

// SESSION FIVE //

Trinitarian Love and the Transformed Cross

Embracing the Depth of God's Love and Suffering

WELCOME

In this session Franciscan friar, globally recognized teacher and spiritual leader and founder of the Center for Action and Contemplation Richard Rohr explores Trinitarian love and the transformative power of the cross. He emphasizes that understanding God in a Trinitarian way leads to a more inclusive, compassionate worldview and that the cross symbolizes transformation, not transaction.

About this guide: *It's simply that—a guide. A "trellis" to support your exploration of the wisdom and questions offered up here for you to consider. Receive what is yours to receive. Ditch the rest.*

PREPARING and PRESENCING

Notice Your Deep Listening Limiting Voices

- **Judgment:** Limits us from seeing with an open mind.
- **Cynicism:** Restricts the self-compassion needed for exploring new possibilities.
- **Fear:** Can close us off from what God wants to birth in us.

Centering

- Take a slow, deep breath to calm the mind, release distractions, and to bring your focus to the present moment.
- Open yourself and invite the Spirit in. Set intention for a sense of purpose and direction in your contemplation. Be present to yourself in love.
- Cultivate a positive and open mindset, and enhance receptivity to wisdom by expressing gratitude for the opportunity to learn and grow spiritually.

WATCH THE VIDEO

Trinitarian Love and the Transformed Cross with Richard Rohr (21:04)

INITIAL OBSERVATIONS

Now that you've watched the film, sift through the prompts below. Resist forcing a response or trying to answer every question. Be open to how the Spirit might be guiding. Don't overthink it, just **notice what you notice**.

- What drew your attention? A specific story, idea, phrase, word, sound, or image in the video?
- In what ways did the video speak to your own life? Why might that memory, experience, or connection be coming forward now?
- Where did you feel resonance or resistance, expansion or contraction, liberation or suffocation?

DEEPER EXPLORATION

Sift through the prompts below as you continue to "listen to your life deeply," and explore Rohr's invitation to expand our understanding of God and love and the power of the cross.

- Reflect on the idea that the cross is a symbol of transformation, not transaction. How does this resonate with your experiences of suffering and redemption?
- Richard Rohr speaks about the universal nature of God and creation. How does this perspective influence your view of the world and other people?
- How can embracing a Trinitarian view help you move beyond dualistic thinking and into a more inclusive, holistic understanding of God and creation?
- What steps can you take to cultivate a greater awareness of the interconnectedness of all things and God's love in all aspects of your life?

REFLECTING / RECEIVING / RESPONDING

Take a few moments to recenter and resettle yourself. Reflect on what you're hearing.

- How is the Spirit nudging you? Are you sensing an invitation into anything new? What is calling for your attention?

CLOSING

A Closing Blessing:

May you embrace the vastness of God's love, understanding that it transcends all boundaries and includes every person, every creature, and every part of creation. May you come to see that God's love is not limited by tribe, religion, or nation, but is as expansive as the universe itself. May you be drawn into the divine dance of the Trinity, where competition and exclusion give way to invitation and inclusion. May you find joy in the interconnectedness of all things, recognizing that to love God is to love all that God loves.

As you journey through life, may you redefine love and power according to the Trinitarian revelation. May your love be willing to suffer and sacrifice for the sake of others, and may your power be found in vulnerability and compassion. In moments of wonder and in times of suffering, may you experience the presence of God in all things. May your eyes be opened to the sacredness of every part of creation, from the smallest flower to the vastness of the cosmos.

Go forth with the confidence that God's dream is to reveal God's self in every aspect of life. May you become a seer of this divine revelation, receiving and enjoying the beauty and mystery of God's presence everywhere. Trust in the transformative power of God's love, knowing that every pain and suffering is held within the suffering of God and will be transformed. May you live in the freedom and fullness of this divine love, and may it guide you towards greater compassion, justice, and peace. Amen.