

Trinity Sunday Spiritual Exercise

A reading from the Holy Gospel according to John (3:16-18)

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.

For God did not send his Son into the world to condemn the world,
but that the world might be saved through him.

Whoever believes in him will not be condemned,
but whoever does not believe has already been condemned,
because he has not believed in the name of the only Son of God.

1) What are the obstacles that prevent you from accepting the Trinity? Consider the doctrine and pray for the grace that God will grant you the inner harmony needed to internalize this profound mystery. Consider praying to each person of the Trinity and considering them each (Father, Son, and Holy Spirit).

2) Consider that you are made for relationships. In Trinitarian theology, the Father is the source and the Son exists in perfect self-donation to the Father and in receptivity. The gift of their mutual love is the Holy Spirit (note: this is just one meditation on the Trinity). Consider those relationships in which you have authority. Does your care and authority harmonize with the Father's care for the Son? Consider those relationships in which you need to be more receptive... what can you learn from Jesus Christ's obedience to the Father?

3) Have a conversation with the Father, the Son, or the Holy Spirit about the thoughts that arise during these exercises.

Consider that Jesus Christ is a gift to humanity. Also consider how all your relationships are a gift from God (even when they are difficult and trying)

To penetrate the mystery of the Trinity, we must first make the leap of faith which then leads to illumination. Do you accept the doctrine of the Trinity? If you are struggling with it, pray for the grace to make that leap of faith so as to allow this teaching to illuminate your heart.

Jesus _____

Me _____

Jesus _____

Me _____

Jesus _____

Me _____

Jesus _____

Me _____