

Faith @ Home

Most Holy Trinity
June 4th, 2023

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First Reading: Exodus 34: 4b-6,8-9
Responsorial Psalm: Daniel 3: 52,53,54,55,56
Second Reading: 2 Corinthians 13: 11-13
Gospel: John 3: 16-18

[Full Readings can be found here!](#)

1. HEAR

Grab your bible and look up the Gospel reading. Don't have one? No worries you can find all the readings by visiting the USCCB page here: [Most Holy Trinity](#)

Option #1: video proclamation of the Gospel for adults:
[Here](#) (YouTube Illustrated Cross, 0:59 min)

Option #2: video proclamation of the Gospel for children:
[Here](#) (YouTube Holy Heroes, 1:02 min)

Option #3: video reflection on the meaning of the Solemnity of the Most Holy Trinity for adults: [Here](#)
(YouTube JohnMichaelTalbot, 2:16 min)

2. PRAY

Our faith is a gift of the Father, the Son, and the Holy Spirit, and today we celebrate the Solemnity of the Holy Trinity.

Gather your family or take some time for individual reflection around your sacred space, and place a cross (or crucifix) where all can see it.

- One of the parents (or another adult) models for the rest how to make the sign of the cross on your body, the same way we do when we go to church.

Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @LACatholics on social media.

- As they make each sign, the parent or adult explains that when we say "In the name of the Father", we think of God the Father who has given life to us everyday.
- When we say "and of the Son", we think of Jesus, who is our friend and our Savior.
- When we say "and of the Holy Spirit", we think of the Spirit of God that inspires us to be followers of Jesus.
- When we say "Amen", we are declaring that we love and believe in the Holy Trinity.

Next, invite all who are gathered to sit quietly, and talk to Jesus in their hearts: When you think about God's love, what do you long for the most?

3. PRAY

God's love is given to us in the person of Jesus, and we experience that love fully when we become a disciple of Jesus.



Gather as a family or with another individual, and have a conversation about how you have experienced God's love in your life. Please invite the children and youth to share in the way they prefer, including by drawing, singing, etc.

After everyone shares, put in practice the Affirmation Circle as explained below:

- Place a chair in the middle of the space where all are gathered, and have one person sit in the chair.
- Invite the other members of the family to take a turn and tell the person in the chair something they love about them.
- Repeat this until everyone has had a chance to sit in the chair.

End your time together by reciting the Glory Be: Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now and ever shall be, world without end Amen.