

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

Everyone born by the Spirit is a son and daughter of God ...
'Abba Father!' *Second Reading*

May your love be upon us, O Lord,
as we place all our hope in you. *Psalms*

Go, therefore, make disciples of all the nations. *Gospel*

Father,
you sent your Word to bring us truth
and your Spirit to make us holy.
Through them we come to know the mystery of your life.
Help us to worship you, one God in three Persons,
by proclaiming and living our faith in you.
Old Opening Prayer

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



We worship you,
Trinity
of persons,
one eternal God

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



The Most Holy Trinity
Year B, 30th May 2021

Glory be to the Father
and to the Son
and to the Holy Spirit

We have now emerged from Eastertide – for last Sunday we celebrated the feast of Pentecost. Today's feast of the Most Holy Trinity seems to enclose the Paschal season and the whole liturgical year in our celebration of the central mystery of our faith. Moses, in the **First Reading**, reminds the people of all that God has done for them. He is the one God, majestic and powerful, yet close to them.

The **Psalms** praises God for his love and faithfulness. God is the hope of all who revere him.

St Paul, in our **Second Reading**, reminds us that we have received the Spirit as sons and daughters of the Father, whom, like Christ, we can call Abba.

In the **Gospel** the disciples receive the commission to go forth and baptize all nations in the name of the Trinity, Father, Son and Holy Spirit.

This week, we pray to grasp something of the mystery of the blessed Trinity as we contemplate these scriptural texts.

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 wondrous 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.

Second Reading Romans 8: 14–17

Everyone moved by the Spirit is a son or daughter 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 daughters, and it makes us cry out, “Abba, Father!” This very Spirit 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.

On this feast of the Holy Trinity, I may begin my prayer by making a slow sign of the cross, taking the time to place myself in the presence of my triune God and physically acknowledging that all my prayer is to and for the three divine persons.

I rest a moment in this awesome mystery.

I then read the text a few times.

What strikes me most?

That I am a child of God?

That I am loved, free and open to the intimacy of calling God ‘Abba, Father’?

How do I respond to this?

With gratitude, with love, with silence ...?

Or maybe I can turn to the Spirit who strengthens my belief.

Can I speak to the Spirit or allow that same Spirit to pray within me?

In what ways does the Spirit teach me to know Jesus and the Father?

I may need to ask for the Spirit’s help.

As a child of the Father, filled with the Spirit, Jesus is my brother.

I may wish to contemplate Jesus, the face and voice of the Father, whose life and love reveals the goodness of God to me.

In his infinite generosity, God has made me co-heir with Jesus, whose suffering I will share – but this gift also offers the amazing privilege of inheriting Christ’s glory. What is my response?

Perhaps I ponder the effect this wonderful truth has on my life and my relationships with others.

I speak to God from my heart.

I may wish to draw my prayer to a close with another slow sign of the cross.

Gospel Matthew 28: 14–17

The 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.’

As I come to pray, I begin by relaxing my body and mind, breathing in God’s goodness and mercy. I place myself and my life in his hands and ask his Spirit to be with me.

Perhaps I ask God to help me enter into this great mystery of the relationship of the divine persons.

When I am ready I read the Gospel a couple of times.

I imagine the disciples setting out for Galilee.

What do they discuss on the way? What do they expect?

Maybe I join them ... how do I feel?

As I wait, am I excited or fearful?

Jesus comes up ... how do I respond?

Perhaps in belief and adoration, or with doubt, confusion and uncertainty?

I take the time and speak to the Lord of how I feel.

Jesus does not dwell on the past, but immediately commissions his disciples, and me, to go out and baptise all nations.

In what ways can I do this? I listen to him.

I hear his promise to be with the Church always, until the end of time.

As I ponder, does this help me to be a more confident disciple?

It may help me to remember Jesus is with me now and always, whatever the situation or appearances, and no matter how I feel.

I rest quietly trusting in God my Father, and in the promise of the Son, allowing the Spirit to pray within me.