

FAITH @ Home

31ST MAY 2026: YEAR A - TRINITY SUNDAY

Diocese of Waterford & Lismore
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Celebrating and supporting faith, hope and love in the heart of the family!

"TO THE HEIGHTS" YOUTH EDITION ALSO AVAILABLE

Sunday Mass Readings

First Reading:

Exodus 34:4-6, 8-9

Responsorial Psalm:

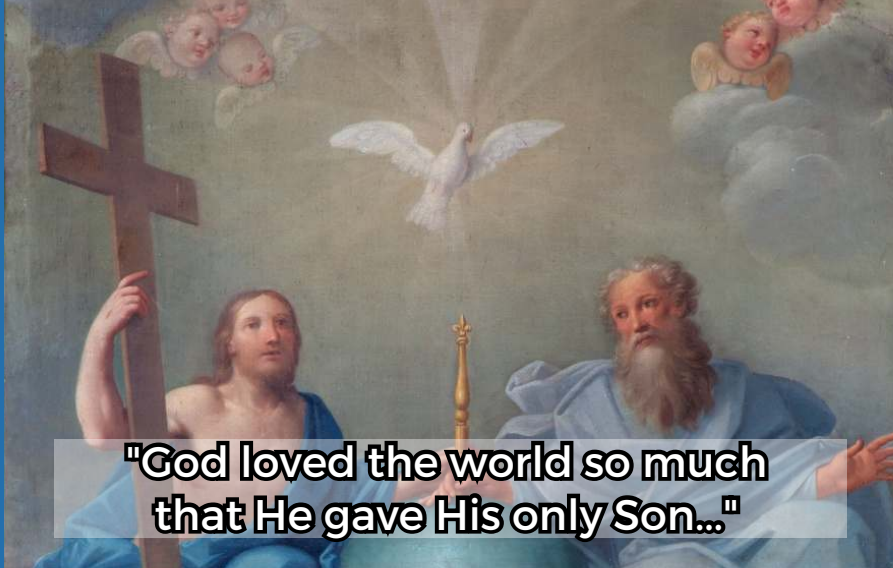
Daniel 3:52-56

Second Reading:

2 Corinthians 13:11-13

Gospel:

John 3:16-18



"God loved the world so much that He gave His only Son..."

image: canva

Hear



Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings online [HERE](#).

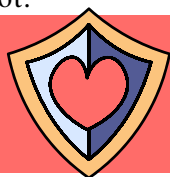
Reflect



In the Gospel today we hear Jesus speaking the famous lines from John 3:16 to Nicodemus.

- What is the Holy Spirit saying to you through this piece of Scripture? How do these words resonate with you personally?
- Imagine you are Nicodemus in this scene, hearing these words for the first time and pondering what they could mean.
- "God sent his Son into the world not to condemn the world..." How do these lines sit with you? Have you personally experienced this in your faith journey or have you felt condemnation? Do you feel tempted to condemn others?
- "Eternal life" - what does this promise mean for you in your everyday life? Is eternity with God something you are consciously striving for daily? Pray for that grace if not.

Family Prayer



Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be world without end. Amen

Chat



In today's readings we hear Jesus speak about the love that God has for us.

- How does our family show love to each other? Are there particular occasions where we celebrate members of our family? How do we do that? Are there small gestures or acts of kindness that we do on a daily basis?
- God IS Love. Everything God does is done out of love for us. God the Father gave us Jesus to redeem us, and the Holy Spirit proceeds from the Father and Son as our Advocate and Guide. Where in our family can we see God's love for us, as a family and as individuals?
- When we love each other, we get to participate in that Divine Love too!

Family Challenge!



Celebrate Trinity Sunday as a family! Check out this article from Catholic Culture for great ideas to do as a family to celebrate - including triple scoop icecream! Print the attached bunting to colour in and hang up too!

<https://www.catholicculture.org/commentary/celebrating-trinity-sunday-at-home/>



CALLED TO RESPOND

This week we return to the liturgical season of Ordinary Time. This Sunday and next, however, are designated as solemnities—special days that call our attention to central mysteries of our faith. Today on Trinity Sunday we celebrate the mystery of the Holy Trinity, one God in three persons.

Today's Gospel is from the beginning of John's Gospel. The passage we read follows Jesus' conversation with a Pharisee, Nicodemus, about what it means to be born of both water and the spirit. Nicodemus approaches Jesus at night and acknowledges Jesus as a teacher from God. Jesus tells him that only those who are born from above will see the Kingdom of God. Nicodemus misunderstands and questions how a person can be born more than once. Jesus tells Nicodemus that no one can enter the Kingdom of God without being born of water and Spirit. Jesus is essentially explaining Baptism, which we celebrate as a sacrament today. Yet Nicodemus, we are told, still does not understand what Jesus is saying. Jesus continues by testifying to the need to be born from above so that one might have eternal life.

After the dialogue with Nicodemus, the author of the Gospel offers his own explanation of Jesus' words. This is what we read in today's Gospel, John 3:16-18. In the context of today's focus on the mystery of the Holy Trinity, the reading calls our attention to the action of God, who reveals himself in three persons: God the Father, Jesus the Son, and the Holy Spirit. God the Father, out of love for the world, sent his Son into the world in order to save it. Through the death and resurrection of the Son, we have been given the gift of the Holy Spirit. As three persons, God acts always as a God of love; he does not condemn the world but acts to save it.

The Gospel also calls attention to the response that is required of us. God's love for us calls us to respond in faith by professing our belief in God's son, Jesus, and the salvation that he has won for us. This profession of faith is a sign of the work of the Holy Spirit in our lives.

taken from **Loyola Press Sunday Connection**

The Pope's Intention for June



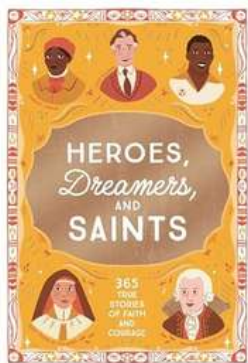
*FOR THE VALUE OF SPORTS
Let us pray that sports be an instrument of peace, encounter, and dialogue among cultures and nations, and that they promote values such as respect, solidarity, and personal growth.*

CHECK IT OUT!

365 True Stories of Faith and Courage for Children: Amy Kerr



Deepen your faith, discover new heroes, and put your faith into action with this 365-day devotional for kids. Heroes, Dreamers, and Saints is a fascinating journey through history, highlighting 365 notable Christian and Catholic figures who have made a difference in the world.



Watch the Jesus and Nicodemus seen from The Chosen Season 1



CARLO'S CORNER



THREE-IN-ONE

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



You've probably heard those words hundreds if not thousands of times, and you've probably blessed yourself using those words too. Maybe we don't always stop to think what they mean.

Firstly, we don't say "in the names" but instead just "name". Why? Because we believe in one God, not three, and we call that the Trinity. God is One God, in three persons. Sounds a little difficult? That's ok! The Trinity is one of the greatest mysteries of our Christian faith, but is the deepest reality, and actually the core of everything else we believe. We say that it's a mystery, not because God doesn't want us to understand it. In fact, it's the opposite. Christians know that God is One God in three distinct persons because God has REVEALED that to us. He WANTS us to know Him, as He is, not as we make Him up to be ourselves.

God loves the world. That's an easy statement. God IS love. That's a little more difficult to comprehend. Saying that God IS love and that God IS a Trinity is effectively saying the same thing. God the Father loves God the Son, the Son loves the Father, and the love between them is so strong, it IS the Holy Person, Love personified. It can be challenging for us to understand this, and that's ok, but just because we don't always understand, that doesn't mean we should dismiss it as false.

THIS WEEK'S CHALLENGE:

- Make a conscious effort each time you bless yourself in the name of the Father, and of the Son and of the Holy Spirit.
- Reflect on your understanding of each Person of the Trinity. Spend some time praying from your heart to each distinct Person of the Trinity: God the Father, God the Son, the Holy Spirit.



What is the Trinity?
(Fr John Parks)



"Praise the Father,
Praise the Son" (Tomlin)



To the Heights Youth Resource also available



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- Faith@Home / Let's Dive In (faithathome@waterfordlismore.ie)
- To the Heights (youthministry@waterfordlismore.ie)
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