

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

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## Gospel Reading – John 3:16-18 – Daily Roman Missal

God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him. Whoever believes in him will not be condemned, but whoever does not believe has already been condemned, because he has not believed in the name of the only Son of God.

## 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.

**Holy Trinity: Eternal Exchange of Love—“God so loved”**

“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.”[1]

**Why does God share anything with us?** Love does such things.

He shares all of His creation with us and made it for our benefit and wills to share His very life with us. Imagine a father who works hard and earns enough money to buy a new car. He does not keep the car just for himself and not allow anyone else to drive in it, but desires to share the car with his family. The exchange of love between the Father, the Son and the Holy Spirit is the divine life, a life that we are called to share in.

**How do we share in this exchange of love?** At the end of the Eucharistic prayer, the priest prays, “Through him, with him, in him, in the unity of the Holy Spirit, all glory and honor is yours, almighty Father, for ever and ever.”[2] It is through Jesus in the unity of the Holy Spirit that we are able to have the divine life, to share in the exchange of love.

**Why do we want the divine life? Why do we want to share in this exchange of love?** We want to give glory and honor of God. The Mass is an exchange of love. God who deserves all glory and honor, so loves the world, that He gives His Son. The Son, in obedience to the Father’s will, gives the Holy Spirit. It is only in this Spirit that we are able to give God glory and honor. Pope Benedict XVI says, “...to all those who have received the Spirit’s gift of reconciliation and new life at Baptism, who have welcomed Him into their hearts as their helper and guide at Confirmation, and who daily grow in His gifts of grace through the Holy Eucharist. At each Mass, in fact, the Holy Spirit descends anew, invoked by the solemn prayer of the Church, not only to transform our gifts of bread and wine into the Lord’s body and blood, but also to transform our lives to make us, in His power, “one body, one spirit in Christ”[3] Because of the Sacraments, because of the Mass we can most perfectly unite to the one body, one spirit in Christ and give glory and honor to the Father. We are reminded in the “Glory Be” prayer of our goal our mission, “Glory be to the Father, and to the Son, and to the Holy

Spirit, as it was in the beginning, is now and every shall be world without end. Amen.”

**What is shared with us?** Love, Grace and Fellowship are shared with us “We possess the love of the Father, the grace of the Son and the fellowship of the Spirit himself.”[4] If we possess the love of the Father, we then share in His self-giving, His creative nature and want to give the gift of our self to others freely. We can only give the gift of our self through grace. Our fallen nature wants to take not give, and so we need the grace of the Son to redeem our fallen nature into a nature that wants to give and not take, this can only happen by grace. Jesus is a witness of this grace. Jesus says “No one has greater love than this, to lay down one’s life for one’s friends”.[5] Jesus possesses the love of the Father and shows that love leads to sacrifice. Fellowship means community. It is through the fellowship of the Holy Spirit that we unite with the community of the Holy Trinity.

**How do we have fellowship, communion with the Holy Spirit?** We can look to the example of our Blessed Mother, who is the spouse of the Holy Spirit. She was the first to have fellowship with the Holy Spirit and thus the first to possess the love of the Father, the grace of the Son. The angel said to Mary at the Annunciation, “The Holy Spirit will come upon you, and the power of the Most High will overshadow you.”[6] Those in fellowship are bonded by a oneness in faith, worship and obedience. Mary is completely obedient to the Holy Spirit, “Behold I am the handmaid of the Lord.”[7] She then trusts, has faith in the word of God, “May it be done to me according to your word”.[8] After the Annunciation in which she practices perfect faith and right away obedience she proclaims, “My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior.”[9] This act of pure, heartfelt worship is so perfect that the Church prays the Magnificat each evening at Vespers in the Liturgy of the Hours. To have fellowship with the Holy Spirit we imitate Mary’s right away obedience, perfect faith and pure worship.

[1] Catechism of the Catholic Church; 221

[2] Order of the Mass; Eucharistic Prayer

[3] Homily at the 23rd World Youth Day by Pope Benedict XVI

[4] Spiritual Reading in this Link to Liturgy Packet

[5] John 15:13

[6] Luke 1:35

[7] Luke 1:38

[8] Luke 1:38

[9] Luke 1:46

For the complete “Eternal Exchange of Love” Packet go to [linktoliturgy.com](http://linktoliturgy.com)