

Prayerful preparation for Trinity Sunday

Collect of the Mass

God our Father,
who by sending into the world
the Word of truth
and the Spirit of sanctification,
made known to the human race your wondrous mystery,
grant us, we pray, that in professing the true faith,
we may acknowledge the Trinity of eternal glory
and adore your Unity, powerful in majesty.

Through our Lord Jesus Christ, your Son,
who lives and reigns with you
in the unity of The Holy Spirit,
one God, for ever and ever.

Amen.

Prayer Prompts

Lectio Divina

Set aside a Prayer time and begin by relaxing and coming to stillness.

Lectio. Read Matthew 14:22-33, preferably aloud and slowly, paying attention to any words that stand out.

Meditatio. Jesus comes walking on the water to save whenever we are in trouble or adversity comes to us. He reassures us, "Do not be afraid". Once Jesus joins us, the winds of adversity quickly die down. We too can walk on water. What seemed impossible becomes manageable. Think of such times when you have had this experience.

Oratio. Have we ever failed to recognise Jesus' presence when we were in danger? When has our faith faltered? How can we build up trust and courage?

Contemplatio. Be still and accept a deeper faith and trust in God.

Reflection

This Sunday celebrates the feast of the Most Holy Trinity. The Trinity is a mystery at the heart of our beliefs, a mystery as we do not know the true, full reality of the Trinity as we do not know the full, complete reality of our God. Whatever we can say about God will be more untrue than true, I have been told; such is God so far above and beyond our understanding.

But does that mean we give up in the face of God's mystery? The truth about God has been revealed to us in many ways, if we want to know God better. The nature of our God is revealed in our scriptures and particularly in the person of Jesus.

What is your image of the Trinity, our triune God?

I grew up separating the Father and the Son, finding Jesus much easier to relate to. Not too long ago the words of Jesus hit me when he told the disciples "The Father and I are One, to have known me is to know the Father." No separation then.

And then the Holy Spirit.

Often neglected as inexplicable but the Charismatic Renewal sought to redress this balance and many of us were introduced to the role of the Spirit in our lives, experiencing the Spirit as leading us closer into the mystery of our God and God's working in our everyday lives. Not an afterthought of the Father but equal.

So, we have three distinct Persons, existing as One.

My latest image of the Trinity is of the Three existing in an explosion of Love. Love not being what they do but who They are. Incapable of nothing more or less than Love.

Love as the greatest power in the universe, holding creation together, inviting us to join in and experience this Love, to join in Jesus' mission, aided by the Holy Spirit, to bring us to closer union with the Father.

What is your unique contribution to this task?

Where do you fit in with the Trinity?

How do you relate to God?

Who is God for you?