

// SESSION FOUR //

Living In the Divine Flow of the Trinity Embracing Our Humanity and Spirituality

WELCOME

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

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.

Invocation

- Allow your heart and to receive these words from Richard Rohr from as a way to awaken your imagination and to enter in:

Jesus came to show us how to be human. He revealed that staying in the divine flow requires losing the small self, the separate self, and the superior self. This is the path to transformation.

WATCH THE VIDEO

Living In the Divine Flow of the Trinity with Richard Rohr (18:11)

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?
- How might the Spirit be nudging you? What is being revealed?

DEEPER EXPLORATION

Sift through the prompts below as you continue to "listen to your life deeply," and explore Rohr's invitation to die to our small selves so we can enter into a fuller, more abundant life in God.

- Reflect on the idea that staying in the flow requires losing the small self. How does this resonate with your experiences?
- Richard Rohr speaks about the resurrection and transformation. How does this perspective influence your view of life and death?
- What steps can you take to cultivate a greater awareness of the divine flow and unity with God in all aspects of your life?

REFLECTING / RECEIVING / RESPONDING

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

- Sit quietly and connect with your breath. Move from your head down into your heart. (*Placing your palm over your heart can be helpful*). With an open heart, and without analyzing your thoughts, allow what you have been sensing to descend into your heart.
- Receive the love God has for you. God is alive and intimately and vibrantly enfolding you right now.
- Be still, know, and linger on the fact that you are held and supported.

CLOSING

A Closing Blessing

May you find peace in the continuous flow of God's love. May you see the divine presence in all things and be a vessel of God's grace in the world. May this truth guide you and you deep joy and fulfillment.

May you continue to live in the divine flow of the Trinity, embracing the fullness of your humanity as Jesus has shown us. May you find strength in transformation rather than transaction, carrying your cross with grace and humility. In every moment of diminishment, may you recognize the profound presence of Christ in all forms around you.

As you journey through the challenges of life, may you be ever aware of the unending flow of God's love, pouring into and through you. May you see beyond the ordinary to recognize the sacred in the everyday. In times of suffering and loss, may you hold fast to the truth that life is not ended but merely changed, and find hope in the resurrection that speaks of endless renewal and transformation.

May the infinite love of the Father, the tender presence of the Son, and the life-giving breath of the Spirit fill you, guide you, and sustain you. May your heart be open to giving and receiving love, finding communion in every relationship and encounter. Go forth, knowing you are part of the universal body of Christ, and may your life be a testament to the boundless, forgiving, and inclusive love of God. Amen.