

Breath and Being-Trinity Sunday: "The God Who is Relationship"

Matthew 28:16-20

Opening Prayer: Father, Son, and Holy Spirit, You are the God of eternal love and perfect communion. Open our hearts tonight to receive not only truth about You, but life from You. Teach us what it means to belong — to You and to one another. Heal the places in us that resist connection because of fear, pride, pain, or disappointment. Shape us into a people who reflect Your love, Your unity, and Your grace in the world around us. As we study, speak to us. As we listen, transform us. As we leave, send us. In the name of the Father, Son, and Holy Spirit, Amen.

Theme: The Trinity reveals that relationship is at the center of reality itself. God is not isolated or distant, but eternally existing as Father, Son, and Holy Spirit in perfect love and communion. Because we are created in the image of this relational God, we are made for connection, belonging, unity, and love. The Christian life is not simply about believing truths about God — it is about being drawn into the life of God.

Secular Quote: *"The quality of your life ultimately depends on the quality of your relationships."*
— Esther Perel

Starter Question: When have you experienced a moment where you truly felt like you belonged? What made that experience meaningful?

Digging Deeper Questions

- **1. Read Matthew 28:16–20 together.**
- Jesus says we are baptized “in the name” of the Father, Son, and Holy Spirit.
- What stands out to you about the singular word *name* instead of *names*? What might this teach us about the unity of God?
- **2. The sermon described creation as an “overflow” of divine love rather than God filling loneliness.**
- How does that idea change the way you think about yourself and your worth?
Why do you think so many people struggle to believe they are deeply loved?
- **3. The Trinity shows unity without uniformity:**
- distinct, yet perfectly one.

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- Where do you see division happening most in our culture right now? What would it look like for Christians to model unity without demanding sameness?
- **4. The church is meant to reflect the relational nature of God.**
- What are some ways churches sometimes fail at creating belonging? What are some ways churches can better reflect the welcoming love of the Trinity?
- **5. The sermon emphasized that God often reaches people through relationships.**
- Can you think of a time when God’s presence came to you through another person? How might God want to use *you* to bring belonging or encouragement to someone else?

Actionable Step This Week: This week, intentionally practice relational love in one concrete way.

Choose one:

- Reach out to someone you have drifted away from
- Invite someone to coffee, dinner, or conversation
- Spend uninterrupted time listening to someone without trying to fix them
- Encourage someone who may feel unseen or isolated
- Take a first step toward reconciliation where hurt has created distance

Before you do, pray: “Father, shape my heart. Son, lead my steps. Spirit, guide my words.” Pay attention to how God works through simple acts of connection.

Closing Prayer: Father, thank You for creating us out of love and for inviting us into Your life. Jesus, thank You for making a way for us to belong through Your grace and sacrifice. Holy Spirit, teach us to live as people formed by divine relationship. Help us reflect unity without fear, love without condition, and grace without limits. Heal our divisions. Break through our isolation. Make us a church where people encounter belonging, compassion, and hope. Send us into the world as reflections of Your communion and love. In the name of the Father, Son, and Holy Spirit, Amen.

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Daily Scripture Guide:
“The God Who is Relationship”
Trinity Week Devotional Journey
Based on Matthew 28:16-20 and this Sunday’s message

Monday — Created by Love - Genesis 1:26–31.

Focus Thought:

You were created from divine overflow, not divine obligation

Tuesday — The Word and the Beginning - John 1:1–5, 14

Focus Thought:

The God who created the universe also stepped into it to dwell among us.

Wednesday — Life in the Spirit - Romans 8:12–17.

Focus Thought:

The Spirit does not merely influence us — the Spirit welcomes us into God’s family.

Thursday — Unity Without Uniformity - 1 Corinthians 12:4–13.

Focus Thought:

Difference is not a threat to unity when love is at the center.

Friday — The Love That Has Always Existed - John 17:20–26.

Focus Thought:

Jesus does not simply save us individually — He draws us into divine communion.

Saturday — Sent in Love - Matthew 28:16–20.

Focus Thought:

We are not called merely to believe in God’s love, but to carry it into fractured spaces

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