

Solemnity of the Most Holy Trinity
May 31st, 2026

FATH @ HOME

Solemnity of the Most Holy Trinity

First Reading: Exodus 34:4b-6, 8-9
Resp. 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 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, SOLT Liturgy Prep channel, 3:09 min)

Children can also watch a video proclamation of the Gospel by clicking [HERE](#). (YouTube, Everyday Can Be A Sunday channel, 1:52 min)

2. PRAY

Gather the family around a prayer space in your home or take the family out for a nature walk.

As you begin prayer time, invite each member of the family to share how they see God loving the world today.

Write a family prayer of thanksgiving and gratitude for the ways God illustrates His great love for humanity.

3. TALK

In today's Gospel a powerful phrase is given for us to hold dear to our hearts.

"God so loved the world that he gave his only Son." how does this action of unconditional love from God make you feel about His promise of salvation for your life?

How do you live so others know you believe in God's love for you and all of humanity?

What are you doing to build up your relationship with God the Father, God the Son and God the Holy Spirit?

