

Solemnity of the Most Holy Trinity

June 15th, 2025

FAITH @ HOME

Solemnity of the Most Holy Trinity

First Reading: Proverbs 8: 22-31
Responsorial Psalm: Psalm 8: 4-5, 6-7, 8-9
Second Reading: Romans 5: 1-5
Gospel John 16:12-15

[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 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, Share Your Catholic Faith 0:49 min)

Children can also watch a video proclamation of the Gospel by clicking [HERE](#). (YouTube, One Minute with Jesus 1:19min.)

2. PRAY

Gather the family around a prayer space...

A Personal Conversation with Jesus

- Keep a moment of silence. Close your eyes. Breathe deeply. Leave all the distractions behind. The Spirit is within you. You don't need words. Just be. Let Him enlighten you and envelop you with His wisdom.
- Listen in prayer to this song: [Holy Spirit](#)
(YouTube, Jesus Culture 8:09 min.)

3. TALK

In today's Gospel, Jesus explains that there are many things that Christians should know, but to understand them, the Spirit of Truth must come. As a family, share one or more of the following questions:

- How important is the Holy Spirit in my life
- Do I allow the Spirit to be within me and guide me?
- In what situations do I pray to the Holy Spirit for me?

After a brief discussion, conclude with this prayer:

Most Holy Trinity, today I stand before you. Father, thank you for your eternal love. Son, thank you for teaching us your truth. Holy Spirit, open my eyes and my heart so that I may see the face of Jesus in every person I meet. May your light guide me and transform me into a missionary disciple. Mother of Jesus, teach us to listen to the voice of the Spirit with humility and fidelity. Hail Mary...Amen.

This week I commit to...

Beginning my day by asking the Holy Spirit to guide me, help me, and encourage me to make right and good decisions. Holy Spirit, my friend, come and be with me always! Amen.

