

# Read

Deuteronomy 4:32-34,  
39-40

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

Romans 8:14-17

Matthew 28:16-20

## LIVING THE WORD

# Solemnity of the Most Holy Trinity

May 26, 2024



## REFLECTION

The events in today's Gospel reading occur after everything that happened in Jerusalem during the crucifixion. Mary Magdalene was instructed by an angel and by Jesus to tell the disciples to go to Galilee, where Jesus would meet them.

Galilee was the place where they first met Jesus. He called them and something stirred in their hearts. It was so powerful that it compelled them to leave their lives behind and follow him. For three years they learned from the master and witnessed his miracles, but that all ended when they watched him die. Jesus meets them there again in Galilee, but as the resurrected Christ. He calls them again and invites them into a new mission: to make disciples by baptizing in the name of the Father, the Son, and the Holy Spirit.


Today, Jesus is inviting us back to our own Galilee, to the place where we met him and were changed. As we remember that encounter, we are invited into the same mission as the first disciples. It is our turn to help others encounter Jesus and fall in love with God. We are not alone in this mission: God the Father, God the Son, and God the Holy Spirit, the Trinity in whom we have been baptized, is always present in our lives to guide us in sharing the Good News.



## ACTION

Take some time this week to reflect on your experience of faith. Journal your answers to these questions. (1) Where is your Galilee? Do you remember the first time you encountered Christ? (2) How has God been faithful to you in your life? (3) Which person of the Trinity do you most often pray to and why? (4) Where is God calling you to go to now? How can you entrust your future to the Trinity's guidance?

"May you trust God that you  
are exactly where you are  
meant to be."

—St. Thérèse of Lisieux 

## ? QUESTIONS

- ❖ What do today's readings teach you about the Christian life?
- ❖ Where is your Galilee, where you first encountered the Lord?
- ❖ Where is God calling you to go to share the Good News?

# Introduction to **ORDINARY TIME** during Spring and Summer



## The Season

The Gospel accounts in Ordinary Time during the spring and summer draw us deeply into the life of God and the life of the Christian disciple. Ordinary Time resumes following the fifty-day season of Easter Time, with the solemnities of the Most Holy Trinity and the Most Holy Body and Blood of Christ (Corpus Christi). These pivotal Sundays focus our attention on the inner life of God as we can perceive it, and the impact this life is to have on our lives as we encounter Christ's self-giving love in the Eucharist. Reflecting on these mysteries is a fitting way to transition into Ordinary Time, in which we explore the demands of discipleship and the impact a life of discipleship is to have on us and on all whom we touch.

In these weeks of Ordinary Time, we hear familiar stories of people who encounter Christ, and we are asked to consider how the people we meet may encounter Christ through us. This is an eternal story of the ongoing life of the Church, and a story that is very personal for each of us. Our regular reflection on the Sunday Gospel accounts helps us remember that our call is not a once-and-done but rather an always-and-everywhere invitation to live as Christ's people. Our reflections each week encourage us to consider the circumstances of our lives, the lives of people whom we know and those whom we do not, and how Christ's love, forgiveness, mercy, and compassion will have a lasting impact on us all. These reflections help us remember that while Ordinary Time is time that is counted, it is never ordinary, since the life of the disciple is anything but that!

## Celebrating Ordinary Time during Spring and Summer with Teens

The weeks following Easter are often filled with special moments in the lives of teenagers: dances and social gatherings; graduations and plans for life beyond junior high or high school; awards recognition and the close of spring athletic teams; summer plans. Giving Sunday Mass and the Gospel the priority they deserve may be a challenge for some of the teens in this time of the year. Be aware of the many things vying for their attention, and encourage them to prioritize their time well. Acknowledge the youth's presence at Mass and your gatherings as a sign of their commitment to Christ.

## Preparing the Liturgical Environment

The green of Ordinary Time returns with this season and mirrors the green and new life of spring. Include in your prayer environment various shades of green, along with a lectionary or book of the Gospels, open to the Gospel for Sunday. Consider establishing an environment that has elements that the teens may take with them as you conclude your sessions for the summer, such as small flowers, personal crucifixes, or holy cards.



May 26, 2024

# SOLEMNITY OF THE MOST HOLY TRINITY

## LECTIONARY #165B

Deuteronomy 4:32-34, 39-40

Psalms 33:4-5, 6, 9, 18-19, 20, 22

Romans 8:14-17

Matthew 28:16-20

## Prepare for the Word

The following elements may be used by the catechist, teacher, or youth minister to prepare to facilitate today's session with teens. You may integrate this information into the reflection and discussion on today's readings.

### Leader's Context

Today we celebrate the mystery of the Trinity. This is usually a day that even preachers get nervous preparing for—it's not possible for us to perfectly understand or explain the Trinity, so when we try to come up with images or analogies for it, we can sometimes fall quite unintentionally into heresy. While today's reflection will focus on the action of the Trinity in our lives as we strive to live as disciples of Christ, the activity will provide time for the teens to learn more about the Trinity from the *Catechism of the Catholic Church*. Be aware that there are many misunderstandings and pitfalls surrounding the doctrine of the Trinity. You might want to spend extra time preparing for today's session so that you are able to answer some of the teens' questions.

**Q FOCUS:** *Understanding the work of the Trinity in our lives and world.*

### Liturgical Calendar Connection

Today we return to Ordinary Time after fifty days of Easter Time. This period of Ordinary Time, which will last until we enter into Advent again, begins with three solemnities of the Lord. First, this Sunday, we celebrate the Solemnity of the Most Holy Trinity, while next week we celebrate the Solemnity of the Most Holy Body and Blood of Christ. The following Friday, we celebrate the Solemnity of the Most Sacred Heart of Jesus. Each of these solemnities helps us learn more about some of the mysteries of

our faith: the Trinity, the Eucharist, and the abundant love of God for us. Although these often fall at inconvenient times within the school year, be intentional about taking time as a group to really go deeper into these mysteries so that everyone can grow in their lives of faith.

### Church Teaching Connection

“Go therefore and make disciples of all nations,” a mandate which contains, in a certain sense, the Trinitarian formula of baptism: ‘baptizing them in the name of the Father and of the Son and of the Holy Spirit.’ The formula reflects the intimate mystery of God, of the divine life, which is the Father, the Son and the Holy Spirit, the divine unity of the Trinity. . . . Through grace, man is called and made ‘capable’ of sharing in the inscrutable life of God” (*Dominum et vivificantem*, 9).

## Hear the Word

Use this resource, a Lectionary, or a Bible to proclaim the reading. The book should be held reverently or placed on a lectern. If possible, light a candle that is placed near where the Gospel will be proclaimed. Gesture for teens to stand.

### Gospel Acclamation

Use the same musical setting that is used in your parish or at school Masses. Teens may help with music and proclaim the Gospel.

Alleluia, alleluia.

### Gospel

Matthew 28:16-20

**Reader:** A reading from the holy Gospel according to Matthew.

**All:** Glory to you, O Lord.

All make the sign of the cross on their forehead, lips, and heart.

The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them. When they all saw him, they worshiped, but they doubted. Then Jesus approached and said to them, “All power in

heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age.”

**Reader:** The Gospel of the Lord.

**All:** Praise to you, Lord Jesus Christ.

*Everyone may be seated.*

## Reflect on the Word

*When beginning the reflection and discussion about today's readings, first refer to the handout for today. Ask teens what they learned about themselves and about Christian discipleship from performing the action for the week and journaling. Ask teens about the readings of the day: What struck them? What do they think the readings mean? How do the readings affect their own lives? Then begin the following reflection:*

► **Who here is good at math? Solve this math problem  $1 + 1 + 1 = ?$**

The correct answer is 1! In most cases,  $1 + 1 + 1 = 3$ , but not today in “religious math.” Today we are talking about the Trinity; God the Father, God the Son, and God the Holy Spirit: one God, three persons.

It is hard to define the Trinity exactly and fully understand God because it is a mystery of our faith. This doesn't mean that we can't say anything about it, rather, it is a mystery we can learn more about and break open through the help of great theologians and holy men and women. Ultimately though, we cannot know the fullness of God because we are not God.

While the Father, Son, and Spirit are three different persons, they all share the same essence or nature—God's nature. Because they share the one nature, they are one. It is such a mystery because as humans, we don't experience a union quite like that. God is so completely unique in this way. There is nothing else like God! But you are made in God's image, so consequently, there is nothing quite like you, either.

► **How do you learn about someone?**

We learn about who people are by spending time with them. We ask them questions. We listen. We share meals with them. We share joys and sorrows

with them. The more open we are with someone, the more we get to know them, and we even can learn more about ourselves that way too.

► **What do you know about the Trinity?**

**What symbols have been used to communicate the idea of the Trinity?**

One thing that we know about the Trinity is that it is a relationship of love. The Father loves the Son and the Son loves the Father. The love that flows between them is the Holy Spirit. This love is so great, so infinite, so amazing that it cannot be contained in and of itself. It overflows outside of itself. We might even say that the overflow of love of the Trinity is expressed in creation and in you and me. We are products of the love of God.

That is why today's Gospel reading is incredibly beautiful. God loved the world so much that he sent his Son to save it. This is the nature of God; an abundance of love. God doesn't hate you. God could never hate you. God made you and loves you, no matter what. In you resides this love of the Trinity. The Father sent the Son on a mission to bring you home. The Holy Spirit guides us to our heavenly home. Of course this love of God is a mystery, because love is a mystery.

► **What are the ways you describe love?**

There aren't enough words in our language to fully describe love. We can understand the concept. We might use analogies. Artists use poems, music, and paint. All of these seek to describe this thing so beautiful as love.

God is love. There aren't enough words in our language to describe God either. We can try. We can seek to understand. We can use art, literature, music, and reason. Ultimately this is a mystery. But this mystery has a name and a mission. This mystery loves you. This mystery has come to unite you to itself. So even if we do not understand fully the Trinity, we are called to believe. Believe you are loved. Believe that God loves you. Believe that he will never abandon you. If you do that, you have eternal life.

## Wrapping It Up

Consider these points to conclude the discussion and reflection. Integrate the thoughts and ideas that surfaced during the discussion as well as the "Church Teaching Connection" on page 202.

**The Trinity is a central belief of Christians, yet it is a mystery.**

**Jesus reveals the love of the Father and the work of the Spirit. They are on a mission of love.**

**God loves you so much that he sent his Son to save you. You are precious in the eyes of God.**

## Act on the Word

### Symbols of the Trinity

For this activity, you will need paper and pens, or participants can use their phones if they have them, and access to different symbols of the Trinity.

If this activity is done in a church setting and you have access to the church, begin with a scavenger hunt for symbols of the Trinity in the Church. Give the participants paper and pens to write what they see, or if they have technology, they can take pictures with their phones and share them after the scavenger hunt.

Then share with the teens that the Church has many famous symbols of the Trinity. For many years the majority of the people were illiterate. They could not read. Instead, they would look to art and symbols to understand complex ideas. The Church has always used symbols to explain the mystery of the Trinity. The mystery of the Trinity is that God is three persons, but one God. They all share the same essence or nature: God's nature. So the Father is not the Son and the Son is not the Spirit, but they all share the nature of God and are one God.

Next, have the teens think of the famous symbols of the Trinity. Share them with the large group. Break the group into small groups. In the small groups, you will come up with a modern symbol of the Trinity. Think of one thing that is three things, but still one thing. Give enough time for each group to come up with modern examples. Provide paper and pens so they can write out their ideas. Allow the groups to share their examples in the large group.

## Closing Prayer

*O Most Holy Trinity,  
one God, yet Three Persons,  
you are the mystery in which we live.  
Teach us to be faithful witnesses to you,  
proclaiming Good News in many ways  
throughout our day.*

*We ask this through our Lord Jesus  
Christ, your Son,  
who lives and reigns with you in the unity  
of the Holy Spirit,  
God, for ever and ever.*

*Amen.*

## For Next Sunday

To help teens prepare for next Sunday's Mass, print, email, or share on a blog or social media the handout found on the next page. The JPG and PDF files are available at [www.ltp.org/lwgr](http://www.ltp.org/lwgr). Encourage teens to attend Mass with family or friends.