

**May 30, 2021**

**The Solemnity of the Most Holy Trinity**

Dt 4:32-34, 39-40

Rom 8:14-17

Mt 28:16-20

**GROW:** The first thing that came to mind when hearing the readings for this feast was the song, *How Can I Keep from Singing?* Moses' words attest to the wonders of God and his continual care and "championing" for us. This all-powerful God chose us to be his own; he created us in love and desires for us to be with him forever. He loves us enough to have become one of us – to live and breathe and suffer as one of us! While on earth as Jesus Christ, he showed us, in healing and forgiving, the depth of his merciful and unconditional love. Through the Son we are made adopted children of God, co-heirs with Christ to the promises of the Kingdom. The Holy Spirit is sent to remain with us – always – demonstrating the steadfastness and faithfulness of God to his people and drawing others to the Father's love. And we, members of the Body of Christ, are commissioned to go "and make disciples of all nations," that all may be given the pathway to the Kingdom. With all this Good News, how *can* we keep from singing?

**GO:** "When they all saw him, they worshiped, but they doubted." These words jumped out at me from today's Gospel. After all the Apostles had witnessed, even after their encounters with Jesus following his resurrection, they doubted. That is, until Jesus reassured them that "All power in heaven and on earth has been given to me." Then, look out! Once empowered by the Spirit, the disciples no longer doubt. In readings from the Acts of the Apostles throughout the Easter season, we have heard how the Apostles are transformed into bold and relentless preachers and leaders, healers and miracle workers, by their belief in the power of the Holy Spirit. And they can't suppress the joy they know in believing the Good News. We were made for this joy, and for sharing it as the earliest disciples did. Given all that God has done for us, how can we not?

**STUDY:** Read Scripture verses or hymns that rejoice in God's love and bring you joy. (Phil 4:4-9 is a good start). Pray the Act of Faith to reaffirm your belief in the Trinity. Be a joyful Christian!