

IMMERSED IN GOD: a Trinitarian meditation

A suggestion for prayer for use by individuals or groups. If used by a group, ask one person to read the text slowly, leaving suitable pauses for silent prayer.

Sit or kneel, finding quiet and calm.
(*silence*)

Spend a few moments
in quiet adoration of God.
Lay your life before him.
Lift up your heart and soul to him.
(*silence*)

*Now read slowly and prayerfully,
the first few lines of Psalm 62:*

O God, you are my God,
for you I long.
For you my soul is thirsting.
My body pines for you,
like a dry, weary land without water.

Spend a few moments in silence,
thirsting for God.
Ask God to give you the living water
of his life and his love. (*silence*)

Be aware of the majestic presence
of the Father, the Creator.
All that exists, the entire universe,
is the work of his hands.
You were made by Him.
He knit you together
in your mother's womb.
Be filled with awe and wonder.
Thank God for the wonder of your being.
(*silence*)

Think of yourself as
surrounded by Him, immersed in Him,
praying deep within Him. (*silence*)

This Father *is* Love.
At this very moment,
He is giving himself totally to you,
pouring himself out to you.
(*silence*)

This self-giving of God
is the very person of God the Son,
now made flesh as the risen Lord Jesus.
Be aware of his presence now.
He is standing in front of you,
looking deep into your eyes,
your mind, your heart and your soul.
Allow him to lay his hands upon you.
(*silence*)

Open yourself to Him.
Welcome Him into your life.
Open the doors of your soul.
Make room for Him.
Invite him to the centre of your life.
(*silence*)

Jesus pours out upon you
all He receives from his Father.
That pouring out is the Holy Spirit,
the very depths of God's love.
Imagine Jesus
breathing his Spirit upon you. (*silence*)

Ask the Holy Spirit
to transform you from within,
to purify your heart,
to change and renew you,
to kindle a fire deep within you.
(*silence*)

Be conscious again of being immersed,
plunged into the fire of God's love.
Quietly praise and worship God,
the Father, the Son and the Holy Spirit,
one God. (*silence*)

Finish by saying:
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.