



HOW TO LIVE INSIDE THE TRINITY

13 July 2025

Summary:

This Message explores how to move from merely understanding the concept of the Trinity to actively living within it. Bruce emphasizes that the spiritual life is about participation, not performance, and provides practical steps for developing a more intimate relationship with God as Father, Son, and Holy Spirit. He stresses the importance of desire, remembrance, and intentional practice in cultivating a Trinity-centered life.

Key Points:

- The spiritual life is about participating in God, not performing for God
- Living in the Trinity begins with desire, not perfection
- We must set reminders to interrupt our forgetfulness of God's presence
- Relate to each person of the Trinity individually
- Transform daily encounters and work into Trinitarian moments
- Return to union with God even in times of weakness and suffering
- Close each day by reflecting on encounters with the Trinity

Scripture Reference:

- Romans 12:2 - "Be transformed by the renewing of your mind"
- Colossians 3:17 - "Whatever you do, do everything in the name of the Lord Jesus"

Stories:

- Bruce shares an anecdote about asking a conference audience if they could remember last Sunday's sermon, highlighting the importance of valuing and recording spiritual teachings
- Bruce mentions a story about a woman who approached him at a conference, sharing how prayer had transformed her son's life, illustrating the power of communal prayer
- The Message includes examples of how different individuals (a mother, a young worker, a widow) might incorporate Trinitarian prayers into their daily lives

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DISCUSSION QUESTIONS

(For Individual or Group Reflection)

1. How can we practically incorporate the concept of 'receiving like the Son, responding like the Spirit, and resting in the Father' into our daily lives?
2. In what ways might our understanding and experience of God change if we consistently related to each person of the Trinity individually?
3. How does the idea of mystery as 'knowing deeply' rather than 'not knowing' challenge or enhance your approach to understanding the Trinity?
4. What are some creative ways we can set 'holy reminders' throughout our day to interrupt our forgetfulness of God's presence?
5. How might viewing every relationship as an opportunity to practice 'Trinity-shaped love' transform our interactions with others?
6. In what ways can we make our work a 'communion offering', and how might this perspective change our attitude towards our daily tasks?
7. How can we cultivate a habit of returning to union with God in moments of suffering, weakness, or sin, rather than turning away?
8. What are some practical steps we can take to move from merely admiring the concept of the Trinity to actually living inside the Trinity?
9. How might our prayer life change if we consistently closed each day by reflecting on where we saw the Father's love, walked with the Son, and felt the Spirit's prompting?
10. In what ways does the concept of 'abiding in the Trinity' challenge or enhance your current understanding of Christian spirituality?

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SMALL GROUP GUIDE

Opening Prayer:

Pray the Impacters prayer together as a group. Father, Son, and Holy Spirit, draw us into your life today. We desire to live in you. Let us walk in communion with you. Amen.

Key Takeaways:

1. The spiritual life is our relationship with God, that God helps us live.
2. We are called to receive like the Son, respond like the Spirit, and rest in the Father.
3. The Trinity is not a puzzle to solve, but a mystery to enter.
4. Living in the Trinity begins with desire, not perfection.
5. We must learn to interrupt our forgetfulness with reminders of God's presence.

Discussion Questions:

1. Bruce says, "You were not created to perform for God, you were created to participate in God." How does this statement challenge or affirm your understanding of your relationship with God?
2. Discuss the concept of "receiving like the Son." What does it mean to live in perfect dependence on the Father, as Jesus did?
3. How can we practically "respond like the Spirit" in our daily lives? Share examples of how you've experienced or witnessed this.
4. The sermon emphasizes the importance of desire in our spiritual growth. How can we cultivate a deeper desire for God and living in the Trinity?
5. What are some "holy reminders" you could implement in your life to help you remember God's presence throughout the day?
6. How does understanding the Trinity as a relationship to enter into (rather than just a doctrine to believe) change your approach to faith?
7. Bruce suggests examining our conversations through a Trinitarian lens. How might this practice transform our relationships?

Practical Applications:

1. Set 2-3 daily alarms on your phone with reminders of God's presence (e.g., "You are a dwelling place of the Trinity").
2. Before bed each night this week, reflect on where you saw the Father's love, walked with the Son, and felt the Spirit's prompting.
3. Choose one daily task (e.g., folding laundry, commuting) and practice offering it as a "communion offering" to God.
4. Write out the prayer "Father, I'm in you. Jesus, you're with me. Spirit, breathe in me again." Keep it visible and pray it throughout the day.
5. In your next challenging situation or moment of weakness, consciously choose to "return to union" rather than turning away from God.

Closing Prayer:

Most Holy Trinity, thank you for this day and this time together. Forgive us where we forgot you. Increase our desire to live in you and let us rest in you tonight. Amen.