

# Trinity: Three in One



## Prayer for the Week

In the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
Amen.

Glory be to the Father,  
and to the Son,  
and to the Holy Spirit,  
as it was in the beginning,  
is now and every shall be,  
world without end.  
Amen.



## Word of the Week

*Matthew 28: 16-20*

Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. When they saw him, they worshipped him; but some doubted. Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father, and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

**This coming Sunday the Church will celebrate the Solemnity of The Most Holy Trinity.**

**The doctrine of the Trinity is a mystery of the Church, meaning that we wouldn't know about it unless God had revealed it and that it takes great faith to believe, especially when it is difficult to fully understand.**

**Talk to the person next to you: can you together, think of something in the world that you believe in that is a bit of a mystery and maybe you don't know exactly how it works?**





In this week's Word of the Week we hear of a time when the disciples met up with Jesus on top of a mountain. While they were together Jesus gave his disciples some clear instructions to go out into the world and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit- this event, this sending out, is known as the great commission.

But even though Jesus was giving them the instructions and explained it to them they still doubted exactly what he meant. And I am sure we have been there at times in our lives with our faith.

As devout Jews, the disciples knew that the Lord our God is one God. They knew this truth about God inside out. But here they were gazing at Jesus, who they had come to believe was divine, God in human form, and there he was talking about sending them something called the Spirit, who is also God!

Even for those who may not have been as good at maths as others could easily figure out that that comes to three not one.

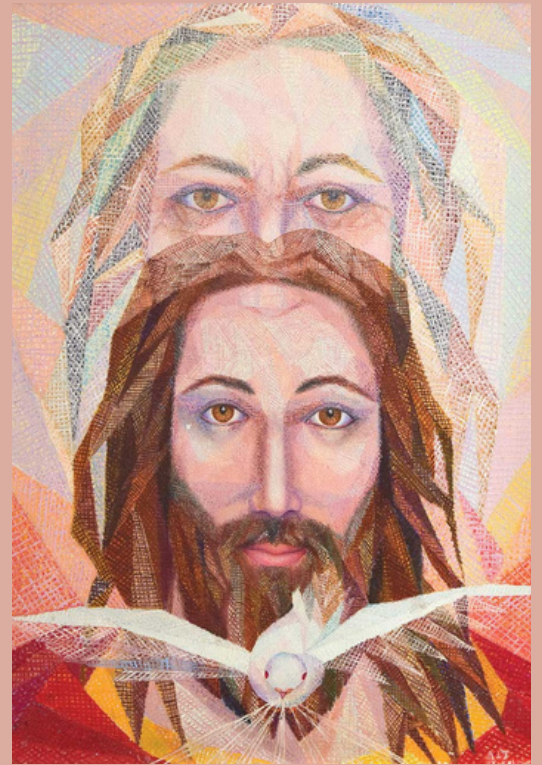
So they doubted. Understandably. Have there been times in your life when you have doubted because you haven't been able to understand?



The mystery of the Most Holy Trinity is an immense mystery, which exceeds the capacities of our minds, but that speaks to our heart, because we find it encompassed in that expression of Saint John which summarizes all of Revelation: "God is love."

**POPE FRANCIS**

May 31, 2021



**GOD THE FATHER IS THE PROTECTOR**

Write down how you would like God the Father to protect you during this week.

**GOD THE SON IS A FRIEND**

In a moment of quiet in your own mind and in your own words, talk to Jesus about something, like you would a friend, ask him for advice about a situation maybe.

**GOD THE HOLY SPIRIT IS A HELPER**

Write down things that you need help with and ask the Holy Spirit to help and resolve any problems or situations you are struggling with.

*God is Love.*

God the Father is the source of love.

God the Son is the love of God made flesh.

God the Holy Spirit is the love of God active in us today.

We are channels of the love of God to the world.

God is love.

Raymond Friel (via X)



The Holy Trinity- Mark 10 Mission  
[\(CLICK HERE\)](#)

Prayer to the Holy Spirit  
[\(CLICK HERE\)](#)

Holy Trinity- Canyon Hills Worship  
[\(CLICK HERE\)](#)

Magnificent Trinity - Jonathan David Helser, Melissa Helser  
[\(CLICK HERE\)](#)