

## Feast of the Most Holy Trinity

Deut 4:32-34,39-40  
Ps 33:4-6,9,18-20,22  
Romans 8:14-17  
Matthew 28:16-20

### Monday May 28

1 Peter 1:3-9  
Ps 111:1-2,5-6,9,10c  
Mark 10:17-27

### Tuesday May 29

1 Peter 1:10-16  
Ps 98:1-4  
Mark 10:28-31

### Wednesday May 30

1 Peter 1:18-25  
Ps 147:12-15,19-20  
Mark 10:32-45

### Thursday May 31 Visitation of Virgin Mary

Zephaniah 3:14-18a  
or Romans 12:9-16  
Isaiah 12:2-6  
Luke 1:39-56

### Friday June 1 St. Justin

1 Peter 4:7-13  
Ps 96:10-13  
Mark 11:11-26

### Saturday June 2

Jude 17,20b-25  
Ps 63:2-6  
Mark 11:27-33

You are very special to God. You belong to God – *all* of God: Father, Son and Holy Spirit.

The reason why it's so important to be baptized in the name of the full Holy Trinity, as Jesus instructs in the Gospel reading, instead of only through Jesus our Savior as a few Protestant sects do, is because God in his fullness – all three Persons of the triune nature of God – wants to have a personal relationship with you, a true friendship.

Are you aware of living in a special love relationship with each Person of the Trinity? Can you sit and chat with God as Father, God as Savior, and God as Holy Spirit? When you're feeling hurt, can you sit in the Father's lap and receive his comfort? When you're fighting temptation, can you feel the strength of Jesus coming to your rescue?

When you're worried or confused or struggling to have faith, are you aware of the Spirit's gentle guidance?

The Father of Jesus is our own, very special "Abba" (the childlike Jewish word for "Daddy" in the reading from Romans). Is he a fearsome punishing authority who barely understands you? No, he gladly adopted you during your baptism, because he's a doting daddy who provides for our needs.

The Holy Spirit assures us of this. God's Spirit embraces us and comforts us and teaches us everything we need to know so we can live in the joy of a life that's full of love. And in that love, Jesus sacrificed himself for us so that we can be free from the punishment of sin and live holy lives with the help of his Holy Spirit.



God is a trinity of helpers, healers, strengtheners, faith-builders. He wants you to live in the fullness of his divinity! He wants you to benefit from all that he is.

As baptized Christians and as sacramental Catholics, we lack nothing that really matters!

### Reflect & Discuss:

1. Who is the easiest Person of the Trinity for you to feel close to?
2. Why do you not feel as close to the other two? What will you do to remedy this? (Hint: ask the Holy Spirit to help you with it!)
3. How does the Holy Spirit help you know that Jesus is with you always, just as he promised he would be?
4. And how does this help you understand the goodness of being adopted by God the Father?

In your answers, be careful not to refer to the Father as "God", since Jesus is also God and so is the Holy Spirit. To prevent confusion, it's good to say "the Father" or "Daddy-God" when talking about the Father.