love you, we worship and adore...*

### **Father**

- Unconditional, unending, unlimited love. Loves/gives and goes on loving /giving... Never fails, leaves, forgets us. We're always on his mind.
- However good human father, or however mature/adult, we all need Him
- But not indulgent sugar-daddy. Parent focussed on our growth and development. Takes through experiences to enhance, inc. difficult ones
- Loves us just as we are... loves us too much to leave us that way!
- Spirit often brings experiences of God the Father's love/heart.

- These are long-term solution to many emotional ills. Romans 8:15. Most probs. rooted in fear. *I'm no longer a slave to fear, I am a child of God.*

## Son

- **Saviour/Redeemer.** We've messed up and can't sort out our mess.
- He was willing to go to ultimate extreme to rescue us.
- (Last week) behind many economic, political, social ills lies disregard for God and his ways. A society denying its need for God. But we do!
- **Role Model.** Excessive hero worship can be unhealthy, but we all imitate and model 'selves on people we admire.
- **Friend and Lover.** Best friend, first love before all human 'significant others'. Put him first; give 'cream of our hearts'. Great Commandment.
- If we stay in that place, paradoxically human relationships work better.

## Holy Spirit

- Knowing God 'externally' not sufficient – need him to come and live in us
- Empowers, energises, equips and enables us for daily living from within
- Jesus said better for him to go away, so Spirit could come and do what he couldn't (live in us, like artesian well of living water deep within)
- We're like glove he puts on to do his work
- Learn to recognise/celebrate Spirit's presence and work in us – signs (e.g. feeling, sensation, peace, shaking, tears, fragrance, breath etc.)
- My case, almost like baby leaping in womb (biological impossibility!)
- Thank you, Holy Spirit. That's what I need. Use me.
- Every time he moves something wonderful/holy is conceived (e.g.Mary)

## Takeaways!

- Father's love = long term solution to many emotional ills
- Putting Jesus first, above all human relationships, makes them work better (upside down Kingdom)
- Recognise/celebrate Spirit's work – something new being conceived