



## Trinity: God's Love as the Father, Son, and Holy Spirit

**PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling\*)** *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."<sup>1</sup> Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You<sup>2</sup>. Have mercy on us, and be with us today as we contemplate the Blessed Trinity and God's love as the Father, Son and Holy Spirit.*

**INTRODUCE TOPIC & SCRIPTURE (1 John 4:7)** *"Beloved, let us love one another, because love is of God; everyone who loves is begotten by God and knows God."*

**BREATH-WORK & GRATEFULNESS**

**BODILY PRAYER VERSE** *"Lord, I know I was created to love, help me to love more fully."*

**MEDITATION** "The Church tells us that the Holy Trinity is the most unique, central and important of all Christian beliefs. Three persons but one God. While each are distinct persons, Father, Son and Holy Spirit, nevertheless, they share the same 'nature' – the same Divine DNA – the substance that makes them God. Fundamentally, God is a communion of persons, another way of saying that "God is a family. And if God is love, as St. John tells us, well that means God cares, God shares, God gives, God offers Himself to others. God is love."<sup>3</sup>

"Every child is conceived when two people share part of themselves with each other and yet what they create is not a copy of themselves but another, different, distinct person. Yet, that person is made up of the same material as the parents, while remaining individual and distinct – unique. Within each one of us, dwells the gift of two other people, a trinity of persons. By our very nature, at our very conception, we are born through a communion of persons and into a communion of person. Of course, God is not conceived or born – God is. But God is a communion of persons – a family."<sup>4</sup>

**RESOLUTION** (Re-read Scripture.) God is love. The Trinity reveals to us that God is relational, and since we are made in the image and likeness of God, it makes sense to say that we are created to love. Do I ever take time to contemplate the Blessed Trinity and the Divine Love between them?

**ENDING PRAYER (Kneeling\*)** *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You. Mary, Mother of Love: **pray for us**; St. Joseph: **pray for us**; St. John the Apostle (or saint of the day): **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

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<sup>1</sup> St. Thomas Aquinas

<sup>2</sup> Based on 1Kings 8:61 and 43

<sup>3</sup> Excerpt from Fr. Benedict O'Cinnsealaigh's letter to Our Lady of Victory Parish, June 7, 2020 (Used with permission)

<sup>4</sup> Excerpt from Fr. Benedict O'Cinnsealaigh's letter to Our Lady of Victory Parish, June 7, 2020 (Used with permission)

\*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

