

*In the name of the Holy and Undivided Trinity, One God, Father, Son and Holy Spirit: Amen.*

Welcome to "Let's make our head hurt" Sunday!

Any day you talk about the nature of God;

how there is only One God, and that God is Three, all at the same time;

just as we say Christ was fully human and fully God all at the same time;

just as we say we are beloved saints and forgiven sinners all at the same time;

That's a day to make your head hurt.

John Wesley said, "Bring me a worm that can comprehend a man,

and then I will show you a man that can comprehend the Triune God."

You have to be really comfortable with mystery and paradox and abstract thinking to wrap your head around the Trinity.

But I've also discovered that this is not something we can wrap our heads around.

It's something we have to wrap our hearts around, and perceive with our senses.

And it's not so much about understanding God, as it is about experiencing God.

One of the gifts of this revelation we have as Christians about the nature

of God as Three and yet One is that we have more ways to experience God, whether we're abstract or concrete or somewhere in the middle.

For those who are comfortable with mystery and things we cannot see – there's God as Spirit, blowing where she wills, leaving evidence but not visible.

For those who are more rooted in actions and history, we have God the Son, whom we worship as the Christ, embodied in Jesus of Nazareth, who and walked and talked and lived and died – and rose again.

For those who relate to God as Creator, as Father/Mother, Source of Life, high above the heavens, unknowable, we have God whom Jesus called Father. How do you best relate to God?

We have trinities all around us in nature,

reminders of the Creator who made all things and called them good.

Take these trees: are they roots, fruits, or shoots? Yes – all of these are Tree.

Take the river beyond those trees that flows to the Potomac and into the Bay and into the ocean: is it tributary, river or sea? Yes – all of these are River.

Take the air we breathe: is it wind, oxygen, or vapor? Yes – all of these are Air.

Take the grass we sit on: is it a field, a plant, a blade? Yes – all of this is Grass.

Look around you – what trinities do you see?

Look at your neighbor: Is she daughter, wife, or mother? Yes – she is Person.  
So our God is Father, Son, Spirit existing in eternal relationship.  
We worship a God of love, love that is so vast it can only spill out into relationship.  
Love that must be given and received and shared  
so that it spills over to create new objects of love.  
One God, Three ways to love and be loved.

There's a creative, multiplying effect wherever God is active.  
Fish, bread, wine, yeast, people... all through the New Testament we see  
numbers and amounts multiplying, increasing, in abundance.  
And it's not only substances that multiply – it's also power that is magnified.  
The power of God can make the weak one strong,  
strong enough to stare down tanks and dictators;  
strong enough to run for office against special interests and corrupting money;  
strong enough to protect the earth against exploiters of land and water;  
strong enough to fight for the powerless.

Jesus knew this power would be in his followers when his Spirit came upon them,  
and so he sent them out to spread this Good News that in Christ we are free,  
free from the need to try harder, to be a good person, to achieve;  
free to receive the unearned love and grace of God.  
He sent them – and us – out to spread this Good News so that together we  
might set others free – free from poverty as we share our resources;  
free from oppression as we stand up to injustice together;  
free from racism and homophobia and mistrust  
as we follow God's command to love our neighbors without reservation;  
free from fear as we share that love that casts out fear.

We are called, invited to carry the Love of God which is stronger than death,  
which can open the hardest heart and make the desert a place of springs.  
The Love of God is the strongest force in the world. It is ultimate power.  
And we are Carriers of it, in the power of the Love-Carrier, the Holy Spirit.

And the best part? We do not do this alone.

Jesus gave this Great commission, this huge command to make disciples,  
which means to bring others into a transforming relationship with Jesus,  
and then said, "Remember: I am with you always, to the end of all time."  
Anytime you feel alone in ministry, or in life – look around you.

The triune life of God is as close as the grass, the trees, the water, the air. Amen!

## **Matthew 28:16-20**

The eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshiped him; but some doubted. And Jesus came and said to them, “All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.”