

**Sunday, June 11, 2017**

## **The Holy Trinity**

### **Meditation and Questions for Reflection or Group Discussion**

**Mass Readings:**

**1st Reading:** Exodus 34:4-6, 8-9

**2nd Reading:** 2 Corinthians 13:11-13

**Responsorial:** (Psalm) Daniel 3:52-56

**Gospel:** 3:16-18

### **Worshipping and Adoring God the Father, Son, and Holy Spirit**

*The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with all of you.*  
(2 Corinthians 13:13)

Any time we try to think about the Holy Trinity, we can feel stumped. This doctrine of our faith tells us that there is one God who eternally exists as three distinct Persons. But how can God be both one and three at the same time?

While our understanding of the Trinity has advanced and deepened over the centuries, this dogma of our faith will always remain a mystery. We believe that God is one—one in substance, one in essence, and one in nature. We also believe that the three Persons of the Trinity are consubstantial, that each of them is God, whole and entire.

At the same time, we also believe that God is three “Persons.” This doesn’t mean that God is three distinct, independent individuals, as human beings are separate persons. No, the distinction between Father, Son, and Holy Spirit doesn’t rest in their autonomy, but in the “relationship of each Person to the others” (Catechism of the Catholic Church, 252). In other words, God exists in a relationship of love—a love that he invites us to share.

Finally, we believe that God created us in his image and likeness. This means that he created us to be relational as well. Jesus’ command to love God and one another means that he wants us to strive to be united with each other. He wants us to be one so that the world can have countless witnesses to the love of God.

So on this great day of celebration, let God’s love become your love. Let it move you to forgive those who have hurt you. Let it move you to speak a kind word, offer a blessing, and care for those in need. Let it move you to put aside divisions in your family. Let it move you to become a brighter light shining the love of God in a world darkened by sin and division.

***“Father, Son, and Spirit, help me to put on love.”***

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***Questions for Reflection or Discussion:***

1. In the first reading, God gave Moses a glimpse of his glory, and then He proclaimed his name and revealed his nature: “The LORD, the LORD, a merciful and gracious God, slow to anger and rich in kindness and fidelity. merciful, gracious, slow to anger, rich in kindness and fidelity.” Moses’ reaction was that he “at once bowed down to the ground in worship.”
  - Why do you think Moses’ reaction was to bow to the ground in worship?
  - If God describes himself as “merciful, gracious, slow to anger and rich in kindness and fidelity,” and we are created in his image and likeness, do you think He wants you to treat others in a similar manner? Whom specifically?
2. In the responsorial psalm from the book of Daniel, we hear words of blessing and praise to God from Shadrach, Meshach, and Abednego -- after they were thrown into the fiery furnace on orders from King Nebuchadnezzar.
  - What are the things that God has done in your life that make him worthy of your blessing and praise?
3. In the second reading, Paul encourages the Corinthians to “Mend your ways, encourage one another, agree with one another, live in peace.”
  - How would you rate yourself as an “encourager”?
  - How can you better reach out to others as an “encourager” to provide deeper support and friendship – including within your parish, in your neighborhood, or at work?
  - What are some of the things that make it difficult for you to “agree with” and “live in peace” with certain people? What steps can you take to overcome them?
4. The Gospel reading begins with the very familiar words from John 3:16: “God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.” It goes on to say that “God did not send his Son into the world to condemn the world, but that the world might be saved through him.”
  - What do these words mean to you and what impact have they had on your life?
  - How might God be calling you to be an instrument in bringing the meaning of these words to people in your life who need to understand their meaning for their lives?
5. The meditation begins with these words: “Any time we try to think about the Holy Trinity, we can feel stumped.” The meditation then goes on to provide some insights into the mystery of the Trinity.
  - Were any of the insights provided helpful to you? Which ones?
6. The meditation ends with these words: “Finally, we believe that God created us in his image and likeness. This means that he created us to be relational as well. Jesus’ command to love God and one another means that he wants us to strive to be united with each other. He wants us to be one so that the world can have countless witnesses to the love of God. So on this great day of celebration, let God’s love become your love. Let it move you to forgive those who have hurt you. Let it move you to speak a kind word, offer a blessing, and care for those in need. Let it move you to put aside divisions in your family. Let it move you to become a brighter light shining the love of God in a world darkened by sin and division.”
  - What steps can you take to put these words into practice?
7. Take some time now to pray and ask for a deeper revelation and knowledge of God as Father, Son, and Holy Spirit, and a deeper experience of his great love for you – so you can love him and others more deeply. Use the prayer below from the end of the meditation as the starting point.

***“Father, Son, and Spirit, help me to put on love.”***

[The discussion questions were created by Maurice Blumberg, who is in 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** (<http://www.nsc-chariscenter.org/>) and a member of the board of

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