



May 31st 2026 Sunday Feast The Most Holy Trinity Year A - John 3:16 – 18

³⁻¹⁶For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. ¹⁷For God did not send his Son into the world to condemn the world, but to save the world through him. ¹⁸Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God’s one and only Son.

<ul style="list-style-type: none"> ➤ Read and re-read – out loud and slowly the Gospel. ➤ Meditate - on reading as being spoken to you, an experience in your life. 	<ul style="list-style-type: none"> ➤ Pray - Thanksgiving – Repentance – Petition. ➤ Action – Attitude (Call to change / to act /to do).
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In this week’s gospel we celebrate Trinity Sunday which is a doctrine of our faith. The best way to approach the Trinity is by meditating on Jesus, how he faced life and related with people. He was conscious that his mission did not originate in himself- He was the `Son` who had been `given to the world` by the Father, a loving gift, as precious as any child to its parents. Jesus sense of himself as a `beloved son` keeps him focused on his mission. How do we as parents give this sense of security and love to our children? Do we as parents, teachers, managers and leaders in Church and State enable those we touch not to feel lost but feel safe and live their lives to the full.

Prayer:

Thank you Lord for the people you sent into our lives who touched us so deeply that we felt precious in your eyes. enabled us to go and bring your message of freedom and love to others.

Forgive us Lord for the times we were quick to condemn people because they were different to us in race or ethnicity, faith or religion. We failed to be a living presence to all in the world letting them know that you came and died for each one of us.

Lord help us to be there for those who feel lost or that life is not worth living. Help us to be a compassionate listener to them so that they can begin to feel safe again and live life to the full.