

MAY 22, 2016



SOLEMNITY OF THE MOST HOLY TRINITY



PROVERBS 8:22 – 31

PSALMS 8:4 – 5, 6 – 7, 8 – 9

ROMANS 5:1 – 5

JOHN 16:12 – 15

REFLECTION

This Sunday, we celebrate the Solemnity of the Most Holy Trinity, or the mystery of Three Persons in One God. This Sunday's Gospel reading reminds us that God—Father, Son, and Holy Spirit—continually offers us abundant, eternal life. We are called to accept God's love by believing in God the Father, Jesus Christ the Son, and the Holy Spirit. We demonstrate our belief through our faith-filled actions. When we act in ways that don't testify to the love of God, we reject God's offer of salvation. As a result, we miss out on experiencing abundant life rooted in love.



"GOD IS"

DANIELLE ROSE

[www.youtube.com/
watch?v=9HgZ_pJ9bGc](http://www.youtube.com/watch?v=9HgZ_pJ9bGc)

ACTION

Today is the Solemnity of the Most Holy Trinity. We pray to the Trinity in the traditional "Glory Be" prayer. How often do you say the "Glory Be" or consider what you are praying when you say it? Pray this prayer every day this week. This is such a short prayer but it says everything about today's solemnity. It is good to think and search for answers, but this week learn to just trust without questioning. You might learn something new because God can speak when you are quiet.

JOURNALING QUESTIONS

- What is your image of God?
- Is there one nature of God that is easier for you to understand and talk to in prayer? Why do you think this? What does it say about who you are and what you need as a person?