

## // SESSION TWO //

### Praying Always: A Trinitarian Worldview Embracing the Divine Flow in Everyday Life

#### WELCOME

In this session Franciscan friar, globally recognized teacher and spiritual leader and founder of the Center for Action and Contemplation Richard Rohr explores the profound implications of Trinitarian spirituality and how it can transform our understanding of prayer, presence, and interconnectedness.

**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 to receive these words as a way to awaken your imagination and to enter in:

"Hear my prayer, O God. Hear my words and the emotions that have no words. Envelop me into communion with you in every aspect of my being, in every moment of my day. May my prayer be a continual connection of breath and life."

#### WATCH THE VIDEO

**Praying Always: A Trinitarian Worldview with Richard Rohr (14:53)**

#### 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 find God in every moment and aspect of our lives.

- How does the concept of being Trinitarian expand your understanding of spirituality and prayer?
- In what ways can you integrate the practice of "praying always" into your daily life? What might this look like for you?
- Richard Rohr speaks about seeing Christ in everyone and everything. How does this resonate with your experiences? Have you encountered moments where you felt this deep connection?
- How can embracing a Trinitarian worldview 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.

- 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 profound mystery of the Trinity, understanding that to be Trinitarian is to live beyond the confines of mere religiosity, touching the divine in the secular and seeing God's presence in all things. May you experience the flow of the Holy Spirit, finding prayer and connection in every moment, beyond the walls of any church or institution.

As you walk through life, may your spirituality be filled with the awareness that God is for you, God is alongside you, and God is within you. May you feel the divine dance, inviting you to take your place at the table, participating in the eternal exchange of love and grace. May you recognize Christ in everyone you encounter, transcending all divisions and embracing the unity of all creation. May you be a beacon of this inclusive love, living in the fullness of the gospel that invites everyone into the flow of divine life.

Go forth, empowered by the infinite, shared love of the Trinity. Let this love fill your heart, guide your actions, and bring you peace. Amen.