Sunday, June 7, 2020

The Holy Trinity

The following is from a meditation offered by Word Among Us and based on the scripture reading of Wed., June 3rd from 2 Timothy 1:1-3, 6-12. It is very timely and appropriate for events happening close to home and around the world at this time.

For God did not give us a spirit of cowardice but rather of power and love and self-control. (2 Tim 1:7)

Do you ever feel a little anxious when you look at the state of the world? That’s probably how Paul’s young friend, Timothy, felt. It appears he was naturally reserved, since Paul advised the Corinthians to “see that he is without fear in your company” if Timothy came to visit (1 Cor. 16:10). It looks like he might have been a worrier too since Paul counsels him to drink a little wine for his stomach ailments (1 Tim. 5:23).

But Paul’s best advice comes in today’s reading. He encourages Timothy to “sit in flame” the gift of the Holy Spirit that he received at his baptism (2 Tim. 1:6). That’s the same Holy Spirit that you received at your baptism. It’s the same Spirit who gave you the same gifts of power and love and self-control when you were confirmed. What do these gifts look like?

Paul reminds Timothy that this power comes from God. It’s not dependent on “our works but according to . . . the grace bestowed on us in Christ” (2 Tim. 1:9). And because it comes from God, this power can make us brave and unashamed: brave enough to offer to pray with a friend who is hurting. Brave enough to share our faith with a family member who is struggling. Brave enough to turn away from gossip and to change the tone of a negative conversation. The Spirit also helps us to love. He helps us to lift up each child of God, not just the ones we find attractive, but also the ones who try our patience or who rub us the wrong way.

To us, the God of peace will soon bring peace to you and to all who are missing out on the peace that results from Christ. May the Lord make your love increase and be strengthened.

The Lord our God is one who loves us! (2 Tim. 1:7)