

# Sunday, May 22, 2016

## The Most Holy Trinity (Solemnity)

### Meditation and Questions for Reflection or Group Discussion

#### Mass Readings:

1st Reading: Proverbs 8:22-31

2nd Reading: Romans 5:1-5

Responsorial: Psalm 8:4-9

Gospel: John 16:12-15

### Placing Our Trust in the Love of God the Father, Son, and Holy Spirit

*I have much more to tell you. (John 16:12)*

Imagine you're deep in conversation with a close friend, and out of nowhere, he says, "There's something I want to tell you, but I can't—not yet." You would be intrigued, and maybe, depending on what you thought the withheld news was, a bit anxious.

Now put yourself in the disciples' shoes: Jesus, the rabbi you have traveled with for three years, begins to tell you several mysterious things and then says something very similar: "I have much more to tell you, but you cannot bear it now" (John 16:12). How would you feel? Curious? Afraid? Or maybe relieved—you don't want to know what else is coming!

Whatever you may feel, Jesus says, very simply, "take courage," and "have peace in me" (John 16:33). If you want answers to some of life's questions, be at peace: God has a plan, and he will give you the answers at just the right time. If you would rather not hear God's answers because you're afraid of what he may say, also be at peace. God has courage and wisdom to help you; he will be with you every step of the way.

Today, no matter where you land, know that you can rely on your God, the Holy Trinity whose solemnity we celebrate today. Choose to put your trust in him. Ask him to give you his peace. And even if you don't feel particularly peaceful, try your best to take heart.

No matter how you feel, no matter what you are experiencing, you are wrapped in the love of almighty God. Your Father loves you and is watching over you. His Son has laid down his life for you and opened heaven's gate to you. And the Holy Spirit lives in your heart, constantly filling you with divine grace and power.

*"Thank you, Holy Trinity, for your encouragement and strength. Help me to turn to you and trust in you today."*

(Many thanks to ***The Word Among Us*** ([www.wau.org](http://www.wau.org)) for allowing us to use meditations from their monthly devotional magazine. Used with permission.)

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***Questions for Reflection or Discussion***

1. Reflect on the following verses in the First Reading: “The Lord possessed me, the beginning of his ways . . . from of old I was poured forth . . . When the Lord established the heavens I was there, when he marked out the vault over the face of the deep; when he made firm the skies above, when he fixed fast the foundations of the earth; when he set for the sea its limit, so that the waters should not transgress his command; then was I beside him as his craftsman, and I was his delight day by day” (Proverbs 8:22-30). In what ways do these words, and the other words in the First Reading, give us a glimpse into the relationships and intimacy within the Trinity, especially between the Father and Jesus?
2. In the Responsorial Psalm, we see the primacy of man in God’s creation: “You have made him little less than the angels, and crowned him with glory and honor. You have given him rule over the works of your hands, putting all things under his feet” (Psalm 8:6-7). Why should this truth motivate us to be good stewards over God’s creation? How well would you rate your own stewardship? What steps can you take to improve it?
3. The Second Reading opens with these words: “Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith to this grace in which we stand, and we boast in hope of the glory of God” (Romans 5:1-2). What do these words mean to you? In what way should they affect how you live out your life each day? Do they?
4. The Second Reading also tells us that “the love of God has been poured into our hearts through the Holy Spirit that has been given to us” (Romans 5:5). Has there ever been a time in your life when you have personally “experienced” God’s love for you, not merely “known” about it?
5. In the Gospel, we also get another glimpse into the Trinity through these words of Jesus: “But when he comes, the Spirit of truth, he will guide you to all truth. He will not speak on his own, but he will speak what he hears, and will declare to you the things that are coming. He will glorify me, because he will take from what is mine and declare it to you. Everything that the Father has is mine; for this reason I told you that he will take from what is mine and declare it to you” (John 16:12-14). What do these verses tell us about the relationships between the Father, Son, and Holy Spirit? How would you describe the ways the Holy Spirit has “spoken” to you?
6. The meditation ends with these words: “No matter how you feel, no matter what you are experiencing, you are wrapped in the love of almighty God. Your Father loves you and is watching over you. His Son has laid down his life for you and opened heaven’s gate to you. And the Holy Spirit lives in your heart, constantly filling you with divine grace and power.” In what ways can you use the truth of these uplifting and encouraging words to increase your faith and trust in God’s plan for your life?
7. Take some time now to pray and ask for the grace to experience more deeply the love of the Father, Son, and Holy Spirit; and thank them for their encouragement and strength. Use the prayer at the end of the meditation as a starting point.

[The discussion questions were created by Maurice Blumberg, a director of partner relations for **The Word Among Us Partners**, (<http://www.waupartners.org/>); a ministry of **The Word Among Us** ([www.wau.org](http://www.wau.org)) to the military, prisoners, women with crisis pregnancies or who have had abortions, and college students. He is also a member of the National Service Committee Council of the Catholic Charismatic Renewal. Maurice was also the founding Executive Director of the **National Fellowship of Catholic Men**, for which he is currently a Trustee (<http://www.nfcmusa.org/>). He can be contacted at [mblumberg@wau.org](mailto:mblumberg@wau.org) or [mblumberg@aol.com](mailto:mblumberg@aol.com).]