

// SESSION THREE //

Prepared for Unity with God

Embracing the Trinitarian Flow in Our Lives

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:

The nature of God has redefined the nature of power,
and power is in fact, powerlessness.

The nature of God is the flow of perfect love that never stops.

WATCH THE VIDEO

Prepared for Unity with God with Richard Rohr (19:55)

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

the profound unity with God that the Trinity offers.

- Reflect on the idea that God is a dynamic flow of perfect love. How does this perspective influence your view of power and vulnerability?
- Richard Rohr speaks about the need for spiritual humility and understanding Scripture beyond literal interpretation. How does this resonate with your experiences of faith and scripture?
- How can embracing a Trinitarian view help you move beyond dualistic thinking and into a more inclusive, holistic understanding of God?

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.
- 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 be ever aware of the divine flow, living in the dynamic love of the Trinity. May the Holy Spirit descend upon you like a dove, fill your life with the breath of God like a mighty wind, refresh your soul like flowing water, and ignite your spirit like tongues of fire.

As you honor the depth and richness of Scripture, may you seek beyond the literal, embracing the profound mystery that invites your soul outward. May you find humility in your spiritual journey, knowing that understanding unfolds layer by layer. In times of uncertainty, may you find your locus of authority in the everlasting love and wisdom of God. May you navigate the complexities of life with grace, guided by the truth that the essence of power is found in powerlessness, as modeled by the self-emptying love of the Father, Son, and Holy Spirit. May you embody this divine love, living as a reflection of the Trinity, embracing both action and contemplation.

As you move through your days, may you rediscover the power that is not tied to ego but is rooted in the humble and vulnerable love of Christ. Go forth, prepared for unity with God, knowing that in your very nature, you are designed for this divine communion. May your life be a testament to the boundless love of the Trinity, a beacon of hope and friendship in a world longing for true connection. Amen.