

Trinity Sunday

John 16:1-15

Today is Trinity Sunday, a day to honor the one God who is three: Father, Son, and Holy Spirit.

Today, listen to the voice of the Lord.

How is he calling you this summer?

You are with Jesus, receiving his teaching. Before his death and resurrection, Jesus imparted the truth of the Trinity to his disciples. He has given us his own relationship with the Father and the Spirit so that we can share in his happiness.

Pray that the Lord draws you out of sloth to embrace the kingly mission he has given you. Pray for the grace of freedom and humility for all Exodus Men, just as they are praying for you.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Lord and Master of my life, spare me from the spirit of indifference, despair, lust for power, and idle chatter. Instead, bestow on me, your servant, the spirit of integrity, humility, patience, and love. Yes, O Lord and King, let me see my own sins and not judge my brothers and sisters; for you are blessed forever and ever. Amen.

A Reading from the Gospel of John

"I have said all this to you to keep you from falling away. They will put you out of the synagogues; indeed, the hour is coming when whoever kills you will think he is offering service to God. And they will do this because they have not known the Father, nor me. But I have said these things to you, that when their hour comes you may remember that I told you of them. "I did not say these things to you from the beginning, because I was with you. But now I am going to him who sent me; yet none of you asks me, 'Where are you going?' But because I have said these things to you, sorrow has filled your hearts.

Nevertheless I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Counselor will not come to you; but if I go, I will send him to you. And when he comes, he will convince the world concerning sin and righteousness and judgment: concerning sin, because they do not believe in me; concerning righteousness, because I go to the Father, and you will see me no more; concerning judgment, because the ruler of this world is judged.

"I have yet many things to say to you, but you cannot bear them now. When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. He will glorify me, for he will take what is mine and declare it to you. All that the Father has is mine; therefore I said that he will take what is mine and declare it

to you.”

Reflection

Jesus makes a startling claim: it is better for us if he goes away. He did not come into the world to set up a perfect kingdom on earth. He came to reveal the Father and to draw us into the Father’s life. He accomplishes our salvation on the Cross, and then he gives us the gift that will lead us to the Father: his own Spirit.

God is life itself, and, as Jesus teaches us, he is a communion of divine persons in the Trinity. We are made to share in that life, meaning that we are made for communion, which will be found most perfectly in God. We have to learn that our life is not about us. It is about God. We are made to give God glory by sharing in his own happiness.

Overcoming sloth means focusing on the true happiness that is found in communion with God and others. It means overcoming our very selves in being willing to offer ourselves to the Father with Christ. Jesus gives everything to us, but we need to accept it in humility and live according to his gifts with courage.

We are called to imitate David in his humility and forgiveness so that we can be men after God's own heart. If we stay focused on the gift of communion with the Holy Trinity, we can avoid the restlessness of searching for happiness on our own, which ends only in emptiness. God has given us the greatest gift imaginable: a share in his divine life. Sloth leads to an uneasiness with this gift that pushes us to seek for other things, to always go after whatever is new and exciting. We have to resist this evil spirit, so that we can rest in the gift of God.

Pray today to enter into a deeper communion with the Father, Son, and Holy Spirit.

Now place yourself before God, and converse with him.

Day 8 Action Item

Keep Sunday as the Lord’s Day.

After three days of penance this week, we now focus on Sunday anew as a day of the Resurrection. Trinity Sunday, in particular, points us to the deepest truth of our faith: the one God is a communion of three Persons. We are called into that eternal communion through faith, becoming partakers of the divine nature by sharing in God’s own love.

Every Sunday should anticipate the perfect unfolding of this divine communion. As an anticipation of heaven, Sunday should not be like another ordinary day. It is a day for the fullness of the Christian life, the worship of God, family life, friendship, and true leisure. Early Christians would hold an agape meal (also called a love feast) as a community. We can imitate them in honoring the Lord’s Day as a communal day of celebration and festivity by committing to more time for prayer, relationships, and

recreation each Sunday.

The Lord's Day is a day of freedom, a weekly reminder that God has freed us from slavery to material things and sin. Treasure this gift and abide in it each week.