

Various Ways to Practice a “Trinitarian Mindset”

- Relax in God’s continuous presence and grace: “God does not love you because you are good; God loves you because *God* is good!” (Richard Rohr)
- As you read New Testament passages, be on the lookout for places where all 3 persons of the Trinity are closely related (up to 75 references, by Rodrick Durst’s count).
- Reflect on how the concept of “perichoresis” (the dance, or flow, of love among the three persons) can help you imagine God – and God’s relation to you and others.
- Meditate on these comments: “God is Love,” and “God created out of God’s superabundant love.”
- Practice thinking of Jesus Christ as “God’s face” for us,” that Jesus is our way to “see” God.
- Jesus gave us many examples of God’s sacrificial love, including most fully by going to the cross. In what ways can you follow his example in your own life?
- “The degree to which you can see the divine image where you would rather not tells me how fully the divine image is now operative in you!” (Richard Rohr) What does this say to you?
- As Jesus suffered on the cross, imagine the pain and suffering that the Father and the Spirit must have been feeling. What does this mean for your own experience of joy and suffering?
- Jesus sent the Spirit as a Paraclete (comforter, guide, advocate) to “dwell in us.” How might it help you to remember this as you go through the day?
- Catherine LaCugna on Trinitarian spirituality: “The ‘spiritual life’ of Christians is nothing more than training the eye of the heart on the glory of God, and living in such a way that one acquires the habit of discerning the brilliance of God’s glory.” How might you put this into practice?
- At various times when you pray, try addressing different persons of the Trinity, or perhaps all three, one by one.
- Meditate on Trinitarian hymns, such as “Holy, Holy, Holy”; “Of the Father’s Love Begotten”: and “Holy God, We Praise Your Name.”