

Mears Ashby and Hardwick and Sywell with Overstone



**Prayers and Reflections
for use at home**

Sunday 31 May 2026

Trinity Sunday



Welcome to our prayers and reflections for Trinity Sunday. It is the day when we think about how we experience God's love and his presence, and we celebrate his One-in-Three / Three-as-One nature. It's a big idea to wrestle with yet a glorious one!

Today, we think about the oneness that God instils in us.

May you feel this oneness as you explore these prayers and reflections.

Every blessing,

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As you prepare to reflect on the oneness of God within you, open yourself anew to God's three-fold presence in your life.



Affirm anew the three-fold name
of Father, Spirit, Son,
our God whose saving acts proclaim
a world's salvation won.
In him alone we live and move
and breath and being find,
the wayward children of his love
who cares for humankind.

Timothy Dudley-Smith (1926-2024)

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Prayers and Reflections
for use at home on Trinity Sunday
Oneness

PREPARING OURSELVES

Take a moment to be still in God's presence and feel his love. If you are indoors, you may wish to light a candle as a sign of God's love - here, in your room. You may also wish to have a bowl of water ready for the time of letting go. When you are ready, say this opening prayer.

Lord, as I sit and wait in silence,
I place my hopes and dreams,
my fears and concerns,
into your safe and loving hands.
Enfold me with your love,
make my heart beat in time with yours;
in Jesus' name,
I pray. **Amen.**

LETTING GO

If you come to this time of prayer and reflection with any regrets, with things that you wish you had not said, done or been, offer them to God in the silence of your heart. And then, reflect on the words of this second verse.

Declare in all the earth his grace,
to every heart his call,
the living Lord of time and place
whose love embraces all.
So shall his endless praise be sung,
his teaching truly heard,
and every culture, every tongue,
receive his timeless word.

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*If you wish, dip your finger into a bowl of water and make the sign of the cross on your palm.
Feel God's forgiveness.*

Our second verse is an invitation to contemplate the oneness that God is seeking to create across the globe. He yearns for every living person to recognise his life-giving – loving – inspiring presence that is at the heart of who they are and who they might be. If everyone did recognise God's presence and his kingship of their lives, we would be united – as one – as a human race. For we would recognise that we are all made in God's image, created to be loved and loving, born into the same family – God's family. Gone would be the painful divisions and hurtful differences that separate us from our global (and local) neighbours. Wouldn't that be amazing? I think so.

Ponder this vision for human life as you read Psalm 8.

O Lord our governor,
how glorious is your name in all the world!
Your majesty above the heavens is praised
out of the mouths of babes at the breast.
You have founded a stronghold against your foes,
that you might still the enemy and the avenger.
When I consider your heavens, the work of your fingers,
the moon and the stars that you have ordained,
what are mortals, that you should be mindful of them;
mere human beings, that you should seek them out?
You have made them little lower than angels
and crown them with glory and honour.
You have given them dominion over the works of your hands
and put all things under their feet,
all sheep and oxen,
even the wild beasts of the field,
the birds of the air, the fish of the sea
and whatsoever moves in the path of the sea.

O Lord our governor,
how glorious is your name in all the world!

Psalm 8

It is a beautiful portrait of our relationship with God who is Father, Son, Spirit to us. It is a powerful reminder of our responsibility to live at one with our neighbours and to care for God's glorious creation.

May we be mindful of this as we celebrate the oneness of the Holy Trinity, and God's desire for oneness with us – personally, as his worldwide Church and as the human race.

**PRAYING TODAY'S PRAYER
(The Collect)**

Across our villages and the worldwide Church, this prayer is being said today. Add your voice to this earthly circle of prayer to our three-in-one God who loves us.

Holy God,
faithful and unchanging:
enlarge our minds with the knowledge of your truth,
and draw us more deeply into the mystery of your love,
that we may truly worship you,
Father, Son and Holy Spirit,
one God, now and for ever. **Amen.**

At the heart of our Three-in-One God is love. Love is who God is, love is what unites them as one, love is how the Father, Son and Spirit draw us into their life of love. It is how God is one even though God is three persons. Love creates a perfect at-one-ness which encourages us to join in their oneness. To be completely at one with God is to experience life in all its glorious fullness. Our worship soars heavenwards, flowing freely as our hearts unite with God's heart of love.

Pause to experience this pure feeling of oneness.



Confirm our faith in this our day
amid earth's shifting sand,
with Christ as Life and Truth and Way,
A Rock on which to stand;
the one eternal Son and Lord
by God the Father given,
the true and life-imparting Word,
the Way that leads to heaven.

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LISTENING TO GOD'S WORD

The Great Commission

Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. When they saw him, they worshipped him; but some doubted. Then Jesus came to them and said, 'All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.'

Matthew 28:16-20

Go and share...

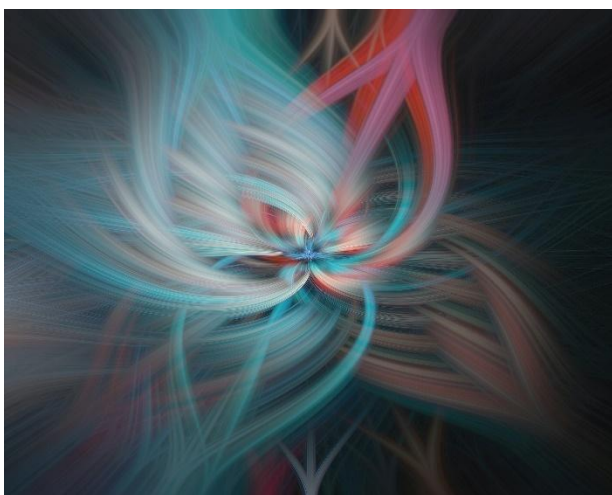
These are our Lord's parting instructions to his team. Firstly, he says to the apostles, 'Go and make disciples of all nations.' This is a command to bring together peoples of every culture and every tongue by offering them the good news of God's love. Notice how everyone is included in this commission. No one is to be excluded, ignored or rejected. Everyone is worthy of God's love and of his forgiveness. This fully inclusive oneness is a very powerful message to the world today. All are welcome in God's family – the Church. All should feel welcome in our society.

As you watch or listen to the news this week, take the time to notice where you see this open welcome and loving acceptance, and give thanks. Notice too where there are signs of prejudice, intolerance or exclusion, pray for a spirit of oneness and inclusion.

Secondly, Jesus tells his team to baptise in the name of the Father, the Son and the Holy Spirit. Everyone who says 'Yes!' to his good news message will experience the fullness of God: God for us who created all the glorious vastness that is above us and the intimate nearness that is all around us; God alongside us who shows us how to live at one with God and with everyone on earth; and God within us who draws us into the holy oneness. Father, Son, Spirit is our experience of God who enables, enfolds, and enlivens our lives and all life on earth.

God wants us to experience him in all three dimensions. Ponder your own sense of at-one-ness with God – Father, Son and Spirit. Give thanks as you recall the joy you feel when at one with God's creation, the love you feel when you listen to our Lord's teaching and try to apply it in your life, and the wonder you feel as God's Spirit connects with yours. Do you see any gaps in your relationship with our three-fold God of love and loving oneness? Why might this be? Ask God to draw you more deeply into relationship with him.

May you grow in oneness with our God of life and love.



Renew once more the ancient fire,
let love our hearts inflame;
renew, restore, unite, inspire
the Church that bears your name;
our name exalted over all,
one Father, Spirit, Son,
O grant us grace to heed your call
and in that name be one.

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OUR PRAYERS

Feel free to use one or more of these prayers and to add your own.

God the Father, you are the source of all life and love,
and I feel held in your loving gaze. For the wonder of life,
and the mystery of your inner life, I praise you...

Heavenly Father, hear my prayer.

God the Son, you came to show us your Father's love,
so that he could be our Father too. All are your Father's children,
all are welcome in your family – the Church. May I love as you love...

Lord Jesus, hear my prayer.

God the Spirit, you draw me into your Trinity of love,
and guide me to a place of pure oneness. You make me feel at one
with life and the source of all life. May I share this blessing with...

Holy Spirit, hear my prayer.

Offer your own heartfelt prayers and yearnings, praise and thanksgivings.

The Lord's Prayer

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come; thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation; but deliver us from evil.
For thine is the kingdom, the power and the glory,
for ever and ever. **Amen.**

PRAYER OF BLESSING

A closing prayer of blessing for this week.

O God, you search me and you know me,
all my thoughts and feelings are open to your gaze,
you see the paths I will take before I take them. Guide my daily living.
Bless me and keep my loved ones safe, I pray. **Amen.**