



May 31, 2026

Most Holy Trinity

Written by
THE
FAITHFUL
DISCIPLE

Ex 34:4b-6, 8-9 | 2 Cor 13:11-13 | Jn 3:16-18

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

In today's first reading, we hear how Moses, obedient to God's command, ascends Mount Sinai early in the morning. Up at the summit, the Lord appears to Moses in a cloud and shares his name with Moses: "LORD" (in Hebrew, the tetragrammaton, the unspeakably holy divine name). But God doesn't only reveal the name that Moses should call him by; he also reveals what kind of God he is: "The Lord, a merciful and gracious God, slow to anger and rich in kindness and fidelity." Moses bows down in worship and entreats the Lord to "receive us as your own." Today's Solemnity of the Most Holy Trinity reminds us that we have a God who wants us to not only know his name, but to know his inner self. The Father, Son, and Holy Spirit are - indeed - the God who is rich in mercy. And anyone who believes in this God will not perish but will have eternal life. May we bow our hearts in worship of the Lord this day, grateful for the gift we have of belonging to the people he calls his own.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

Our second reading contains a detail that might come as a surprise to our 21st-century ears: "Greet one another with a holy kiss." This gesture in the New Testament era was an outward sign of the communion and love that existed in the early Church - a communion that we're also called to today. The communion that exists in the Church is meant to point the world back to its source: God himself. Part of the witness we're called to offer the world as Christian believers is the love we share among one another. The Church is to be a sacrament or "sign and instrument ... of ... union with God" and unity with "the whole human race." (*Lumen Gentium* 1) The bonds of love that exist among Christians is about more than just having a tight-knit community; it's about showing the world that we're called to a loving relationship with God and with one another.

WITNESS

This week, consider how you can strengthen the bonds of friendship you have with your fellow Christians, so that united together in love and peace, you can bear witness to the God who is Father, Son, and Holy Spirit. Consider participating in a fellowship (social) event being put on by your parish or invite someone you see regularly at Church out for coffee or brunch after Mass.