



May 26, 2024 | The Solemnity of the Most Holy Trinity

Dt 4:32-34, 39-40 | Rom 8:14-17 | Mt 28:16-20

Written by  
THE  
FAITHFUL  
DISCIPLE

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

Today is an opportunity to reflect on and celebrate the mystery of the Holy Trinity: One God, two natures (Jesus is fully human and fully divine), and three divine persons. Whenever I think about this feast, I am reminded of some wise words I heard once from a professor, although I am paraphrasing: It's not necessary to try to describe in theological terms what God is, for no matter what we say it will be inadequate to the reality of the ultimate grandeur of God. What is important, and what affects people day to day, is talking about *who* God is, and *how* God is. And so this Trinity Sunday is a day to reiterate that which is most fundamental to our understanding and belief: God *is* love. Not just God is loving, or God loves, but *God is love itself*. He is a continual outpouring of selfless love - *agape* is the Greek word - which brought forth creation, and all creatures to share in it. It is a communion of love by which and for which we were created; we are meant to emulate and live that same relational communion of love with one another.

**PRAY** All Christian prayer is Trinitarian in nature: we pray to the Father, through the Son, in/by the power of the Spirit. Some prayers are very specifically written to include the Trinity/Godhead by name. The most recognizable one is this doxology, or the Glory Be: *Glory Be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end.* Add it to your daily prayers.

## **GO** EVANGELIZE

### PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

As human beings, we simply do not *have* the ability to live our baptismal call perfectly - to love one another as God loves us. What we do have is our Triune God who gives us the grace to strive for perfection as in Christ, but who, in the end, is the one who perfects us in him. “[We] must keep his statutes and commandments,” Moses has said. And Paul gives us hope in doing so as he tells us that “The Spirit himself bears witness with our spirit that we are children of God.” The Lord is here with us, helping us and advocating for us. And in our mission of discipleship, we have the promise from Jesus, “Behold, I am with you always, until the end of the age.” We give thanks and praise to the Father, Son, and Holy Spirit for all these gifts and so much more.