

INTRODUCTION

Do you remember the different times and occasions the Name of the Holy Trinity is prayed or mentioned?

- Prayers in the Church begin in the Name of the Holy Trinity and end glorifying the Trinity.
- Sacraments are administered in the name of the Holy Trinity. (we are baptized, confirmed, anointed, our sins are forgiven, and our marriage blessed, and our Bishops, priests and deacons ordained)
- Church bells ring thrice daily to remind us to pray to the Holy Trinity.
- We bless ourselves, and the priest blesses us, in the name of the Holy Trinity.
(Let the group share understanding of the Holy Trinity.)



OPENING PRAYER

Glory be to the Father,
 Who by His almighty power and love created me,
 making me in the image and likeness of God.
 Glory be to the Son,
 Who by His Precious Blood delivered me from hell,
 and opened for me the gates of heaven.
 Glory be to the Holy Spirit,
 Who has sanctified me in the sacrament of Baptism,
 and continues to sanctify me
 by the graces I receive daily from His bounty. Amen
<https://www.catholic.org/prayers/prayer.php>



**PHASE ONE
REMEMBER THE STORY OF JESUS**

1.1 Proclamation of the Gospel Story Matthew 28: 16-20
Enthroned the Bible on a table with lighted candle)

A moment of prayerful silence

We will not be able to understand the Word of God unless God himself opens our hearts. Let us now welcome Jesus as he speaks to us through his Word



16 Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. 17 When they saw him, they worshiped him; but some doubted. 18 And Jesus came and said to them, "All authority in heaven and on earth has been given to me. 19 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, 20 and teaching them to obey everything that I have commanded

you. And remember, I am with you always, to the end of the age."

Reader: The Gospel of the Lord
All: Praise to you, Lord Jesus Christ

1.2 Brief Guided Silent Meditation / Personal Prayer

What line in the reading struck you most? What image of Jesus do you see from the Gospel story?

1.3 Text in Context

Our gospel reading of today brings us to the last 5 lines of the last chapter, that is Matthew 28:16-24.

In this particular text, Matthew presents Jesus like Moses giving instruction on the mountain to his disciples as he says goodbye to them to go back to the Father.

We recall that Jesus appeared many times to his disciples after his resurrection. On Easter morning Jesus appeared to Mary Magdalene and asked her to tell his disciples that he would meet them in Galilee.

1. What picture comes to your mind as you see the Risen Jesus speaking to his disciples?
2. What are the reactions of the disciples when they see Jesus?
When they saw him, they worshiped him; but some doubted.
3. Why do you think some of them doubted Jesus?
4. What was the first thing that Jesus said to them
All authority in heaven and on earth has been given to me.
5. What are the three things that Jesus command his disciples to do
-go and make disciples of all nations,
-baptize them in the name of the Father and of the Son and of the Holy Spirit,
-teach them to obey everything that Jesus has commanded to do.
6. What would enable the disciples to do the mission? Jesus will be always with them?

**PHASE II REFLECT the Story
of the Church
(Teachings of the Church)**



Who is the Holy Trinity?

We do not ask what God does for us but who God is. The Holy Trinity is the Father, the Son and the Holy Spirit- the One God. They are not a divided God or three gods. They are three different persons yet divine who live close to each other.

God's very being is love. By sending his only Son and the Spirit of Love in the fullness of time, God has revealed his innermost secret: God himself is an eternal exchange of

love, Father, Son and Holy Spirit, and he has destined us to share in that exchange (CCC 221).

What is the innermost secret of God? God is love. we see this truth in the very being each one that God is.

God the Father

In the Old Testament, the Israelites proclaimed: *Hear Israel, the Lord God is God alone.*

While their neighboring countries adored many gods, they already knew that their God is the True and One God, the Creator of all.

In the life of Israel as a nation, it has been foretold that a Messiah (Jesus) will come to be their Ruler and King to save them from enemies

God the Son

In the New testament, Jesus is the son who was sent by the one he called Father, who is God himself. Jesus is sent but yet he is God. Prophets like Jeremiah and Isaiah are also sent but they are human prophets.

God the Holy Spirit

The union of love between the Father (the lover) and the Son (the beloved) is the Holy Spirit (the love).

The Holy Spirit helps us to know Jesus who teaches us who the Father is.

We will not be able to grasp fully in our mind the mystery of the Holy Trinity. God is so big that it is impossible for us to contain all the truth about God. The words or the language we used to talk about God is not even enough to describe who God is.

The Feast of the Most Holy Trinity helps us get in touch in the mystery of God - who is close to us, who continues to walk with us and is interested in our own life story. How aware am I of the living presence of the Holy Trinity in my daily activity?

Who is the Father, the Son and the Holy Spirit to me? Each time I bless myself with the sign of the cross, do I say the name of the Trinity with love and devotion?

Yes, God is beyond our knowing, yet we can share in the divine life of the Trinity.

How do we share in the divine life of the Trinity?

We are baptized in *the name of the Father and of the Son and of the Holy Spirit.*

What the priest or deacon said at our baptism affirms what Gen 1:26 says:

"Let Us make mankind in Our image, according to Our likeness"

We are created in the image of the God in three persons, as the words, *Us and Ours* suggest. The Trinity lives in us as One, not a divided God.

God, who is a Trinity, has called us to live as brothers and sisters. The desire for lasting relationships: love, friendship and connectedness are deep within us. This longing can only be satisfied in God, though we experience it in human relationships

The God of Trinity is within each one of us who are baptized in God's name- the Father, the Son and the Holy

Spirit.

As baptized member of the Church, how do I share to others the life of the Trinity?

It is part of the bigger plan of our Trinitarian God to share in His own eternal life of love.

How do I make this happen in my own family and community? (especially now as we celebrate BEC Sunday)

How do I see myself in the larger community of the world in this aspect?

PHASE THREE RESPOND – with/ in my personal faith /community faith story

Our celebration of the 500 years of Christianity in the Philippines is on-going.

How do I make the celebration alive and meaningful, following Jesus' invitation?

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, and teaching them to obey everything that I have commanded you.



CLOSING PRAYER

Let us pray:

If you lead me to travel to other nations,
I will follow, Lord.

If you lead me to write to glorify your name,
I will follow, Lord.

If you lead me to preach of your heavenly Kingdom,
I will follow, Lord.

If you lead me to show others your way,
I will follow, Lord.

If you lead me to use my actions to declare your Gospel,
I will follow, Lord.

Because you are always with me,

So I will follow, Lord. (Catholic Youth Bible- NRSV)

BACKGROUND FOR THE CATECHISTS

CCC 253 The Trinity is One. We do not confess three Gods, but one God in three persons, the "consubstantial Trinity". The divine persons do not share the one divinity among themselves but each of them is God whole and entire: "The Father is that which the Son is, the Son that which the Father is, the Father and the Son that which the Holy Spirit is, i.e. by nature one God." In the words of the Fourth Lateran Council (1215), "Each of the persons is that supreme reality, viz., the divine substance, essence or nature.

DOCAT 26 Why is the Church interested not only in the individual? It is used to be that the Church was accused of being interested only in the salvation of the individual soul. In fact, every individual human being counts in God's sight. We are all irreplaceable and unique. Nevertheless, from our mother's womb we are dependent on communion with other human beings. We can be happy only in good relationships with others. therefore, it says in the account of creation: then the Lord God said: "it is not good that the men should be alone, I will make him a helper fit for him (Gen:2:18). God is interested in the total welfare of a person and, therefore, also in his development of community, in which people participate in manifold ways.

