

The Solemnity of the Most Holy  
Trinity  
May 26th, 2024

# FAITH @ HOME

## The Solemnity of the Most Holy Trinity

**First Reading:** Deuteronomy 4: 32-34,39-40

**Responsorial Psalm:** Psalm: 33: 4-5,6,9,18-19,20,22

**Second Reading:** Romans 8: 14-17

**Gospel:** Mathew 28: 16-20

You may access the complete readings from the USCCB website by clicking [HERE](#).

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## 1. HEAR

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Grab your bible and look up the Gospel reading. Don't have one? No worries you can find the Gospel reading by clicking [HERE](#). (Bishop O'Connell's Gospel Reflection page.)

As an alternative to reading the Gospel, you can watch a short video with the proclamation for adults by clicking [HERE](#). (YouTube, Teresa channel, 0:57 min)

The children can also watch a video proclamation of the Gospel by clicking [HERE](#). (YouTube, Sonshine Park channel, 0:51 min)

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## 2. PRAY

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In today's second reading we heard, "...You received a Spirit of adoption, through whom we cry, 'Abba, Father!'" What is your relationship with God the Father? Do you see God as a provider, a protector, or do you call on God when you are fearful? Take some time to reflect on these questions.

In the Gospel, Jesus sends us as his disciples to bring the good news of God's providence and protection to the World. In what ways do you help others follow the commandments of God? Think of at least two examples and share with another person.

The power of the Holy Spirit moves us to act in Christian love toward others by loving one another and walking together in our journey of discipleship.

Think of a way in which you can reach out in kindness toward someone outside your friends or family and accompany them in their need.



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## 3. PRAY

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The Holy Trinity is a model image for the family. The relationship in the Trinity is what inspires us to love all family members unconditionally. In the second reading, we heard that all of us are children of God. That includes homeless, addicts, immigrants and all who are marginalized: WE are all on the same playing field and no one is sub-human.

Using the example of reaching out in kindness from the previous section, identify a person who you can choose to accompany and help with their needs. For example, an elderly neighbor who has no family or friends, what can you do to be a presence in their life? OR prepare a meal for a family in need and dine with them, sharing a conversation to learn of their struggles.

Offer what you choose to do in prayer to the Father, the Son, and the Holy Spirit.

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



Archdiocese of Los Angeles

Office of Religious Education

ore@la-archdiocese.org; [www.lacatholics.org/religious-education](http://www.lacatholics.org/religious-education)