

ARCHDIOCESE OF SEATTLE

At Home with Faith

As we celebrate Trinity Sunday, let us reflect on all the ways that we have been nurtured by the grace of Jesus Christ, the love of God, and the fellowship of the Holy Spirit.



Photo: Adobe Stock

It is difficult to explain and fully grasp the mystery of the Holy Trinity. But this much we know for certain:

God so loved the world that he gave us his only Son, Jesus Christ.

And Jesus, in his love for us, sent us the Holy Spirit to be our advocate.

Like the Trinity, there are things in life that are difficult for us to understand or accept. This Sunday's scripture readings remind us to keep believing in the Lord and calling on him, through trials and triumphs alike. We are also called to mend our ways, encourage each other, and live in peace. In doing all of this, we can be living witnesses to the Holy Trinity - the love of the Father, the grace of his Son, and the fellowship of the Holy Spirit.

Read

Take time to read and reflect on the Scriptures for this day.

Don't have access to a Bible?

Visit www.usccb.org/bible/readings or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

Exodus 34:4b-6,8-9

Moses asks God to forgive the sins of his people.

Daniel 3:52-56

Glory and praise to God forever!

2 Corinthians 13:11-13

The grace of Jesus Christ, the love of God, and the fellowship of the Holy Spirit, be with all of you.

John 3:16-18

God did not send his Son to the world to condemn, but to save.

At Home with **Faith**

Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

Think of a time when you experienced grace, love, and fellowship, whether it be in your family or in your circle of friends and loved ones. Perhaps it was a time when you made a mistake, and you experienced the grace of forgiveness from the person you hurt. It might have also been a time when you felt affection or support from the people in your life, especially during a time when you needed it most. Or maybe it was a time when you enjoyed the presence of family and friends, making memories and simply being together. Reflect and share your insights with one another.

The Holy Trinity is a complex concept to explain with words. However, it is quite simple to experience the presence of the Holy Trinity in our lives and to share it with those around us.

By opening our hearts to moments of grace, love, and fellowship, we are allowing the Holy Trinity to teach us and transform us through our love for one another.



Photo: Shutterstock

Below is a prayer that you can recite on your own or with your family as you reflect on the Most Holy Trinity.

AN ACT OF PRAISE

I praise you, Father all-powerful.
I praise you, Divine Son, our Lord and Savior.
I praise you, Spirit of Love and Consolation.
One God, three Persons, Triune Unity,
be near me in the temple of my soul.
Draw me to share in your life and love.
In your kindness
grant to me and to my family
the riches of your mercy,
and a share in your blessing,
that we may come to the glory of your Kingdom
and rejoice in loving you for all eternity. Amen.

Source: <http://www.ibreviary.com/m2/preghiere.php?tipo=Preghiera&id=373>

For more resources, visit us online at:

<https://www.athomewithfaith.org>