*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. – Matthew 28:19-20*

1. Introduction – Trinity Sunday
   1. Misunderstood and seemingly difficult to grasp Sundays
   2. While we focus on the Trinity today – in reality every Sunday is Trinity Sunday
2. Analogy of Parenthood to explain how we begin to understand the Trinity
   1. When I was growing up I wanted to be a parent – I saw my parents, other parents – though I understood what parenting was
   2. When I got married I began to learn what it meant to be a parent a little more – the ‘adult’ decisions that were necessary etc.
   3. However, you do not **know** what parenthood is until you are a parent
   4. Living out parenthood – you begin to fully understand it (even then it sometimes continues to be a mystery – just like the Trinity)
3. To begin to understand the Trinity we must live out the Trinitarian life that is offered to us by God
   1. Our lives must be shaped by the love of God the Father
   2. Our lives must be shaped by the life of God the son Jesus Christ
   3. Our lives must be shaped by the power of God the Holy Spirit

*And remember, I am with you always, to the end of the age.* – Matthew 28:20

1. To understand the Trinity (and a Trinitarian life) we look at Jesus – God with us, Immanuel.
   1. Jesus’ promise ‘I am with you, to the end of the age’ is a reaffirmation of God’s faithfulness and the whole of Matthew’s Gospel
      1. Matthew 1:18-24 – Begins with Jesus being Immanuel – carries through to the end.
   2. God with us, Immanuel, doesn’t end with Jesus’ ascension.
   3. The very embodied, present life of God remains with us by the power/presence of Holy Spirit
2. Trinitarian life is always outpouring
   1. In creation God pours out his goodness, pours out humanity his image
   2. In our Psalm (Ps 8:5) we see the ‘glory and honour’ of God poured out on humanity
   3. Jesus’ prayer for his disciples before his crucifixion, concludes with: ‘so that the love which you – the Father – have loved me, may be in them and I in them.’ (John 17:26),
   4. God sends his Son, Jesus who dies on the Cross as the ultimate pouring out of his love.
   5. The life of God that Jesus offers his disciples in the Great Commission (Matthew 28), is one of pouring out
      1. Go therefore!
      2. Make disciples (share the love you have received – do not keep it to yourself)
      3. Baptize (welcome them into the mystery of the life of God offered through the death and resurrection of Jesus)
      4. Teach everything Jesus had commanded (there are guidelines/rules to follow)
3. So if God as Immanuel – God with us, is part of who God is as Trinity and the outpouring of God’s love is part of who God is as Trinity: how does that effect the way that we live ‘Trinitarian’ lives?
   1. As a church? In our lives?
      1. How will we treat one another?
      2. How will we speak about one another?
      3. How will serve one another?
      4. How will we care for creation?
      5. How will we welcome the stranger and the outcast?
      6. How will we make disciples and baptize?
      7. How will we teach?
4. As we live out our calling as disciples, in faith and doubt (Matthew 28:17), we come to know God’s Triune Life and experience it here and now – further up and further in