



The Solemnity of the Most Holy Trinity

1st Reading: Exodus 34:4b-6, 8-9

- God describes Himself as "merciful, gracious, slow to anger, and rich in kindness". Which of these attributes resonates most deeply with you right now?
- How does God's self-revelation in the Old Testament foreshadow the mercy and love we see in Jesus Christ?

Responsorial Psalm: Daniel 3:52, 53, 54, 55, 56

- Have you ever experienced a "fiery trial" or a period of intense personal suffering?
- How does our perspective on suffering change when we focus on praising and blessing God rather than just asking for rescue?

2nd Reading: 1 Corinthians 12:3b-7, 12-13

- How does this Trinitarian blessing echo the closing prayers or the final dismissal at Holy Mass?
- The Greek word used here is *koinonia*, meaning deep communion and sharing. How can we cultivate a deeper *koinonia* with each other and with the Triune God in our daily lives?

Gospel: John 3:16-18

- God did not send His Son to condemn, but to save. How does the reality of the Sacraments (specifically the Eucharist and Reconciliation) make this saving love physically present and accessible in your daily life?
- The original Greek word for "believes" in this verse (*pisteuon*) implies more than just mental agreement; it means total trust, loyalty, and commitment. How does this shift your understanding of what it means to "believe" in Jesus?
- Faith requires a response. Are there areas in your life where you struggle to fully surrender to God's love, choosing self-reliance over His grace?



PRAYER

God our Father, who by sending into the world the Word of truth and the Spirit of sanctification made known to the human race your wondrous mystery, grant us, we pray, that in professing the true faith, we may acknowledge the Trinity of eternal glory and adore your Unity, powerful in majesty.

