

Trinity Sunday – Lifted up to God

Today is the Feast of Blessed Trinity

Today we celebrate the Central Mystery of our Faith.

We wonder at the marvellous nature of God as revealed to us by Jesus.

This mystery is, of course, beyond our present comprehension.

It is a mystery of love that will take an eternity to appreciate.

But maybe a simple experience I once had may help us to understand a little better.

This was not a ‘mountain-top experience’

It was just an everyday happening in an ordinary home.

In the family I was visiting there was a small boy.

He was about 3-4 years old and he was waiting at a window in the front room for his Father’s return home.

When the boy saw his father coming down street he ran to the front door.

When his father arrived the child cried out excitedly: ‘Daddy, daddy!’

- and he tried to jump into his Father’s arms.

His Father delighted in the efforts his little boy was making and just watched him for a while.

But when he saw disappointment pass across the child’s face he immediately reached down to him. He lifted him up and hugged him.

Then he swung him around in the air!

The boy squealed with delight, and the Father laughed with happiness himself.

Jesus teaches us that God is ‘*Abba*’ - our loving father.

Like the little child in the incident I recalled, we may *try* to enter into the embrace of God’s love and share God’s life more fully.

And no doubt our efforts are pleasing to God.

However, to our disappointment, we discover we cannot attain such heights, strive as we might.

But God our Father reaches down to us to lift us to himself.

God **reaches out to us in the person of Jesus** who enters our world, lowly as it is.

Jesus is God coming to us where we are.

Jesus’ words and his actions tell us - and show us - that God regards us with love.

Jesus’ words and his actions also teach us how to live that we might share God’s life and know God’s love.

For us to know, through the outreach of Jesus, how much God loves us, and for us to experience the embrace of God’s love in the touch of Jesus, brings us delight.

This joy is God's gift to us.

It is in fact a share in God our Father's own joy in us.

But we still need God's own strength to lift us up to share God's love to the full,
We still need God's own strength to lift us up to share God's own life.

It is the **power of God's Holy Spirit working in and upon us that raises us aloft.**
In the 'uplifting' we *experience* the presence and action of God's Spirit.

The Spirit of God is God's abounding love that brought us into life in this world.
The Spirit of God is God's love that reaches out to us in the person of Jesus
God's love takes hold of us and brings into God's life.
It is God's loving self, God's very Spirit, who draws us up to share in God's own joy.

On Trinity Sunday we express again our desire to be one with God,
to be caught up in God's loving life to the full.

Today we recognise again our inability to attain our heart's desire unaided.

Today we ask God to reach out to us and take hold of us, to seize our attention and our hearts by the words and actions of Jesus.

Today we ask God, by the power of the Holy Spirit, to lift us into the Divine life and love - a little more each day.

Today we determine that in *each* day we will make our own little efforts to be with God - like the child on the threshold expectantly awaiting a loving hug.

Then in our *daily* prayer, and in our *daily* words and deeds,
we will show that we *desire* to be, and we *strive* to be, more Godly.

And God will surely delight in our earnest striving
and will reach again into our lives, and bring us closer to the Divine heart.

Glory be to God whose power, working in us, can do infinitely more than we can ask or imagine.

Glory be to God from generation to generation in the Church, and for ever and ever. Amen. (Eph. 3:20-21)

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.