

TRINITY SUNDAY (YEAR A) Sunday 31 May 2026

EXPLORING THE SUNDAY GOSPEL

WATERFALL

EXPLORING NEXT SUNDAY'S THEME

Introducing the Gospel

The Trinity (Matthew 28: 16-20)

The full nature of God is a mystery that people have struggled to grasp and to express. The doctrine of the Trinity affirms that God has been made known in the world in three characteristic ways, as Father, as Son, and as Holy Spirit. The way in which the early Church chose to express this mystery was in terms of 'three persons in one God'. The doctrine of the Trinity is rooted in Matthew's account of Jesus' great commission to the disciples to baptise in 'the name of the Father and of the Son and of the Holy Spirit'.

The image to stimulate reflection on the great commission and on the mystery of the nature of God on Trinity Sunday is *waterfall*.

Core extract from the Gospel (Matthew 28: 18-20; for reflection throughout the week)

And Jesus came and said to the disciples,
'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.'

Gospel prayer (for use throughout the week)

Glorious and Holy Trinity,
you reign over all things.
We praise the Father,
we praise the Son,
we praise the Holy Spirit,
we praise the Glorious and Holy Trinity;
today and always.
Amen.

READING NEXT SUNDAY'S GOSPEL

Matthew 28: 16-20

The Commissioning of the Disciples

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshipped 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.'

ENGAGING WITH THE THEME

Dwelling with the text (Matthew 28: 16-20)

Begin to explore Matthew's account of Jesus' great commission to the disciples by employing the SIFT approach of Sensing, Intuition, Feeling, and Thinking. You may find that one of these approaches comes easier to you than the others. But it is worth trying all four.

- What details in the passage catch your attention (Sensing)?
- What big ideas in the passage spark in your mind (Intuition)?
- What most touches your heart in the passage (Feeling)?
- What most stretches your mind and makes you think in the passage (Thinking)?

Thinking and talking

Identify topics within the passage that can get you thinking and talking. Here are some ideas to get you started.

- Why do you think Matthew locates the great commission on the mountain?
- How do you read the mixed response, 'they worshipped him; but some doubted'?
- How important is the notion of baptising in the name of Father, Son and Holy Spirit?
- How helpful do you find the idea of *mystery* behind the doctrine of the Trinity?
- What does the doctrine of the Trinity say for us today?

Using your Bible

Explore other references to the Trinity in the New Testament.

- Mark 1: 10-11
- 2 Corinthians 13: 13 (or verse 14 in older translations)

Explore how water prompts wonder for God's creativity in the Old Testament.

- Psalm 8: 1-5
- Psalm 65: 9-10
- Ecclesiastes 1: 7
- Isaiah 40: 12-15

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Exploring online

Widen your exploration of the great commission and the mystery of the Trinity by looking up some of the following themes and others of your own choosing.

- The mystery of the Trinity
- Pictures of waterfalls, including Aber Falls
- The great commission

Drawing on experience

The image to stimulate reflection on the great commission and on the mystery of the Trinity is *waterfall*. Draw on your experience of waterfalls. For example:

- What is your experience of visiting a waterfall?
- How does being in the presence of water open your eyes to the wonder of God?
- What is your experience of the mystery of God?

What have you learned about waterfalls?

Creating and making

This section offers pointers to some creative activities that may be inspired by the theme of Trinity Sunday or by the image of the waterfall.

- Capture the sounds of a waterfall to play as people come into church (try YouTube).
- Draw together images of waterfalls, with the title 'On Trinity Sunday we celebrate the wonder and mystery of God'.
- Make a collage of images that alert you to the mystery of God.
- Create a reflection, poem or prayer reflecting on the mystery of the doctrine of the Trinity or on the image of waterfalls.

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**Liverpool
Cathedral**

EXPLORING THE SUNDAY GOSPEL

Each week we are inviting people in their homes to look forward to those Sunday services that follow the Revised Common Lectionary Gospel readings. We employ the SIFT approach (Sensing, Intuition, Feeling, and Thinking) to encourage reflection on the Sunday Gospel. We are suggesting a variety of ways in which people of all ages, and households working together, may engage with the Gospel reading and celebrate that engagement with shared activities.

These materials have been developed by the Canon Theologian of Liverpool Cathedral working in collaboration with the staff team here at the Cathedral, and with sponsorship and support from the St Mary's Centre in Wales.



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