

# In the Name of the Father, Son, and Holy Spirit

A five-day Bible study drawn from the sermon on Holy Trinity Sunday, rooted in Matthew 28:16-20. Each day explores a different thread of this rich gospel passage: the nature of the Trinity, the gift of baptism, the reality of change and loss, the promise of presence, and the call to go. Take your time with each day. Pray, reflect, and let the name of God settle over you like water.



# Who God Is

## KEY VERSE

"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." – Matthew 28:19

## Devotional

Most of our faith celebrations center on something God has *done*. Christmas celebrates the birth of Christ. Easter celebrates his resurrection. Pentecost celebrates the gift of the Holy Spirit. But Trinity Sunday is different. Today we celebrate not an event, but a being. Not something God accomplished, but who God *is*.

Before the world was made, before a single star was set in the sky, God existed as Father, Son, and Holy Spirit, a perfect communion of love, giving and receiving, pouring life outward. The Trinity is not a puzzle to be solved. It is a relationship to be entered. And the staggering good news is that this eternal, overflowing love has always been reaching toward you.

When Jesus gives the disciples the name of God at the end of Matthew's Gospel, he is not handing them a theological formula. He is handing them the deepest truth in the universe: that God is love, and that love has a name, and that name was spoken over you.

## Reflection Questions

1. What does it mean to you that Trinity Sunday celebrates who God *is* rather than something God has done?
2. Have you ever thought of God as a relationship, a communion of love, rather than simply a distant being? What does that image open up for you?
3. Where in your daily life do you see love that gives and receives freely? How might that reflect the nature of God?

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## Prayer

Father, Son, and Holy Spirit, I confess that I often come to you only when I need something, only when I am tracking what you have done. Today I simply want to know who you are. Draw me into the love that has existed from before the beginning. Let me rest in the truth that you are not just a force or a concept, but a living relationship into which I am welcomed. Amen.

# The Name Above All Names

## KEY VERSE

"And teaching them to obey everything that I have commanded you."

Matthew 28:20a

## Devotional

In the ancient world, a name was never just a label. A name carried weight. It told you something real about a person, about their character, their promise, and their identity. When God gives a name, that name means something you can count on.

The disciples who stood on that mountain were not trained theologians. They were fishermen and tax collectors, ordinary people who had walked away from their ordinary lives to follow someone extraordinary. They did not have a perfect understanding of the Trinity. In fact, it would take the church another three hundred years, all the way to the Council of Nicaea, to begin putting careful language around the nature of God. And yet Jesus does not wait for them to have it all figured out before he sends them.

He gives them something better than a lecture on doctrine. He gives them a name: Father, Son, and Holy Spirit. That name, he says, is enough. Teach people. Baptize people. Carry this name into every corner of the world. The name itself holds the truth. You do not have to fully understand something for it to be fully real and fully yours.

## Reflection Questions

1. Is there a part of your faith where you feel like you need to understand more before you can move forward? What would it look like to trust the name even before you have all the answers?
2. What has your experience been with creeds, such as the Nicene Creed or the Apostles' Creed? Do you find them helpful, distant, or something else?
3. If you had to explain who God is to someone using only a few simple words, what would you say?

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## Prayer

Lord, I do not always have the right words. There are moments when my understanding falls short and my questions pile up. Thank you that you did not wait for me to have everything figured out before you called me your own. Help me to trust your name even when my mind cannot contain it. Let your name be enough for me today. Amen.

# When Everything Changes

## KEY VERSE

"When they saw him, they worshiped him; but some doubted."

Matthew 28:17

## Devotional

There is something quietly honest about this verse. The disciples see the risen Jesus on the mountain, and they worship him. And some doubt. Both things happen at the same time, in the same place, among the same people. Matthew does not try to smooth this over or explain it away. He simply tells us the truth of that moment.

The disciples are standing at a turning point. The one who held everything together, the one for whom they dropped their nets and upended their lives, is about to change the nature of their relationship. The walks together, the meals with sinners and tax collectors, the chance to ask a question and watch a miracle unfold with their own eyes: all of it is shifting. What had been so close and so tangible was becoming something different.

Many of us know this feeling. A loved one receives a diagnosis that changes everything. A parent dies. A friendship quietly fades. A relationship that felt permanent turns out to be more fragile than we imagined. Grief arrives, and we are left wondering what remains. And sometimes, honestly, we do the same thing with our faith. We hold it at a careful distance. We keep showing up, but we do not let it get too close, because we have been hurt before, and we are not sure we can trust something this important not to change on us again.

## Reflection Questions

1. Have you ever found yourself holding your faith at a distance to protect yourself from disappointment? What was behind that?
2. What does it mean to you that some of the disciples doubted even as they worshiped? Does that give you any freedom in your own moments of doubt?
3. When a significant relationship in your life has changed or ended, what helped you move forward? How did your faith play a role, or not?

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## Prayer

God, you know the places in me that have been hurt. You know the losses I carry and the ways I have learned to protect my heart. I come to you today with my doubts alongside my worship, just as those disciples did on the mountain. Meet me in my uncertainty. Help me believe that your love is not fragile, not temporary, and not going anywhere. Amen.

# Baptized and Beloved

## KEY VERSE

"And I am with you always, to the end of the age."

Matthew 28:20b

## Devotional

Before Jesus sends the disciples out, he gives them a name. And that name, spoken over water at a baptismal font or in a river or wherever it may have been for you, is the most anchoring thing in the universe. God places God's own name on you. Not because you earned it. Not because you understood it first. Not because you had your theology sorted out. God said it over you, and it was true before you could even speak.

This is what baptism is about. It is not primarily about what we do or what we promise. It is about what God does and what God promises. The Trinity, that eternal communion of love between Father, Son, and Holy Spirit, reaches outward and draws you in. You belong to that. You are named by that. And no amount of change, loss, distance, doubt, or time can undo what God has spoken over you.

Think of the font in your church. Think of all the families who have gathered around it across hundreds of years, bringing their newborns and their newly believing, hearing that same name spoken again and again. The name does not wear out. It does not expire. The same God who gathered people together at that font generations ago is the same God who is with you today. What a thing to rest in.

## Reflection Questions

1. Do you know the story of your own baptism? If so, what do you know about it, and what does it mean to you? If not, what questions does that raise for you?
2. What does it mean to you that God's name was spoken over you before you could speak it yourself? How does that change how you think about belonging to God?
3. In what area of your life do you most need to hear the words "I am with you always" right now?

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## Prayer

Father, Son, and Holy Spirit, thank you for placing your name on me. Thank you that my belonging to you did not begin with my effort or understanding, but with your grace poured out over water and spoken in love. On the days when I feel far from you, remind me of that name. Remind me that you are with me always, to the very end. Amen.

# Go and Remember

## KEY VERSE

"Go therefore and make disciples of all nations... And remember, I am with you always, to the end of the age."

Matthew 28:19-20

## Devotional

The very last words of Matthew's Gospel are not a farewell. They are a sending, wrapped in a promise. Jesus does not simply say goodbye to his disciples. He commissions them and then anchors that commission in the most generous word imaginable: *Remember, I am with you*. Not "I was with you." Not "I will check in from time to time." Always. To the end of the age.

The Trinity, as we have come to understand it this week, is not just a doctrine to be studied. It is a relationship to be lived. And it is a relationship that moves outward. The love between Father, Son, and Holy Spirit has always been a love that pours itself out, that creates, that draws in, that sends. When Jesus commissions the disciples, he is not asking them to do something foreign to who God is. He is inviting them to participate in something God has always been doing.

That same invitation comes to you. You are named and loved and sent. Not because you have it all figured out. Not because your faith is without doubt or your life without loss. But because the God who is Father, Son, and Holy Spirit holds it all together, and that God is with you. This week, as you go back into your ordinary life, carry the name. Speak love where you find emptiness. Show up where people are hurting. Remember what was spoken over you. And know that you do not go alone.

## Reflection Questions

1. Looking back over this week of devotions, what one idea or image has stayed with you most? Why do you think it resonated?
2. Where in your life right now is God sending you to carry love outward? What would it look like to go with the name of God as your only credential?
3. How might you practice remembering the promise "I am with you always" in the ordinary moments of your coming week?

## Prayer

God, thank you for this week of reflection. Thank you that you do not simply call us to believe and then leave us to figure it out. You go with us. You are with us in the middle of every ordinary Tuesday, every hard diagnosis, every moment of doubt, every act of quiet love offered to a neighbor. Send us now into the week ahead with your name on our lips and your promise in our hearts. Father, Son, and Holy Spirit, we are yours. Amen.