

1. Read — Read the verses slowly and prayerfully several times. Write down any words or phrases that seem to stand out:

2. Meditate — Now begin to reflect on the verses and ask God what it means and how he wants to speak to you through the passage. **God what are you saying to me through this?**

3. Pray — Respond from your heart to what God has been saying to you. **What do you want me to know?** Write down your prayer to him or record whatever he says to you.

4. Contemplate — Be quiet before the Lord enjoying His presence.
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**How is God calling you to act in response to what he has shown you?**

# Quick Connect

**What is the Gospel saying? Matthew 28:16-20** — Page 1  
**What is the Church saying Past and Present?** Pages 1-3  
**What is God saying to you through this passage?** Page 4

## **Gospel Reading – Matthew 28:16-20 –Roman Missal [Cycle B]**

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."

## **Spiritual Reading – Office of Readings – Trinity Sunday**

*From the first letter to Serapion by Saint Athanasius, bishop*  
I will not be out of place to consider the ancient tradition, teaching and faith of the Catholic Church, which was revealed by the Lord, proclaimed by the apostles and guarded by the fathers. For upon this faith the Church is built, and if anyone were to lapse from it, he would no longer be a Christian either in fact or in name. We acknowledge the Trinity, holy and perfect, to consist of the Father, the Son and the Holy Spirit. In this Trinity there is no intrusion of any alien element or of anything from outside, nor is the Trinity a blend of creative and created being. It is a wholly creative and energizing reality, self-consistent and undivided in its active power, for the Father makes all things through the Word and in the Holy Spirit, and in this way the unity of the holy Trinity is preserved. Accordingly, in the Church, on God is preaching, on God who is above all things through all things and in all things. God is above all things as Father, for he is principle and source; he is through all things through the Word; and he is in all things in the Holy Spirit. Writing to Corinthians about spiritual matters, Paul traces all reality back to one God, the Father, saying: Now there are varieties of gifts, but the same Spirit; and varieties of service, but the same Lord; and there are varieties of working, but it is the same God who inspires them all in everyone. Even the gifts that the Spirit dispenses to individuals are given by the Father through the Word. For all that belongs to the Father belongs also to the Son, and so the graces given by the Son in the Spirit are true gifts of the Father. Similarly, when the Spirit dwells in us, the Word who bestows the Spirit is in us too, and the Father is present in the Word. This is the meaning of the text: My Father and I will come to him and make our home with him. For where the light is, there also is the radiance; and where the radiance is, there too are its power and its resplendent grace. This is also Paul's teaching in his second letter to the Corinthians: The grace of our Lord Jesus Christ

[1] Abbot Gueranger, O.S.B. The Liturgical Year; Vol. 10; Time after Pentecost Book I  
[2] Matthew 28:19  
[3] Colossians 1:26-27  
[4] Catechism of the Catholic Church; 221  
[5] Galatians 2:19-20  
[6] Ephesians 1:5  
[7] 1 Corinthians 2:9-10  
[8] Matthew 28:19  
[9] John 14:15  
[10] John 14:16-17  
[11] Matthew 28:20  
[12] Revelation 12:17

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and the love of God and the fellowship of the Holy Spirit be with you all. For grace and the gift of the Trinity are given by the Father through the Son in the Holy Spirit. Just as grace is given from the Father through the Son, so there could be no communication of the gift to us except in the Holy Spirit. But when we share in the Spirit, we possess the love of the Father, the grace of the Son and the fellowship of the Spirit himself.

### **Holy Trinity: The Secret is Out - Lesson and Discussion**

*“All power in heaven and on earth has been given to me.”*

“The great secret of heaven is now published through the whole world”[1] Jesus reveals this secret when He says, “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...”[2] “...the mystery hidden from ages and from generations past. But now it has been manifested to his holy ones, to whom God chose to make known the riches of the glory of this mystery among the Gentiles...”[3] “...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.”[4]

**What is the great secret of heaven?** There is one God in three persons. The three persons of the Blessed Trinity is an eternal exchange of love. Another secret now revealed to the world is that all people are invited to share in this eternal exchange of love. God, the Father is love; God, the Son is the beloved; God, the Holy Spirit is the shared love between. The invitation to share in this love is for all. **How does this secret dispel the falsehoods of old?** Before Christ, people believed either in several gods or one God. The one God however had not revealed Himself in three persons. Before Christ, God seemed very distant, revealing Himself to a group of people, for example the Israelites, or to certain individuals, such as the priest or prophets. Jesus tells us in the Gospel that God is three persons and that all nations are invited to have an intimate relationship with the three persons of the one God.

**So do we have a relationship with Jesus Christ, the Lord?** Yes, we are called by Christ Himself to be baptized in the name of the Son. Baptism is to die with Christ and so rise with Christ. “I have been crucified with Christ; yet I live, no longer I, but Christ lives in me; insofar as I now live in the flesh, I live by faith in the Son of God who has loved me and given himself up for me.”[5] We also have a relationship with God the Father. “He [God the Father] destined us for adoption to himself through Jesus Christ, in accord with the favor of his [God the Father] will.”[6] We also have a relationship with God the Holy Spirit. It is through the Holy Spirit that the mystery, the secret of God is revealed. “But as it is written: ‘What eyes has not seen, and ear has not heard, and what has not entered the human heart, what God has prepared for those who love him,’ this God has revealed to us through the Spirit. For the Spirit scrutinizes everything, even the depths of God.”[7] What love, that not only do we have a personal relationship with Jesus Christ, the Son, but that we have a personal relationship the Father and the Holy Spirit as well. It would not be possible to have a personal relationship, if each person of the Triune God, was not a person.

**Besides revealing the Blessed Trinity, what else does Jesus instruct “the eleven”?** Jesus first tells them to baptize, He then tells the apostles to teach all nations to “observe all that I have commanded you. And behold, I am with you always until the end of the age”[8] The apostles are told, therefore to baptize and to teach and then He tells assures them that He will be with them. He will be with them through the Holy Spirit and physically in the Most Blessed Sacrament; the Eucharist. This short statement of Christ is rich in Sacraments as we see baptism, Confirmation, and the Eucharist present in the Gospel. It is no mistake that Jesus is speaking to “the eleven”, for it is the eleven that will be the first bishops. The bishops, throughout the history of the Church have been responsible for teaching and sanctifying (doctrine and sacraments). The proven method of evangelization is to teach and to sanctify (make holy). Truth and Holiness lead to a conversion in which we can be united to the Triune God.

**How can we possibly return this love?** Jesus says, “If you love me, you will keep my commandments.”[9] The disciples are told to teach all nations to observe what Jesus’s commands, so that all nations may love Him. **What happens if we keep His commands?** He says, “I will ask the Father, and he will give you another Advocate to be with you always, the Spirit of Truth, which the world cannot accept, because it neither sees nor knows it. But you know it, because it remains with you, and will be in you.”[10] When we keep the commands of Christ we are given the Holy Spirit and the Spirit remains with us and in us. The connection between “observe all that I have commanded you” and “I am with you always” is clear. If we keep all that Christ commands us, He will be with us. What is it that Christ commands? We can’t forget that the promise of the Advocate takes place at the Last Supper and it is at the Last Supper, that Jesus gives one of His most important commands, “Take and eat; this is my body.” He also commands, “Drink from it, all of you, for this is my blood of the covenant...” These words are said in the Consecration at Mass, and it is at Mass that we are observing one of the most important of Christ’s commands. In the observance of this command, we understand what Jesus said, “And behold, I am with you always, until the end of the age.”[11]

**Why are “commandments” so important?** In keeping them we show are love for Jesus and we receive the promise of the Spirit of Truth, thus remaining united with Christ. Keeping the commandments of Christ will set the Christian aside, will make the Christian stand out. There are many that would call themselves Christian but will not keep His commands. “Then the dragon [Satan] became angry with the woman and went off to wage war against the rest of her offspring, those who keep God’s commandments and bear witness to Jesus.”[12] To keep the commandments therefore does the following:

1. Gives glory, honor and love to Jesus
2. Gives us the gift of the Spirit, who remains in us
3. Identifies us as a follower of Christ an authentic witness to Jesus
4. Puts us at war with Satan (a war we win if we remain in Christ)