

June 4, 2023

Solemnity of the Most Holy Trinity

Ex 34:4b-6, 8-9

2 Cor 13:11-13

Jn 3:16-18

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

GROW: Last Sunday the Church celebrated the Solemnity of Pentecost: the birthday of the Church and the outpouring of the Holy Spirit into the world. Today we celebrate the Solemnity of the Most Holy Trinity, giving adoration and glory to the three divine persons in our one God: Father, Son, and Holy Spirit – three in unity, or Triune. In the Gospel we heard, John tells us: “God so loved the world that he gave his only Son.” If you’re going to write one Bible verse on a piece of cardboard and hold it up at a football game, this is it! John 3:16 encapsulates a Christian belief: We are loved by the Father beyond measure, and that love is incarnated – takes human flesh – in the divine person of his Son. But there is something deeper within this verse that comes to light much later in the Gospel: Jesus revealed that when he, the Son, returned to the Father, he would not leave us alone. (Jn 14: 26-28) Instead, the Holy Spirit came to be with us and remain with us. This is our God whom we celebrate and give thanks to: one in being, three in person. His love is unceasing and his Spirit dwells within and among us to guide us, advocate for us, and draw us ever closer to himself in that love.

GO EVANGELIZE | PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

GO: When it comes to evangelization, you could write a Bible verse on a piece of cardboard, hold it up in a crowded place and hope it piques someone’s interest. But we can take a cue from St. Paul in the second reading as well. He encourages us to mend our ways, encourage one another and “greet one another with a holy kiss.” And then he offers a prayer for the Corinthians: “The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with all of you.” Imagine what the world would be like if we all lived like that – if we worked to mend our mistakes, encouraged each other, and earnestly prayed for the grace, love, and fellowship of God to be upon every person. That would be a true witness to God’s presence in the world.

PRAY: This week, pray a Holy Trinity novena. The word “novena” comes from the Latin word for “nine,” and they typically include nine days of prayer, asking God for a specific intention, and beginning or ending on a feast or solemnity. Trust in the Triune God who loves you and offer him your heart. You may find the comfort or wisdom you seek.