

I. AWAKEN WITH PRAYER

A “Trinity Sunrise Prayer” can
alter your perspective today!

In the beginning God created the heavens and the earth. . . . Then God looked over all he had made, and he saw that it was very good! (Genesis 1:1, 1:31).

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Each morning I pray my “Trinity Sunrise Prayer”:

*I am rising today in the name of the Father
who created me,
sent his Son to redeem me,
watches over me,
and hears my prayers.*

*Heavenly Father, may I behold the wonders of your creation throughout
this day and see through your eyes and heart the world around me and
everyone you choose to cross my path.*

*I am rising today in the name of the Son,
who gave his life for me,
has forgiven my sins,
understands my suffering,
and loves me.*

Precious Jesus, may I exalt you in all that I do and say, and may my lips praise you with a heart of thanksgiving for your blessings and saving grace.

*I am rising today in the name of the Holy Spirit,
who breathed life into me
and lives in my heart.*

Breath of heaven, breathe afresh on me today, and may I be aware of your presence every waking moment and even as I lie down to rest at the end of the day.

Holy God, Three in One, Father, Son, and Holy Spirit, I commit this day to you.

Saying this Trinity Sunrise Prayer each morning changes the way I view my day and gives me an alertness I otherwise wouldn't have. Actually, I prayed this prayer five hours before sunrise this morning. I awakened at about 2:00 A.M., coughing and mind racing. When I was unable to go back to sleep, I went to another room to pray, read the Word, and write. The sun has been up for hours now, but I have not seen it because of the heavy cloud cover. It is five days before Christmas, and I know that the light of the Son whose birthday we are celebrating is with me today although dark clouds are hovering.

I attended the funeral of a forty-two-year-old family friend who died of a massive heart attack, no forewarning, leaving three children behind. My husband is at the hospital intensive care unit with a dear gentleman from our church who is critically ill, not expected to live to see Christmas. I spent an hour this morning with a young mother who had a heart attack a couple of weeks ago. My son-in-law is traveling four hours to his aunt's funeral today. With all these sad circumstances and more swirling around me, my sunrise prayer has changed my perspective on it all.

I admit it isn't unusual for me to doze off or for my mind to wander as I pray this morning prayer; however, God knows that I am deeply sincere in my request for a daily fresh outpouring of his Spirit and desire to behold, exalt, and commit. I was prompted to write my Trinity Sunrise Prayer several years ago by a suggestion in one of Calvin Miller's publications on prayer.¹ Praying this prayer for the past six years has never become a ritual. It reminds me daily that as mysterious as the Trinity is to me, the one true God reveals himself in Scripture as Father, Son, and Holy Spirit, and I, God's created being, am impacted by these three divine, interrelated personalities.

Then God said, "Let us make man in our image, after our likeness" (Genesis 1:26, ESV). Then the LORD God formed man from the dust of the ground. He breathed the breath of life into the man's nostrils, and the man became a living person (Genesis 2:7).

John 1:1-14 speaks of Jesus and his participation in creation: *In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made (John 1:1-3, NIV).*

This living Word, Jesus, became the visible God when he came to earth fully God, yet fully man.

The Word became flesh and made his dwelling among us (John 1:14, NIV).

No one has ever seen God. But the unique One, who is himself God, is near the Father's heart. He has revealed God to us (John 1:18).

In *The Heart of the Gospel* Robert Coleman calls this Jesus "the photograph of God."²

The first reference to the Spirit in the Bible is in chapter one of Genesis; verse two says that the "Spirit of God was hovering over the waters." From the very beginning we see the relationship of Father, Son, and Spirit participating in creation. Among other places in Scripture,

the holy three persons are mentioned at the baptism of Jesus³ and are named when Jesus gave his great commission to his disciples.⁴ Jesus proclaimed the promise of the outpoured Spirit and explained the work of the Spirit to his disciples at his last meal with them,⁵ and his final words in Luke's Gospel are—

And now I will send the Holy Spirit, just as my Father promised. But stay here in the city until the Holy Spirit comes and fills you with power from heaven (Luke 24:49).

The Holy Trinity isn't easy for the human mind to comprehend. Although many faulty attempts have been made to explain it, Robert Coleman writes, "God is beyond us as the Father, among us as the Son, and within us as the Spirit."⁶ Ultimately Coleman says, "All . . . efforts to explain the Trinity of God . . . cannot adequately describe the Godhead. . . . But the wonder of it causes a wise person to reverence even more the greatness of God."⁷

I believe in the greatness of God even with my unanswered questions. He is my creator who watches over me and both hears and answers my prayers. I want to rise each day in awe of his majestic world, see in every person I meet his or her potential for glorifying his or her maker, and rejoice that the Father sent his Son to redeem me.

In the midst of the sadness I'm facing today, I believe in God's love, which is demonstrated through the life of his Son, who willingly obeyed the Father and gave his life for me. This Savior has forgiven my sins and, because of his great suffering while on earth, fully understands my pain. The Cross reminds me of his lavish love outpoured for me.

Although I cannot see him, the Holy Spirit surrounds and comforts me. He breathes fresh life into me daily. I am thrilled that I awakened today with prayer communicating with Father, Son, and Holy Spirit, and it's a perfect way to end the day.

A few weeks ago as I was praying with and saying good-night to my granddaughter Marissa, she abruptly asked, “MiMi, what are your favorite three quotes?” She caught me off guard, so I asked her to share hers while I thought for a moment. She quickly recited three, including “Today is the tomorrow you worried about yesterday.” Then she added two others that she observed on posters hanging in her room.

It was now my turn. I told her that I have a piece of framed art etched with words that were found scratched on a wall in Germany in 1945 believed to be written by someone during the Holocaust. It is a profound statement of faith in the midst of adversity that I claim for myself:

*I believe in the sun even when it is not shining;
in love even when I am alone;
and in God even when he is silent.*

In spite of gray skies, agonizing grief, and unanswered questions of this day, I see evidence of God at work, and I believe! At the funeral today a soloist sang “Turn Your Eyes upon Jesus,” and the minister turned our focus toward Jesus. This is my vision for every reader of *Simply Rejoicing*: that as we look to Jesus in Scripture, we will see evidence of his Spirit at work daily, and no matter what clouds may be obscuring our view of God, we will behold, believe, commit, and rejoice.

I invite you to return to my Trinity Sunrise Prayer and pray it for yourself, that you will behold God’s creation, see through his eyes and heart those he allows to cross your path, exalt Jesus as you find him at work in your world, be aware of the Holy Spirit’s presence surrounding you, and acknowledge blessings throughout your day, rejoicing and believing that the one true God—Father, Son, and Holy Spirit—will reveal himself to you from the moment you arise until day’s end.

Reflections

- I encourage you to keep a journal of revelations during your *Simply Rejoicing* journey and to read the recommended scripture with a prayerful attentive heart and mind, recording new insights and blessings.
- Write your own Trinity Sunrise Prayer.

- For the next fifteen days, make a list of ways you see God at work; then say a prayer rejoicing for his intervention in your world.

How I See God at Work

Day 1 _____

Day 2 _____

Day 3 _____

Day 4 _____

Day 5 _____

Day 6 _____

Day 7 _____

Day 8 _____

Day 9 _____

Day 10 _____

Day 11 _____

Day 12 _____

Day 13 _____

Day 14 _____

Day 15 _____

Scripture

Before continuing to Part II for this month, read prayerfully and with alertness Genesis 1; John 1:1-34; and Colossians 1. Then begin reading the Gospel of Luke, looking at the life of Jesus, absorbing his teachings,

and examining his miracles. Take time to ponder the lessons he has for you to discover.

Memorize John 1:14 (NIV)

The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.

Suggestion

Begin with one phrase, and when it is memorized add another.

Reflection Insights

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