



Daily Worship

31 MAY – 06 JUNE 2026

Thought For The Week:

Once again, we reach the mysterious and difficult day called Trinity Sunday. The doctrine of the Trinity is often misunderstood both within the Christian Community and outside of it and has been the source of much persecution and ridicule of the Church. Part of the problem is that the Church has sometimes used the idea of God as Trinity to define God and to draw lines between "true believers" and "heretics". While there may be some valid reasons for both actions, they have not helped us to experience the richness and invitation of this amazing truth.

The doctrine of the God who is three-in-one, while not defining God (God is beyond any human definition) does reveal some important facets of God's nature. This God is, within God's own nature, a community of love. But God does not seek to keep this divine community closed. Rather, God seeks to draw all people, all creatures, and the entire cosmos into this loving community. All three persons of the Trinity are constantly reaching out to heal, restore, and welcome God's beloved creation into intimate relationship with God. If there is any statement about God that should teach us about God's inclusive love, it is that God is triune. This is a great mystery, but it invites us to spend our lives in contemplation and experience of it.

This week we meditate on the God who is three-in-one and respond to God's invitation to share in the divine community of love.

Trinity Sunday 31 May 2026

READ:

Matthew 28:16-20

REFLECT:

What comes to mind when you read Jesus' last instructions to his disciples in today's passage? When we remember that the Christian religion did not yet exist, it is clear that Jesus did not mean that his followers should coerce others to become part of a new religion. Rather, he sought to draw all people into his new way of being – the way of abundant life found in the reign of God. The sign of baptism was not about entry into a religious institution. It was a sign of dying to our old way of living, which was rooted in the values of human systems, and being raised to new life rooted in God's values and priorities. On this Trinity Sunday, it's important to note that baptism is in (the Greek can also mean "into") the Trinitarian name of God. In other words, we are baptised into God's divine community of love, and then we are sent into the world to invite others into God's loving family.

Notice that even as they encountered the Risen Christ, some of the disciples doubted. Doubt is a normal and natural part of our faith journey and can lead us deeper into faith. Notice also that Jesus promised that his presence would be with us always. This is the Holy Spirit's work. So, God invites us into God's reign, Jesus calls us to follow the ways he taught and lived, and to teach others to do the same, and the Spirit fills us with God's presence and power. This is what it means to have a Trinitarian faith.

How can you reaffirm your baptism into God's Trinitarian family today, and live this out so others may benefit from God's grace?

DO:

The doubt that the disciples experienced happened as they were worshipping the Risen Christ. Doubt and worship often go hand in hand, and they both serve to strengthen our faith. Today, make time to

worship, and as you do, bring your doubts and questions to God. Then open yourself to receive a new sense of God's presence and power.

PRAY:

I bring you my worship and my questions, O God, and I open myself to your Spirit.

Monday 01 June 2026

READ:

1 Corinthians 12:1-3

REFLECT:

Today's reading is part of a much longer teaching in which Paul explains what it means to be a Spirit-filled community. He calls us the "body" of Christ and explains that we each have different abilities and functions. Together, we ensure that the whole body functions in the healthiest and most effective way. But the gifts and the power to use them, are given by God's Spirit. And it is the Spirit that enables us to recognise and respond to Jesus.

When Paul talks about cursing or praising Christ, he is not just referring to our words. It is our lives that must proclaim Jesus as Lord – as opposed to the "Caesars" and idols that seek our allegiance. The problem is that it is easy to say words of worship while our habits and priorities actually reflect devotion to the gods of materialism, instant gratification, and power games. This is why Paul declares that we need the Spirit to enable us to express our allegiance to Jesus and his mission. Only in the Spirit's power can we walk away from the values of the culture around us and align our lives with Jesus' purposes and values.

How does your life reflect your allegiance to Jesus today? How does it reveal a lingering allegiance to the gods of this world?

DO:

If it is only by the Spirit that we can declare our allegiance to Jesus, then we need to be invoking the Spirit's presence and power every day, and especially in those situations where we are tempted to honour the gods of society. Keep a prayer of invocation on your lips throughout today.

PRAY:

Come, Holy Spirit, and empower me to live my entire life in allegiance to Jesus.

Tuesday 02 June 2026

READ:

Psalm 29

REFLECT:

Today's reading is a song of praise that reflects on God's nature and glory, and the writer calls the people of God to worship in response to a vision of God's greatness. The Psalmist explores various forces of nature beginning with the sea, which was a threatening and mysterious thing for the people of antiquity. The sea was both a powerful and dangerous force, but it was also a storehouse of treasures that sustained life. When the Psalmist declares that God's voice "echoes above the sea," he is affirming God's authority over one of nature's greatest powers. But then he goes on to affirm God's rule over other mighty things in nature – great trees, tall mountains, and bolts of lightning. Finally, to drive the point home, the writer declares that God is even more powerful than the floodwaters – that primal, destructive, uncontrollable force. Once the truth that God is over all of nature's most powerful things settles into our hearts, we cannot help but cry, "Glory!"

The Psalmist had no conception of God as Trinity, but he did recognise that God's voice was one with God. In the New Testament, God's voice, God's Word, is incarnated in the man Jesus, and empowered by the Spirit of God. It is this Triune nature of God that expresses God's glory,

power, and authority over all of creation. Yet, paradoxically, in the Gospels, God's greatest power is seen as the Word-Become-Flesh is silenced on the cross. Like the Psalmists, our reflection on God's glory inevitably leads us into mysteries too deep for us to understand, but that capture our hearts and lead us into worship. This is good, because the moment our vision of God is small and simple enough for us to understand, we have stopped worshipping the infinite and almighty God.

How can you allow your worship to lead you into the mystery of God's glory today?

DO:

The essence of praise is to open ourselves to a new vision of God and God's glory. If we cannot praise God like this, our God remains too small and too domesticated to challenge and change us. Today allow your praises to lead you into the mystery of God's greatness and glory.

PRAY:

As I praise you, O God, so I am drawn out of my depth into the mystery of your divine being.

Wednesday 03 June 2026

READ:

John 14:25-26

REFLECT:

The two verses of today's reading form part of the broader discourse of John 14–16. But they contain one of the most beautiful pictures of the Triune God at work that we could ever ask for. Jesus has just said that the Father sent him, and now he speaks about the Father sending the Holy Spirit, as an advocate, a guide and defender. This Spirit, who comes on the Father's mission, then becomes a teacher in complete unity

with Jesus, reminding followers of Jesus of everything they have been taught. Here we see how God works in the lives of God's people.

The Father has a dream for creation that was taught and demonstrated by Jesus. But this dream needs to be carried forward and brought to reality by women and men who have come to believe in it. That's why we need Someone who can keep the vision alive in our hearts and keep reminding us of all that Jesus taught us. This is the work of God's Spirit. That's why we worship a Triune God. As mysterious as the idea of Trinity may be, it also resonates with our experience of God's work in our lives. It does not take much to recognise the influence of each of the three Persons of the Trinity in the life of every believer if we just take the time to look.

How have you experienced the Triune God at work in your life? How can you open yourself to the whole of the Trinity in your life today?

DO:

One thing we have that the first disciples did not is a written record of Scripture. The Bible is a valuable gift that connects us with the teachings and ministry of Jesus. But without the Spirit to speak through the Bible, it is just words on a page. It's a good thing, then, that Jesus promised that the Spirit would speak to us, if we remain open to hear. Today, spend time in the Scriptures and listen for the voice of the Spirit.

PRAY:

As I read the Bible, Holy Spirit, speak to me and teach me.

Thursday 04 June 2026

READ:

Psalm 33:1-12

REFLECT:

Today, we make the big shift from the first half of the Church Calendar, which focuses on God's work through Christ, to the second half (called Ordinary Time) which emphasises our work of following Christ. And this year we begin with celebration!

The Psalmist invites God's people to sing, shout, and praise God enthusiastically. And the reason for this celebration is that God is right, faithful, just, and loving. God made the earth and all creation honours God. God's plans and purposes are not fickle and random, but they last from generation to generation. And those who embrace God's presence, life and love find great value, goodness, and joy in God's grace.

The Scriptures sometimes refer to such expressions of worship as a "sacrifice of praise". Which may seem to contradict the central message of this first week in Ordinary Time which is that God desires mercy and not sacrifices. Does this mean that we shouldn't give ourselves in worship to God? Do our gifts of our time, talents and treasures mean nothing? Not at all! But we must be cautious not to think that our sacrifices of praise are the only thing required in our relationship with God.

It can be tempting to make our faith about attending worship services and spending some time in prayer when we can. But the Psalmist calls us to be aware of God's plans and that they remain firm. Jesus showed us that God's plan is for all people to enjoy living in a world of love and justice – the reign of God. And so, as we celebrate God and God's plans, we also commit ourselves to participate in bringing those plans into reality in our corner of the world. Our praises are not just about singing, shouting, and praying. We praise God by living according to God's plans and sharing love and justness wherever we can.

DO:

We have spoken a lot about worship and praise this week already. But as we have seen today, we also praise God through loving and serving

others in acts of kindness and mercy. Today find a way to praise God through showing mercy to someone in your life who needs it.

PRAY:

I praise you God in song and shouting, but also in mercifully serving the God-beloved people around me.

Friday 05 June 2026

READ:

Acts 28:1-10

REFLECT:

The Book of Acts concludes with the Apostle Paul being taken in chains to Rome. On the way there, the vessel in which Paul, his companions and his captors were traveling was shipwrecked. But through Paul's efforts everyone managed to reach land – the Island of Malta – safely. What follows is a masterclass in showing mercy to one another.

The islanders received the shipwrecked survivors with grace and generosity, giving them food and shelter. And even when Paul was bitten by a snake, which they interpreted as divine justice, they waited and watched to see what would happen rather than judging and excluding Paul immediately. As a result, their view of the apostle changed. In return for all the kindness shown to him and his companions, Paul showed mercy to the islanders by healing those who were sick.

Imagine what the world would be like if we were to treat one another the way Paul and the islanders of Malta treated one another. Their simple attitude of grace and their refusal to cling to negative stereotypes and assumptions opened the door for them all to receive great benefits. How can you follow this example of mercy and love in your life and relationships today?

DO:

So often we jump to conclusions about other people and, in our self-righteousness and arrogance, judge them unkindly and unfairly. But God calls us to a different way of seeing each other – the way of mercy. This means that we choose to withhold judgment, resist making assumptions, and learn to see the full three-dimensional humanity of others. Who needs you see them with eyes of mercy today?

PRAY:

Keep me, O God, from making snap judgments about others and to see my neighbours through the lenses of grace and mercy.

Saturday 06 June 2026

READ:

Matthew 9:27-34

REFLECT:

Tomorrow the Lectionary focusses on the section of Matthew 9 that comes just before today's reading. Chapter 9 of Matthew's Gospel is filled with stories of Jesus' mercy: he healed a paralysed man, he called Matthew the tax-collector, he healed the woman who had been bleeding for twelve years, he raised a dead girl to life, and he healed two blind men and a mute man. And in the middle of all this we read (in verses 14–17) that the Pharisees were more concerned about the fact that Jesus' disciples did not fast. No wonder Jesus spoke about his work and teaching as new wine that needed new wineskins!

When Jesus healed the blind men, he asked them if they believed he could do it and then, when they said yes, he said, "It will happen for you just as you have believed." This has led many Christians to believe that God's healing depends on our faith and that when healing doesn't happen, it is our fault for not believing enough. But notice how in the very next story, Jesus does not require the mute man to express any faith at all! Clearly, God's mercy is not dependent on our faith.

There is more here than we have space to explore but notice how the Pharisees responded to these healings. They immediately put a negative spin on Jesus' work rather than change their paradigms. There will always be those who wish to excuse their lack of mercy – and sometimes we may fall into that temptation too. How can you embrace mercy more completely and enthusiastically today?

DO:

We all have times when we struggle to live as mercifully as Jesus. We can be as unmerciful to ourselves as to others and both are damaging. But if we can resist the self-righteousness of the Pharisees and refuse to excuse our lack, we can confess our struggle and make a change. Today be quick to confess any moments when you lack mercy and try to shift into a more merciful attitude as quickly as possible.

PRAY:

Please teach me, O Christ, to be as freely and extravagantly merciful as you are.