

Sitting with the Trinity

An exercise to help us experience belonging in the Trinity

John 17:20-21 “I pray... that all of them may be one, Father, just as you are in me and I am in you. May they also be in us...”

In Genesis 1:26-27, we are given the image of God creating humanity out of the perfect community of the Trinity; out of the love that has eternally existed between Father, Son and Holy Spirit. As such, we have a deep longing to belong; to be one with God the Father, Son and Holy Spirit, just as Jesus prayed.

- With this in mind, imagine yourself sitting in a circle surrounded by the Father, Son and Holy Spirit.
- Allow yourself to experience the love they have for one another.
- Allow yourself to receive the love they have for you.
- Be mindful of anything they might say to you, as well as how you are responding.
- End your time by thanking God for his deep love for you.

You may also want to listen to the song *I Belong* by Kathryn Scott

