



Trinity: the Divine Dance

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."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we contemplate the Blessed Trinity and the Divine Dance.*

INTRODUCE TOPIC & SCRIPTURE (2 Corinthians 13:13) *"The grace of the Lord Jesus Christ and the love of God and the fellowship of the holy Spirit be with all of you."*

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE *"Open my eyes, my ears, and my heart, O God."*

MEDITATION "The [Blessed Trinity] is a Divine dance, a perfectly choreographed interplay of the Father, Son and Holy Spirit. Together they dance and move as one though three unique Persons with distinctive, yet harmonious patterns and steps. They provide a mirror into our soul. Within each one of us, the Divine dance continues, and the music of God's love continues to inspire, sustain and recreate us with every step and melody. From beginning to end, God is one and at the same time, Creator, Redeemer, and Sanctifier. God's Holy Trinitarian dance is calling you to holiness. Join in and dance!"³

RESOLUTION (Re-read Scripture.) "Can you hear the music that the Triune God is playing? Where is the dance leading you? Our minds can never truly understand or know God. But our hearts can seek and find Him."⁴ *Come Holy Spirit...*

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 God: **pray for us**; St. Joseph: **pray for us**; St. Paul (or saint of the day): **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Excerpt from Fr. Benedict O'Cinnsealaigh's inspiration for the week for Our Lady of Victory Parish, June 7, 2020 (Used with permission)

⁴ ibid

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

