MY GOD IN MOTION…

What Is The Trinity And Why Should I Care?

*"You believe that there is one God. You do well.
Even the demons believe—and tremble!" - James 2:19*

Virtual Home Group Bible Study 10-10-2026

Agenda

- Purpose & Opening
- Topic: What, Why, How,
- Resources
- Discussion
- Group Prayers
- Next Session & Closing

Purpose & Opening

Purpose: Exhort One Another Into Love and Good Works

"And let us **consider one another** in order to **stir up love and good works**,
Not forsaking the assembling of ourselves together, as is the manner of some,
but **exhorting one another**, and so much the more as you see the day approaching."
Hebrews 10:24-25

Opening Prayer:

Lord, Thank You for this opportunity.
Give me words to deliver **Your** message.
Give us Eyes to See **all** things from **Your** perspective
and Ears to Hear and understand **Your** Word.
Help us know You through Your written Word and your Son who came in flesh.
Help us be transformed into the people You intended us to be when you sent us.
Help us embrace Your Words and turn them into loving action through our flesh.
Help us bring You glory in each, and every thing we do. In Jesus' Name, Amen.

Topic

What: What Is The Trinity, And Why Should I Care?

Why:

"Many of My children are Lost, and even more are confused.
Some have been led astray and are blinded by their beliefs.
Some have been lulled into complacency.
Many will be surprised when the Kingdom gates don't open.
There is only One God and We are One.
Seach for Me with ALL your heart and you will find Me.
Get to Know Me and you WILL have eternal life."
(From Interactive Journaling With Jesus – 10/2/2026)

Approach: What, Why, How

Frequent Christianity Questions

THE TRINITY

- ☐ What is the Trinity?
- ☐ How can God be one and yet Father, Son and Holy Spirit?
- ☐ Is the Father God?
- ☐ Is Jesus God?
- ☐ Is the Holy Spirit God?
- ☐ Are Father, Son and Spirit distinct?
- ☐ How do Father, Son and Spirit work together?
- ☐ Is the Trinity taught in Scripture?
- ☐ Is the Trinity a later Christian invention?
- ☐ Why does understanding the Trinity matter?

What: The Situation

What We Find In Scripture	Key Verse
There is only ONE God — not multiple separate or competing gods.	Isaiah 45:5–6 — "I am the LORD, and there is no other; There is no God besides Me…That there is none besides Me. I am the LORD, and there is no other."
The ONE God is revealed with unexpected plurality.	Genesis 1:26–27 — "Then God said, 'Let Us make man in **Our** image, according to **Our** likeness'…So God created man in His own image."
Three names, each identified with divinity Father, Son and Holy Spirit	1 Cor. 8:6 — "for us there is **one God, the Father**…" John 1:1 — "the Word was with God, and **the Word was God**." Acts 5:3–4 — "lie to the **Holy Spirit**…You have not lied to men but to **God**."
Each is distinguishable and they operate simultaneously.	Matthew 3:16–17 — "**Jesus**…came up from the water… the **Spirit of God** descending like a dove… suddenly **a voice came from heaven**, saying, 'This is My beloved Son…'"
They somehow operate and function together as ONE God.	Deut. 6:4 — "The LORD our God, the LORD is **one**!" John 10:30 — Jesus: "I and My Father are **one**."
Early Christians developed Trinity doctrine to reconcile biblical truths. - Nicaea (AD 325): Father and Son are of same divine essence. - Constantinople (AD 381): affirmed Holy Spirit alongside Father and Son.	2 Cor. 13:14 — "The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all."
People interpret and embrace this differently. - Reject Christianity viewing triune nature as polytheistic - Deny deity of Jesus to preserve perception of monotheism - Lose focus on lordship of Jesus, do not commit to following Him. - Picture 3 "persons" as independant and be functionally polytheistic	Acts 17:11 - "These were more fair-minded than those in Thessalonica, in that they received the word with all readiness, and searched the Scriptures daily to find out whether these things were so."

Why Does It Matter

Why It Matters	Key Verse
If I don't understand who God is, I can't knowingly align with Him and have a proper relationship with Him .	John 8:24 — "…if you do not believe that I am He, you will die in your sins." John 17:3 – "And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent."
Jesus IS the only way to the Father	John 14:6 — "I am the way, the truth, and the life. No one comes to the Father except through Me."
Knowing **about** Jesus is not the same as knowing Him and following Him.	Matthew 7:21, 23 — "Not everyone who says to Me, 'Lord, Lord,' shall enter the kingdom of heaven, but he who does the will of My Father in heaven." … "And then I will declare to them, 'I never knew you; depart from Me, you who practice lawlessness!'"
If I don't align with God and His ways now, I will reap the consequences.	Galatians 6:7–8 — "…whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life."
What I do with Jesus now has eternal consequences.	John 3:36 — "He who believes in the Son has everlasting life; and he who does not believe the Son shall not see life, but the wrath of God abides on him." 1 John 4:17 — "Love has been perfected among us in this: that we may have boldness in the day of judgment; because as He is, so are we in this world."

There Is One and Only One God

Polytheism — Many Gods	Biblical Monotheism — ONE God	Key Verse
Many gods, each governing different domains	ONE Creator and sovereign God	Isa. 45:5 — "I am the LORD, and there is no other; There is no God besides Me."
Divided worship among multiple deities	Worship God alone	Ex. 20:3 — "You shall have no other gods before Me."
Different sacrifices to obtain favor from different gods	Offer worship and sacrifices to ONE God	Ps. 50:14 — "Offer to God thanksgiving, And pay your vows to the Most High."
Competing divine interests and powers. who is driving what?	ONE sovereign will and purpose	Isa. 46:9–10 — "For I am God, and there is no other… My counsel shall stand, And I will do all My pleasure."
Specialized gods for protection, provision, fertility, victory	ONE God created, and now provides, protects, and delivers	Ps. 121:2 — "My help comes from the LORD, Who made heaven and earth."
Divided allegiance among deities	Love and serve ONE God wholeheartedly	Deut. 6:5 — "You shall love the LORD your God with all your heart, with all your soul, and with all your strength."

There is ONE God, ONE ultimate divine authority, deserving our undivided worship, trust, and allegiance

God Uses Plural Language For Himself

Plural Language	Key Verse	Hebrew Word	Grammar (per Strong's)
"Let **Us**…**Our** "	Genesis 1:26–27 — "Then God said, 'Let **Us** make man in **Our** image, according to **Our** likeness'"	נַעֲשֶׂה(naʿaseh) בְּצַלְמֵנוּ(betsalmenu)	First-person plural verb Noun with plural possessive suffix
"One of **Us**"	Genesis 3:22 — "Then the LORD God said, 'Behold, the man has become like one of **Us**, to know good and evil.'"	מִמֶּנּוּ(mimmennu)	Plural pronoun when used in first person context
"Let **Us** go down"	Genesis 11:6–7 — "And the LORD said… 'Come, let **Us** go down and there confuse their language…'"	נֵרְדָה(neredah)	First-person plural verb
"Who will go for **Us**?"	Isaiah 6:8 — "Also I heard the voice of the Lord, saying: 'Whom shall I send, And who will go for **Us**?'"	לָנוּ(lanu)	Preposition with first-person plural suffix

There Are Three Identifiable Parts

Divine "Part"	Key Verse
The Father	John 6:27 — "…for Him God the Father has sealed."
The Son — Jesus	John 1:1 – "In the beginning was the Word, and the Word was with God and the Word was God" John 1:14 - "And the Word became flesh and dwelt among us…" John 1:18 - "The only begotten Son, who is in the bosom of the Father, He has declared Him."
The Holy Spirit	John 14:16–17 — "And I will pray the Father, and He will give you another Helper… the Spirit of truth…"
All Three Together	Matthew 28:19 — "baptizing them in the name of the Father and of the Son and of the Holy Spirit"

The Parts Operate In Parallel

Key Verse	Father	Son	Holy Spirit
Matthew 3:16–17 — “When He had been baptized**, Jesus** came up immediately from the water; and behold, the heavens were opened to Him, and He saw the **Spirit of God** descending like a dove and alighting upon Him. And suddenly a voice came from heaven, saying, ‘This is My beloved Son, in whom **I** am well pleased.’”	Speaks from heaven about His Son.	Jesus is on earth, coming up from the water.	Descends from heaven and alights upon Jesus.
Acts 7:55–56 — “But he, being full of the **Holy Spirit**, gazed into heaven and saw the glory of God, and **Jesus** standing at the right hand of **God**, and said, ‘Look! I see the heavens opened and the Son of Man standing at the right hand of God!’”	God is in heaven; His glory is seen.	Jesus/Son of Man is standing at God's right hand.	Holy Spirit fills Stephen on earth.

The Three Identifiable Parts are Each Divine

H.A.N.D.S.	Father	Son — Jesus	Holy Spirit
H — Honors	John 4:23 — "the true worshipers will **worship the Father** in spirit and truth; for the Father is seeking such to worship Him."	John 5:23 — "that all should **honor the Son** just as they honor the Father."	Matt. 12:31–32 — "the **blasphemy against the Spirit will not be forgiven** men… whoever speaks against the Holy Spirit, it will not be forgiven him…"
A — Attributes	Matt. 6:8 — "your Father **knows** the things you have need of before you ask Him."	John 16:30 — "Now we are sure that You **know** all things…"	1 Cor. 2:10–11 — "the Spirit searches all things, yes, the deep things of God… **no one knows the things of God except the Spirit of God**."
N — Names	1 Cor. 8:6 — "for us there is one **God, the Father**, of whom are all things, and we for Him…"	John 1:1 — "the Word was with God, and the Word was **God.**" John 1:14 – "and the Word became flesh and dwelt among us"	Acts 5:3–4 — "Why has Satan filled your heart to lie to the **Holy Spirit**…? You have not lied to men but to **God**."
D — Deeds	John 5:21 — "the Father **raises the dead and gives life** to them…"	John 1:3 — "**All things were made through Him**, and without Him nothing was made that was made."	Job 33:4 — "**The Spirit of God has made me**, And the breath of the Almighty gives me life."
S — Seat	Matt. 6:9 — "**Our Father in heaven**, Hallowed be Your name."	Heb. 1:3 — "when He had by Himself purged our sins, **sat down at the right hand of the Majesty on high**."	1 Cor. 3:16 — "you are the **temple of God** and…the **Spirit of God dwells in you."**

The Three Divine Parts Interact

Interaction	Key Verse
Father Sends the Son	John 3:16–17 — “For God so loved the world that He gave His only begotten Son… For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.”
Son Talks to the Father	John 17:1 — “Jesus…lifted up His eyes to heaven, and said: ‘Father, the hour has come. Glorify Your Son, that Your Son also may glorify You.’”
Son Asks → Father Gives → Spirit Comes	John 14:16–17 — “And I will pray the Father, and He will give you another Helper, that He may abide with you forever—the Spirit of truth…”
Father Sends the Spirit in Jesus' Name	John 14:26 — “But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.”
Son Sends the Spirit From the Father	John 15:26 — “But when the Helper comes, whom I shall send to you from the Father, the Spirit of truth who proceeds from the Father, He will testify of Me.”
Spirit Glorifies the Son	John 16:13–14 — “When He, the Spirit of truth, has come, He will guide you into all truth… He will glorify Me, for He will take of what is Mine and declare it to you.”

The Three Parts Operate As One

Evidence of Unity	How the Godhead Operates as ONE	Key Verse
ONE God	There is only one true God, not three competing gods.	Deut. 6:4 — “Hear, O Israel: The LORD our God, the LORD is one!”
ONE divine identity	Jesus declares His unity with the Father.	John 10:30 — “I and My Father are one.”
ONE divine purpose	Jesus came to accomplish the Father's will rather than pursue a competing agenda.	John 6:38 — “For I have come down from heaven, not to do My own will, but the will of Him who sent Me.”
ONE divine message	The Spirit communicates what He hears and glorifies Jesus.	John 16:13–14 — “He will not speak on His own authority, but whatever He hears He will speak… He will glorify Me, for He will take of what is Mine and declare it to you.”
ONE coordinated action	Jesus asks the Father, and the Father gives the Holy Spirit to believers.	John 14:16–17 — “And I will pray the Father, and He will give you another Helper, that He may abide with you forever—the Spirit of truth, whom the world cannot receive…”
ONE work of salvation	Father, Son, and Spirit each participate in bringing people into salvation.	1 Pet. 1:2 — “according to the foreknowledge of God the Father, in sanctification of the Spirit, for obedience and sprinkling of the blood of Jesus Christ…”
ONE divine presence	Father and Son make their home with believers; the Spirit dwells in God's temple.	John 14:23 — “If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home with him.” 1 Cor. 3:16 — “Do you not know that you are the temple of God and that the Spirit of God dwells in you?”
ONE divine glory	Jesus glorifies the Father, and the Spirit glorifies Jesus.	John 17:4 — “I have glorified You on the earth. I have finished the work which You have given Me to do.” John 16:14 — “He will glorify Me, for He will take of what is Mine and declare it to you.”

Is This Multi-Part God A New Christian Invention?

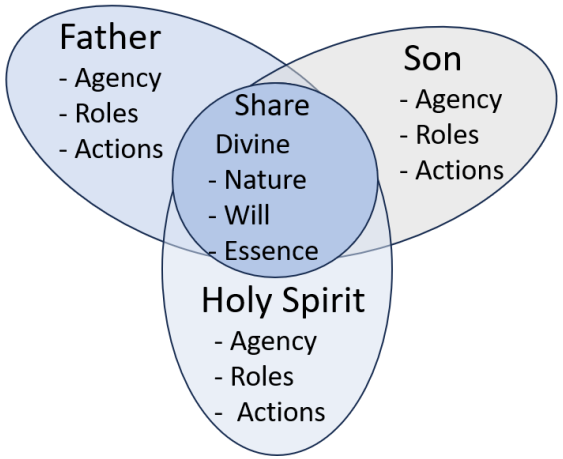
Old Testament Evidence	Key Verse
The LORD from the LORD	Genesis 19:24 — "Then the LORD rained brimstone and fire on Sodom and Gomorrah, from the LORD out of the heavens."
Ancient of Days + Son of Man	Daniel 7:9, 13–14 — "I watched till thrones were put in place, And the Ancient of Days was seated…" …"One like the Son of Man, Coming with the clouds of heaven! He came to the Ancient of Days, And they brought Him near before Him. Then to Him was given dominion and glory and a kingdom, That all peoples, nations, and languages should serve Him. His dominion is an everlasting dominion…"
The LORD sends the LORD	Zechariah 2:10–11 — "'… I am coming and I will dwell in your midst,' says the LORD. 'Many nations shall be joined to the LORD in that day, and they shall become My people. And I will dwell in your midst. Then you will know that the LORD of hosts has sent Me to you.'"
God, The LORD + His Spirit	Isaiah 48:12-13 - "I am He, I am the First, I am also the Last. Indeed My hand has laid the foundation of the earth, And My right hand has stretched out the heavens…" Isaiah 48:16 — "Come near to Me, hear this: I have not spoken in secret from the beginning… And now the Lord GOD and His Spirit Have sent Me."

Why The Three "Persons" Label

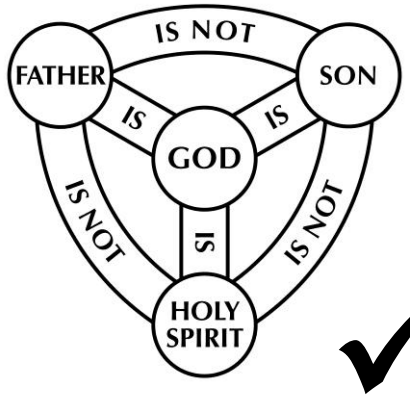
Candidate Label	C1 One God	C2 Fully Divine	C3 Distinct	C4 Personal	C5 Inter-Relational	C6 United
Roles / Functions of God	✓	△	✗	✗	✗	✓
Aspects / Facets / Parts of God	✓	△	△	✗	✗	✓
Manifestations / Modes of God	✓	✓	✗	△	✗	✓
Beings	✗	✓	✓	✓	✓	△
Persons (modern meaning)	✗	✓	✓	✓	✓	△
Agents/Parts **of Godhead**	△	✓	✓	✓	✓	✓*
"Persons" **of Godhead**	△	✓	✓	✓	✓	✓*

What God is:
One In "Being"
Undivided
- Nature
- Essence
- Will

Who God Is:
Three Persons – Father, Son, Holy Spirit
Each Fully Divine, Personally Distinguishable,
and Eternally Related to each other
with Shared Nature and Will

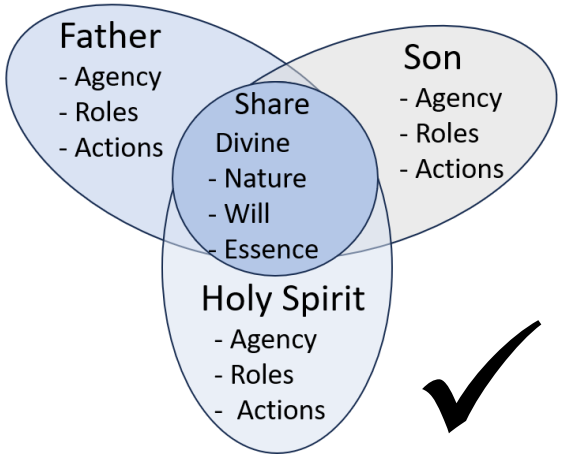


Visualization Is Key To Understanding

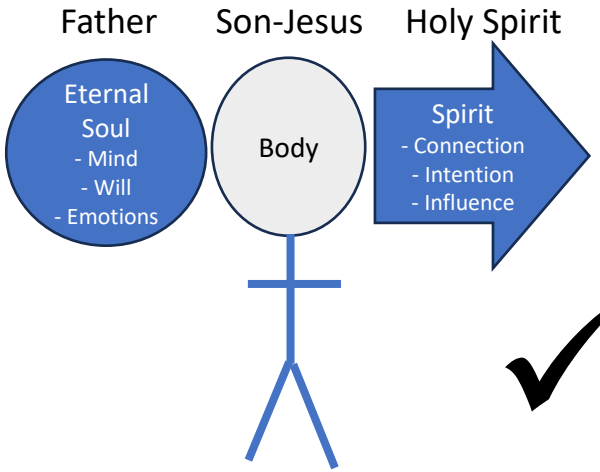


Indivisible Godhead

Not Practical To Avoid Mentally Separating Into 3 Entities



One Being, Three "Persons" with shared core Nature and Will



We are Created In God's Image And Likeness…

Swedenborg observed multitudes of people unable to enter heaven because they could not break the image of God as 3 and embrace Heaven's reality of God is one. Jesus Was God In Flesh and Is Now Lord.

The Essential Structure We Must Embrace

God Revealed	Role in God's Design	Key Verse
God - The Father — The Ultimate Source	God above and beyond creation. Source of divine love, purpose, and all things.	1 Corinthians 8:6 — "yet for us there is **one God,** the Father, of whom are all things, and we for Him; and **one Lord** Jesus Christ, through whom are all things, and through whom we live."
Jesus – The Lord — Truth and Revelation	The eternal Word, with God in the beginning, through whom creation came into being. He became flesh, revealed the Father, accomplished redemption, and reigns as Lord.	John 1:1–3, 14 — "In the beginning was the Word, and the Word was with God, and the Word was God." "…All things were made through Him" …"And the Word became flesh and dwelt among us"
Holy Spirit — Presence and Empowerment	The Spirit of truth proceeds from the Father, is sent through Jesus, and dwells in believers to guide, transform, and empower us to fulfill God's purposes.	John 15:26 — "the Spirit of truth who proceeds from the Father, He will testify of Me." Philippians 2:13 — "for it is God who works in you both to will and to do for His good pleasure."

Visualization

1 Corinthians 8:6
“yet for us there is **one God**,
the Father, of whom are all things,
and we for Him;
and **one Lord** Jesus Christ,
through whom are all things, and
through whom we live.”

John 15:26 — “**the Spirit of truth**
who proceeds from the Father, He
will testify of Me.”

God The Father: Source Of Everything – Outside Of Creation
Jesus: Eternal Word, Incarnated In Flesh, Suffered, Died, Raised, Rules, Lord – Relatable Face of God
Holy Spirit: Execution Conduit…Connection, Power, Truth in Action, Ministering Angels

How Do I Align and Embrace The Trinity

Action	What I Do	Key Scripture
RECOGNIZE — Who Jesus is	Recognize Jesus as God in flesh, not merely as a teacher or prophet.	John 8:24 — “if you do not believe that I am He, you will die in your sins.”
RECOGNIZE — His sacrificial love	See the cross as the ultimate revelation of God's love for mankind and me personally.	1 John 3:16 — “By this we know love, because He laid down His life for us.”
RESPOND — Make Jesus Lord	Believe, confess and receive Jesus as Lord.	Romans 10:9 — “if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.”
SUBMIT — Give Him my life	Surrender my will, my way and my agenda to Him. Lose your earthly life to find it.	Luke 9:23 — “If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me.”
RECEIVE — God's love	Know, believe and receive the Father's love rather than trying to earn it.	1 John 4:16 — “And we have known and believed the love that God has for us. God is love…”
FOLLOW — Jesus	Ask, Listen, trust and follow Jesus in daily life.	John 10:27 — “My sheep hear My voice, and I know them, and they follow Me.”
BE TRANSFORMED — By the Spirit	Allow the Holy Spirit to transform me into Christ's image.	2 Corinthians 3:18 — “we all…are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.”
FLOW — God's love to others	Let the love I have received from God flow through me to others.	1 John 4:12 — “If we love one another, God abides in us, and His love has been perfected in us.”
STAND BOLD — Before Him	Live increasingly like Him now, confident in my relationship with Him.	1 John 4:17 — “that we may have boldness in the day of judgment; because as He is, so are we in this world.”

Know the Father And The Son → Follow the Son → Be transformed by the Spirit → Become like Him → Flow His love

Declaration: I Believe in ONE God — Jesus Christ Is Lord!

I believe in **ONE God**, the source of all love, truth, life, and creation.

I believe **Jesus Christ is the eternal Word of God**, through whom all things were created, who came in the flesh to reveal the Father, redeem mankind, and now reigns as Lord.

I believe **the Holy Spirit proceeds from the Father through Jesus Christ**,

to dwell within me, guide me into truth, transform me by grace, and empower me to fulfill God's purpose.

The Father, Son, and Holy Spirit work together in perfect unity as ONE indivisible Godhead expressing God's love, truth, and power in creation and in my life.

Jesus Christ is MY Lord! He is the Way, the Truth, and the Life.

I will trust Him, follow Him, and allow His love to flow into me and through me.

I will glorify the ONE true God through Jesus Christ, by the power of the Holy Spirit!

Call to Action

Be Bold: Embrace the ONE God — Father, Son, and Holy Spirit

Examine your understanding of God and your relationship with Him.

- Embrace the Father as your Source,
- Jesus Christ as your Lord,
- and the Holy Spirit as your indwelling Helper and Empowerment,
- working together in perfect unity as ONE indivisible Godhead.

Ask God to correct any misunderstandings and help you more fully receive His love, follow Jesus, and cooperate with the Holy Spirit.

Commit to knowing ONE God, following Jesus as Lord, and allowing His love to flow into you and through you.

Journaling Opportunities:

Lord, How do I really see You? As three separate gods or ONE indivisible Godhead?

Lord, Which aspect of Your divine nature have I not fully understood or embraced?
Father as Source, Jesus as Lord, or the Holy Spirit as Helper and Empowerment?

Lord, What beliefs or mental pictures do You need me to change so I can know You more intimately and cooperate with you more fully?

Frequent Christianity Questions

THE TRINITY

- ✓ What is the Trinity?
- ✓ How can God be one and yet Father, Son and Holy Spirit?
- ✓ Is the Father God?
- ✓ Is Jesus God?
- ✓ Is the Holy Spirit God?
- ✓ Are Father, Son and Spirit distinct?
- ✓ How do Father, Son and Spirit work together?
- ✓ Is the Trinity taught in Scripture?
- ✓ Is the Trinity a later Christian invention?
- ✓ Why does understanding the Trinity matter?

Resources – MyGodInMotion.org

The Trinity; What It Is And Why It Matters

https://mygodinmotion.org/about-him-god-jesus/how-to/the-trinity-what-it-is-and-why-it-matters/

Christianity FAQ (Initial Version)

https://mygodinmotion.org/info/faq-god-and-his-kingdom/

My God In Motion - Home Page / Landing Page

https://mygodinmotion.org

Bible Study Cross Reference – By Topic, Question, Process (Work In Progress)

https://mygodinmotion.org/bible-study/

Christianity 101 – Who, What, Why, How

https://mygodinmotion.org/about-him-god-jesus/how-to/christianity-101/

Hear God's Voice Via Interactive Journaling:

https://mygodinmotion.org/about-him-god-jesus/relationship/you-can-hear-gods-voice/

Other Resources:

Transformation: Dan Mohler
https://mygodinmotion.org/home/resources/preachers-and-teachers/resources-dan-mohler/

Hearing God's Voice: Mark Virkler
https://www.cwgministries.org/

Apologetics / Reasons To Believe: Frank Turek
https://crossexamined.org/

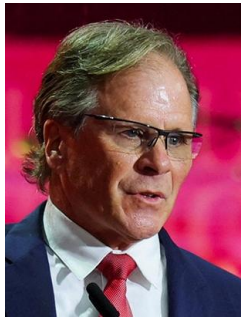
Evangelism / Engaging Non-Believers: Ray Comfort
https://livingwaters.com/

Faith And Science: Dr John Lennox
https://johnlennox.org/

Credibility Of The Bible: Wesley Huff
http://wesleyhuff.com

Biblical Archeology: Joel Cramer
https://expeditionbible.com/

Understanding The Bible: Tim Mackie
https://bibleproject.com/



Discussion

This Topic:

- Questions / Clarification
- Practical Experiences: Struggles, Success, Lessons Learned

Other Topics:

- Questions / Comments?
- Testimony To Share?
- Group Prayers: Updates, New
- Feedback: What Is Working / Opportunities To Improve

Q&A: Jesus On The Cross

Q: Why Did Jesus say to the Father “Why Have You Forsaken Me” on the Cross

A: One aspect is that Jesus was calling out a direct reference to Psalm 22
so people would recognize what was happening before their eyes.

Matthew 27:46

“And about the ninth hour Jesus cried out with a loud voice,
saying, “Eli, Eli, lama sabachthani?” that is, ‘My God, My God, why have You forsaken Me?’”

Psalm 22

My God, My God, why have You forsaken Me?
Why are You so far from helping Me,
And from the words of My groaning?
…
But I am a worm, and no man;
A reproach of men, and despised by the people.
All those who see Me ridicule Me;
They shoot out the lip, they shake the head,
saying,
“He trusted in the Lord, let Him rescue Him;
Let Him deliver Him, since He delights in Him!”
…

I am poured out like water,
And all My bones are out of joint;
My heart is like wax;
It has melted within Me.
My strength is dried up like a potsherd,
And My tongue clings to My jaws;
You have brought Me to the dust of death.

For dogs have surrounded Me;
The congregation of the wicked has enclosed Me.
They pierced My hands and My feet;
I can count all My bones.
They look and stare at Me.
They divide My garments among them,
And for My clothing they cast lots.
…

You have answered Me.
…
All the ends of the world
Shall remember and turn to the Lord,
And all the families of the nations
Shall worship before You.
For the kingdom is the Lord’s,
And He rules over the nations.
…
A posterity shall serve Him.
It will be recounted of the Lord to the next generation,
They will come and declare His righteousness to a people who will be born,
That He has done this.

Q&A: How To Pray, Who To Pray To…

Q: With a triune Godhead, who do you pray to? Father, Son, Holy Spirit?

A: The encouraged approach is to Pray to the Father through the Son. Ask in Jesus' name to give glory to the Father for sending the Son.

Matthew 6:9-13

"In this manner, therefore, pray:
Our Father in heaven, Hallowed be Your name…."

Ephesians 2:18

"For through Him (Jesus) we both have access by one Spirit to the Father."

John 16:23

"…Most assuredly, I (Jesus) say to you, whatever you ask the Father in My name He will give you."

John 14:13

"And whatever you ask in My name, that I will do, that the Father may be glorified in the Son."

Q&A: The Father vs Jesus vs Forming In You

Q: What is the best way to picture the relationship between God the Father and Jesus and then them dwelling in you and Jesus forming in you.

A: The Father is above/highest, Jesus is Lord of this universe, if you are aligned in love, the Father and Jesus dwell in you, when you submit and choose to align in faith Jesus forms in you and transforms you.

1 Corinthians 8:6

> "yet for us there is **one God**, the Father, of whom are all things, and we for Him;
> and **one Lord** Jesus Christ, through whom are all things, and through whom we live."

John 14:23

> "Jesus answered and said to him, 'If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home with him.'"

Colossians 1:27

> "To them God willed to make known what are the riches of the glory of this mystery among the Gentiles
> which is **Christ in you**, the hope of glory."

Galatians 2:22

> "I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me."

Galatians 4:19

> "My little children, for whom I labor in birth again until Christ is formed in you."

Q&A: Jesus in Gethsemane

Q: If Jesus was onboard with the entire game plan, why did He ask the Father to let the cup pass?

A: Jesus God in the flesh. He was fully Divine and fully Human. That question reveals Jesus's human nature rationalizing the path ahead, gaining assurance this task was His, and it was the right time and place to do this. Then yielding His earthly will to the Father.

John 1:1-14

> "In the beginning was the Word, and the Word was with God, and the Word was God….
> And the Word became flesh and dwelt among us"

Colossians 2:9

> "For in Him dwells all the fullness of the Godhead bodily"

Philippians 2:5-7

> "Let this mind be in you which was also in Christ Jesus, who, being in the form of God, did not consider it robbery to be equal with God, but made Himself of no reputation,
> taking the form of a bondservant, and coming in the likeness of men."

Matthew 26:39

> " He went a little farther and fell on His face, and prayed, saying,
> 'O My Father, if it is possible, let this cup pass from Me;
> nevertheless, not as I will, but as You will.'"

Q&A: Jesus Speaking In Plural About God

Q: Did Jesus ever speak in plural about the Godhead

A: Initial answer was wrong
- Correct answer is Yes, Jesus did speak in plural about members of the godhead

John 14:23

> "Jesus answered and said to him, 'If anyone loves Me, he will keep My word;
> and My Father will love him, and **We** will come to him and make **Our** home with him.'"

Q&A: Access To Holy Spirit

Q: Did individuals have access to Holy Spirit before Jesus?

A: No, Disciples received it at Pentecost, Others not until Jesus ascended to heaven in his glorified state and petitioned the Father to send it.

John 7:39

> “But this He spoke concerning the Spirit, whom **those believing in Him would receive**; for the Holy Spirit was not yet given, because Jesus was **not yet glorified**.”

John 14:16–17

> "And I will pray the Father, and He will give you another Helper, that He may abide with you forever—the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you.“

John 16:7

> “Nevertheless I tell you the truth. It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; **but if I depart, I will send Him to you**.”

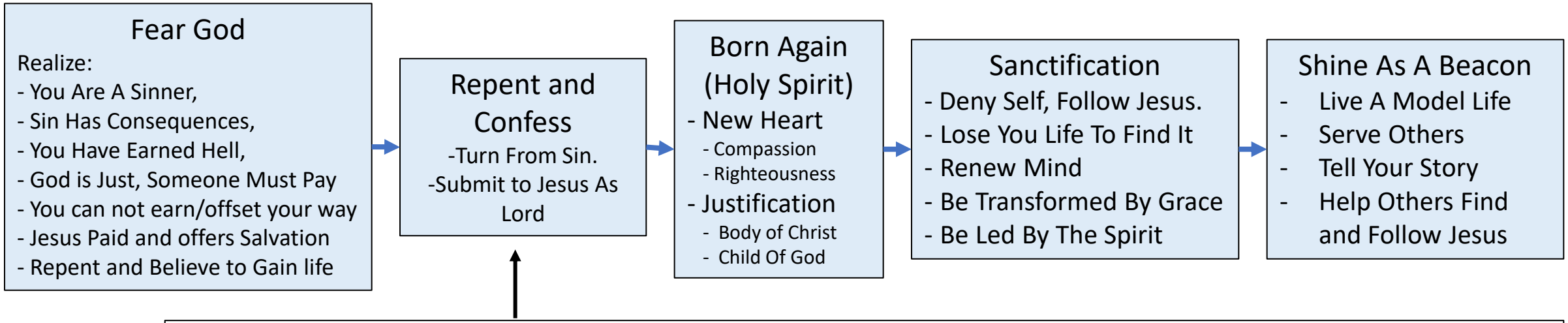
John 20:22

> "And with that He (Jesus) breathed on them and said, 'Receive the Holy Spirit.’”

Acts 2:1, 4

> "When the day of Pentecost came, they were all together in one place... All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them."

Q&A: Discipleship Processes



The Key Salvation Switch… It often takes a chain of revelations to decide to flip it

From	To
Not focused on God	Jesus is God in flesh, Lord over all creation, Loves You, Wants You.
I am a "good" person	I am a sinner, No one is good except God
I can earn Heaven	I have already earned Hell. I need a savior
Jesus is not relevant	Jesus came and died for me, was raised, now rules, only way to the Father
I am Lord of my life	**I repent of self-centered living and accept Jesus as Lord of my life**

Discussion

This Topic:

- Questions / Clarification
- Practical Experiences: Struggles, Success, Lessons Learned

Other Topics:

- Questions / Comments?
- Testimony To Share?
- Group Prayers: Updates, New
- Journaling: Calling, Visions/Dreams, Gifts, Opportunities
- Feedback: What Is Working / Opportunities To Improve

Next Session: Tues 10/20/26

Closing Prayer

Closing Prayer

Heavenly Father, Thank You for this opportunity, fellowship, and sharing.
Thank you for the gift of Your written Word, and Your Son who came in the flesh.
May we See ALL things from Your perspective.
May we Hear, and Embrace your Word in our Heart, and assimilate it into our flesh.
May we recognize Your Love and what Jesus accomplished on that cross.
May we put Jesus first in our lives, and bring you glory in each, and everything we do.
May we hear Your voice, be led by Your spirit, and come into alignment with Your will.
May we seek Your face and embrace Your help to root out our selfish agendas.
May we be transformed into Your image and perfect the flow of Your love to others.
May we be inspired into the good works You have prepared,
Walk in the light as Jesus was in the light,
Shine as a beacon in this dark world,
and draw others to you with our lives lived, loving actions, and encouraging words.
In Jesus' name, Amen.

"…if My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land." 2 Chronicles 7:14

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-Bible Studies

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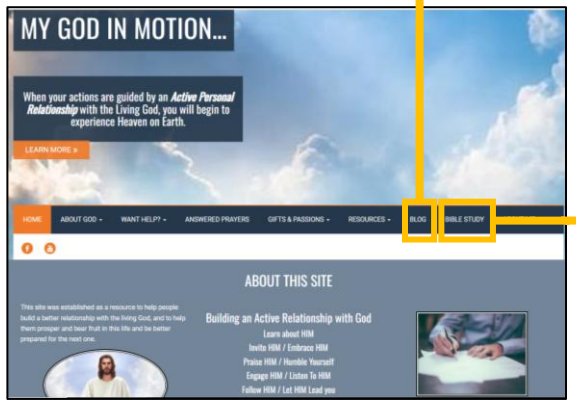


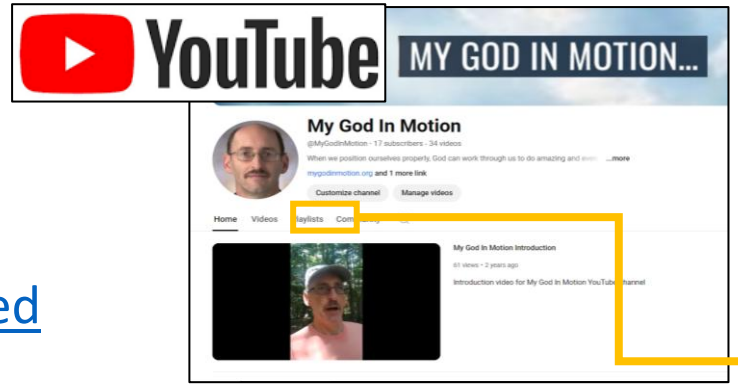
YouTube: https://www.youtube.com/@MyGodInMotion

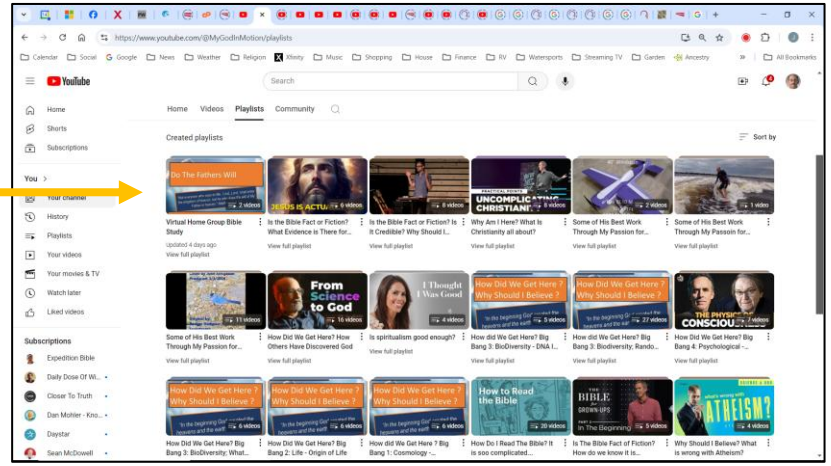
Playlists:

-Bible Studies

-Testimonies

-Lessons Learned





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Group Prayer Activity - Page 1

Date	Person	Situation	"Word" Received	Prayer	Date	Answer
	Jay	Phantom limb pain	Go Around	Lord, Your will is always healing, by your stripes we are already healed. You told us to go around the pain. Help us see the path you have set before us to go around this pain.	1 week	Dr offered new pain med, significant improvement.
	Tammy Neighbor	Fall from unprotected balcony		Lord, we speak healing in Jesus' name.		Upbeat, minor surgery, expecting full recovery.
	World	Geopolitical Upheaval		Lord, help the world repent and find you. Help the US find its path back to leading the world in goodness.		
	Ashley	Vascular calcium		Lord, Help us find your path forward for Ashley.		Cardiac Dr Not Excited, Ordered Echo cardiogram tests to eval.
6/20/25	Lana	UTI	Aster testimony	Lord, help Lana find you and your path to healing. If Aster's supplement is the answer help her embrace it. We speak healing in Jesus' name.	1 Day	Felt significantly better
July/25	Guy	Back	Pray and be patient	Back be healed	1 Wk	Back pain free after church service
					9/8	Back recovered, back in gym
	Bergie	Heart		Help her get proper treatment, heal her heart	9/16	She is in a better situation now

Group Prayer Activity - Page 2

Date	Person	Situation	"Word" Received	Prayer	Date	Answer
7/23/25	Tamra	Elbow Injury		Elbow be healed		Returned to urgent care, found fracture, wrapped differently, healed in 1 wk
7/23/25	Ashley	Broken Ankle		Path through surgery and recovery		Surgery successful, working PT
8/12/25	Tom	Kidney Issues		Lord, Help Tom find your path through these issues.		
	Donna	Heart		Lord, May new medical intervention enable success with heart and continuing this race	9/9	Stable, improved.
8/19/25	Michael	Cardiac Issues, Catheterization procedure failed, scheduling second attempt		Lord, Help Michael gain success through this procedure, help the Dr's be successful in addressing the issues.	8/23/25 4/28/26	Procedure was a success, Stints set up. Recovering. Ongoing issues, Prayer for wisdom to flow in and guide healing.
9/9/25	USA	Urban Violent Crime, Woman Killed no train		Lord, May her death be a turning point bringing awareness and better systems of justice and mgmt of mental illness		
9/23/25	Tamra	Long drive ahead		Safe and Sound	10/1	Accomplished despite severe storms
10/8/25	Luis (Lori's Friend)	In Hospice		Peace On His Journey Home		

Group Prayer Activity - Page 3

Date	Person	Situation	"Word" Received	Prayer	Date	Answer
10/14/25	Jim	Life Struggles		Holy Spirit Help Jim: Housing, Employment, Mental, Financial, Trust You	10/21 11/11 11/18 12/2	Moved to hotel for week, improving Progress on prayer/journalling, Pursing apartment Progress – good steps forward, some back Progress, grateful
10/28/25	Donna's Elder Friend - Levette	Struggles in Hospice		Have peace with process, Have strength in faith to continue the race	11/4 11/11	Good attitude. Strength and Progress on journey Released from Hospital / Hospice care to all's surprise
11/04/25	Donna's Sister Inlaw – Mel	Digestive issues		Healing	11/11	Solid Progress
11/18/25	Donna's Sister Chris	Heart Attack, Now Home		Recovery, Reduced Stress, Glorify God		
11/18/25	Jay's Friend Jim	Double Bypass impending		Surgeon skill, Success, Recovery, Glorify God	12/2	Surgery done, home, all well
11/18/25	Tamra Son Alex	Recent Knee dysfunction, headed to ortho Dr tomorrow		Diagnostic find cause, Corrective action and healing;	1/26 2/23	Amazing to get specialists scheduled. Med improving pain. New med dramatic improvement
11/25/25	Donna	Heart surgery		Successful surgery	12/16	Went well , success, no complications
12/9/25	Emerson	Inflammation / Pain		Rebuke work of devil, gain healing		Pain gone. Returning to work 1/5

Group Prayer Activity - Page 4

Date	Person	Situation	"Word" Received	Prayer	Date	Answer
1/13/26	Donna Son in Law Brett	Intestine resection, healing		Healing and Devine health		
1/20/26	Stacy	Hearing		Your will is healing, we speak healing, whatever mode… miraculous or medical		
2/03/26	Donna's Son Phillip	Bike Accident		Healing, manifest the kingdom, restore bones, flesh, resolve pain.	2/24	Recovered, Baptized
2/03/26	Tom Slocum	Stomach		Healing, restoration of stomach/digestive		
2/03/26	Micheals Mom, and Sister Rene	At risk in Iran, 105th birthday next month.		Protection and provision during protest, may she complete this journey in peace, and may Iran be restored to glory	2/14 5/12	Mom passed in peace Prayer for sister who remains
2/17/26	Micheals Brother Nasser	Cancer, In Hospice		Complete this journey. God's will for healing be done…this life or next.	2/23	Passed away
3/10/26	Tim	Hip pain		We have group in one accord on authority and speak hip Pain be gone.	4/9	Significant reduction in pain…7 to 3
3/10/26	Jay	Phantom limb pain		We have group in one accord on authority and speak pain be gone.	8/4 8/25	Pain reduced immediately from prayer. TBD on sustainment. Pursuing New Treatment, tapering meds Significant relief from some treatments, will continue
3/24/26	Kayden, Emma's Grandson	Enlarged heart, in Hospital in FL		Strengthen to be released so he can live life	4/9	Released from Hospital, then released from rehab within 3 days

Group Prayer Activity - Page 5

Date	Person	Situation	"Word" Received	Prayer	Date	Answer
4/28/26	Donna' Daughter, Ginger	Lost Job, Searching		Perfect Job To Support Her, Help Her Grow and Mature Into God's Intended Person		
4/28/26	Donna's Son Philip Gregory	Heart Issues, Ablation Procedure		Perfect execution of procedure, No heart disease in Garden, Healing in Jesus' name, Run race in perfect divine health.	5/19	Through procedure, back to work.
4/24/26	Emma	Family Distress		Healing for family past and baggage, Help me help, Help emma help, help each be receptive and bring glory	5/26 6/4 7/2	Lacandace baptized today Lacandace got Job this week, Helped partner start journalling with God. Lacandace in apartment, with car
4/28/26	Ashley	Ongoing ankle distress, leg pain		Execution of block and positive results, Help her drawn near to her, trust you, receive healing. Bring you glory.	6/23 9/10	Deacon Peacock vission of Ashley receiving jesus and dancing with no cane..healed Ashley lifts Carol, Carol challenges Ashley, Ashley drops cane and walks cane free.
5/27/26	Tamra's Son Kendrick	Agnostic, underemployed, struggling		Holy Spirit help him find God, Find Purpose, Become the person God intended.		
6/4/26	Jim	Isolation from family. Ex's, Adult Children, Parents, Sibling. Some recent progress, but still major gaps		Thank you for progress. Help Jim be reconnected with important people in his life.	6/18	Dinner with sister twice this week. Conversation with ex#1, Letter To daughters.
6/18/26	Paul – In Michigan	Distress From Snowbank incident – Pain, Frostbite		Strength, Healing. Run race in health. Bring God Glory.	6/26 7/2	Progress. Continued progress, May retain all fingers

Group Prayer Activity - Page 6

Date	Person	Situation	"Word" Received	Prayer	Date	Answer
6/25/26	Jim's Dog Nena	Tumor on Gum, needs surgery, needs funds for surgery		1) Lord, Help us raise funds to help this loving service animal. 2) Lord, help them execute the surgery smoothly and help her heal	7/08 8/6 8/11	Funds raised. Surgery executed, biopsy pending Biopsy negative, prayers answered
7/2/26	Jim	Shoulder Pain, residual from rescue swimming		No pain in garden, healing by Jesus' stripes	8/6	New Drug, Got clear improvement.
7/9/26	Emma	Gall Bladder Surgery		Success	7/21	On hold pending insurance. Diet change has minimize symptoms
7/21/26	Ashley	Tooth pain/infection		1) Gods will, Path forward. 2) God be doctor and remove problem.	7/28	Surgery complete- still have teeth. Need divine healing to restore bone else will lose teeth
7/21/26	Micheal	Chest pain not diagnosed, Diabetes not well managed, Neuropathy		No illness/disease in garden, heal by Jesus stripes		
8/4/26	Lacandace	Car Accident - Pain		No car accidents with drunk drivers in garden, be healed in Jesus' name	8/11	Needed knee surgery
8/4/26	Donna Sister Chris	Knee Replacement		Divine healing to impress Dr with God's grace		
9/10/26	Cecil's Family	Brother Passed		Safe Journey Home, Peace to family knowing He is with Jesus		

Group Prayer Activity - Page 7

Date	Person	Situation	"Word" Received	Prayer	Date	Answer
10/6/26	Tamra's son	Wedding and hunymoon		1) Thank you for connecting these souls 2) Thank you for all spiritual blessings, speak success on travels to experience creation and bring you glory		