



AMDG  
TRINITY SUNDAY  
YEAR B  
27TH MAY 2018



**Our spirit and God's Spirit  
are united as we call God  
"Abba, Father"**

OPENING PRAYER

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 wonderful 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.

The readings of today's feast of the most holy Trinity reveal the great gift being offered to us – communion with God. We are offered a share in the very life of the divine community that is God: Father, Son and Spirit.

In the *First Reading*, Moses kindles in the people a realisation that God is so close as to be heard. His voice is one that chooses and calls the people to fullness of life.

The *Psalms* echoes this theme. We are the Lord's own chosen people – this is what fills us with hope.

The *Second Reading* explains how such a gift comes about. Only by the power of the Spirit, as children of God, are we able to cry 'Abba, Father'.

Finally, the *Gospel* shows what this gift means – we are not to rest easy as heirs of God, but to go out to every nation, sharing the gift by inviting others into the same communion with God.

Let's ask, this week, for a greater sense of being called into the very life of the Trinity so that, filled with grateful joy, we might go out and invite others as well.

## SECOND READING ROMANS 8: 14–17

**E**veryone moved by the Spirit is a son of God. The spirit you received is not the spirit of slaves bringing fear into your lives again; it is the spirit of sons, and it makes us cry out, “Abba, Father!” The Spirit himself and our spirit bear united witness that we are children of God. And if we are children we are heirs as well: heirs of God and coheirs with Christ, sharing his sufferings so as to share his glory.

I may be approaching this time of prayer with distractions or worries ... or perhaps I have found it difficult to carve out this little time for God.

But however I come, I can trust that I am accepted as a beloved child coming into the presence of a loving parent.

God desires me infinitely more than I desire God.

So, gently, I become still, placing myself in God’s hands.

I need not worry, nor be afraid of anything at all.

I simply trust.

Perhaps I ponder the Spirit at work, moving within me – Christ’s great gift to me.

I pause.

I am told in this passage that I am God’s child; God’s inheritor; God’s beneficiary. How does this make me feel?

In my prayer I may like to call out “*Abba, Father!*” in my heart, just as Jesus himself used these words when praying.

What is it like to be invited to share in this family relationship?

Perhaps I would like to respond ...?

As I come to the end of my prayer, I talk and listen to the Lord, maybe sharing ways I can open myself to others as Christ did.

When ready, I end with a slow sign of the cross.

## GOSPEL MATTHEW 28: 16–20

**T**he eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, “All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And know that I am with you always; yes, to the end of time.”

I offer this time to the Lord and try, gently, to settle.

If it helps, I ask the Holy Spirit to pray in me and for me.

Here at the end of his Gospel, St Matthew is describing the commissioning of his disciples.

I read the text slowly, pausing as often as I need.

What strikes me? Where am I drawn?

Slowly I ponder what Jesus means for me today ...

what he has meant to me in the past ...

what I would like him to mean to me in the future.

In what ways might I want to share this knowledge of him with others?

I talk to the Lord about any worries I have, and ask for greater trust in the transforming power of the Spirit.

As I face the coming week, it might help to think of any graces I need: encouragement, consolation, boldness ...?

Perhaps I ask the Lord to deepen my sense of his love and strength for me now, in this present moment.

The Lord has promised to be with me always, even until the end of time.

How does this make me feel?

I talk to him from the heart, perhaps offering him my coming week as I try to be ever more willing to go out, confident that the Lord is there alongside me.

When I am ready, I end my prayer.

*Our Father ...*

## Here's a text if you've only got a minute ...

Blessed be God ...

for he has shown us his merciful love.

*Entrance Antiphon*

Our soul is waiting for the Lord.

*Psalm*

We are heirs of God and coheirs with Christ.

*Second Reading*

“Know that I am with you always;  
yes, to the end of time.”

*Gospel*

*This week's texts if you want to reflect further:*

*Deut. 4: 32–34, 39–40; Ps. 32 (33); Romans 8: 14–17; Matthew 28: 16–20*



**“Isn't it wonderful that we have this Doctrine of the Trinity that speaks of God as a fellowship, a community. And so, you have this wonderful image of the community that is God, the Trinity.”**

**Desmond Tutu**



ST BEUNO'S OUTREACH  
IN THE DIOCESE OF WREXHAM

**JESUIT**  
Ministries



Prepared by St Beuno's Outreach in the Diocese of Wrexham

LDS