

# Verbum Dei

## Guidelines for Prayer

# The Holy Trinity within us

August 6-12, 2018

**General Theme:** Holy Trinity: constitutes and forms the primary home in which God's children will be born to Life, in the vital warmth of His Love.

**General Objective:** To continue building up the VD Family as place of encounter with the Holy Trinity.

### Objective of the week:

To enter in this loving dialogue with the Holy Trinity who desire to be within us.

## INTRODUCTION

This month we begin to deepen on the Holy Trinity as another of the four sources of our spirituality of the Verbum Dei Spirituality.

This source of spirituality reminds us that each one has a home within, where we can be our self without fear. A home within where we long for someone who deeply knows us, loves us, understands us. (CCC 27) The desire for God is written in the human heart, because each human person is created by God and for God; and God never ceases to draw us to himself. Only in God will we find the truth, happiness and fulfilment we never stop searching for.

The Holy Trinity desires to live in and with us, and desires to share with us all his Life-Love. His greatest joy is to live in communion in His love, as apostles.

## MONDAY

*Transfiguration of our Lord*  
**The Holy Trinity is well pleased with us**

### Proverbs 8:31

*"I was beside him like an architect, I was his daily source of joy, always*

*happy in his presence— happy with the world and pleased with the human race."*

## Mark 9:2-10

*"Then a cloud appeared and covered them with its shadow, and a voice came from the cloud, "This is my own dear Son—listen to him!"*

The transfiguration of Jesus provides a revelation to the identity of the Holy Trinity. Through the Spirit, the Father told the disciples that He is well pleased with the life of Jesus, His beloved Son.

Do we believe that God, the Father, Jesus and the Holy Spirit are also well pleased with our lives? Not only pleased with us but pleased to live within us.

How do we know their presence within us? Do we speak to God within, the God that loves us? The Holy Trinity desires to be our best companion, friend... that accompany us in every moment of our life.

## TUESDAY

*Memorial of Pope and St. Sixtus*  
**In him we live and move and exist.**

### Acts 17: 22 – 31

Paul stood up in front of the city council and said, "I see that in

every way you Athenians are very religious. For as I walked through your city and looked at the places where you worship, I found an altar on which is written, 'To an Unknown God.' That which you worship, then, even though you do not know it, is what I now proclaim to you. God, who made the world and everything in it... *He did this so that they would look for him, and perhaps find him as they felt around for him. Yet God is actually not far from any one of us; as someone has said, 'In him we live and move and exist.'* It is as some of your poets have said, 'We too are his children.'

Like the Athenians, many people can still go to church but feeling they are worshipping an unknown God; or a God that is too far.

No matter where we are now, our home is not far and unknown from us, it is within us. God has built a home within us, through His Spirit given to us in baptism. Therefore, we can relate to God at any time, not only in churches.

With Him within us, we have someone we can lean for comfort and shelter as we go through our personal storms. He is never too far away from us, and He will always be there even when no one else will.

Do I desire to live with God? Do we allow him to live within me as His

home, where He also finds me welcoming?

### **WEDNESDAY**

*Memorial of St. Dominic*  
***He is the Lord and God alone***

#### Deuteronomy 6: 4 -7

*“Israel, remember this! The Lord—and the Lord alone—is our God.*

*Love the Lord your God with all your heart, with all your soul, and with all your strength. Never forget these commands that I am giving you today. Teach them to your children. Repeat them when you are at home and when you are away, when you are resting and when you are working.*

The Lord is God alone and His commandment is to love and so we wouldn't know how to truly love unless we know its source. To love and to be loved is a gift from God, who taught us how to love. When we love, God feels at home in us and welcomed by us, as He is Love. Our home best reminds us of love and God desires for us to place him as the only foundation, only source of that love. That this home within us is His home of Love.

***Is the Holy Trinity in me, my source of love, peace and joy every day? Am I taking care of this home of Love within me?***

### **THURSDAY**

*Memorial of St. Teresa Benedicta of the Cross*

***In Him, rooted and founded in love***

#### Ephesians 3: 17-20

*I pray that Christ will make his home in your hearts through faith. I pray that you may have your roots and foundation in love, so that you, together with all God's people, may have the power to understand how broad and long, how high and deep, is Christ's love. Yes, may you come to know his love—although it can never be fully known—and so be completely filled with the very nature of God. To him who by means of his power working in us is able to do so much more than we can ever ask for, or even think of.*

A home without love is just a building, just as our heart without love is just material. God's home of Love is also a place of belonging and forgiveness. When we allow the Holy Trinity to dwell within us, we are able to deepen our faith in Him, living by loving others as He did.

***If my heart is a home, what is it currently filled with? How can I allow the Holy Trinity to guide me in building this home if Love within?***

### **FRIDAY**

*Memorial of St. Lawrence, deacon and martyr*

***The Holy Trinity is our permanent companion***

#### John 14: 16- 23

*I will ask the Father, and he will give you another Helper, who will stay with you forever. He is the Spirit, who reveals the truth about God. The world cannot receive him, because it cannot see him or know him. But you know him, because he remains with you and is in you. “When I go, you will not be left all alone; I will come back to you... you will know that I am in my Father and that you are in me, just as I am in you... Jesus answered him, “Those who love me will obey my teaching. My Father will love them, and my Father and I will come to them and make a home in them.*

*The Holy Trinity is always with us through our journey in faith. Believing in God, in His mercy and love gives us the affirmation that in good and bad times we are not alone. We never were. And in all these we are lead even more closer to this home within us, to a Father, a brother, a love that is always willing to embrace us for who we truly are. So that we too may show our neighbors that they too were never alone.*

***Am I allowing the Holy Trinity to accompany me and touch the deepest realities I'm facing now?***

### **SATURDAY**

*Memorial of St. Clare*

***The desire to dine with us and us with the Holy Trinity***

#### Rev 3: 20

*Listen! I stand at the door and knock; if any hear my voice and open the door, I will come into their house and eat with them, and they will eat with me.*

*People in our lives come and go, but one thing that is certain is that the Lord remains with us and with the people we accompany.*

*Let us invite Him into our lives and open our doors to Him that He may nourish us with love and life. It is God's desire to be with us. Make it our desire to be with Him, to converse to Him.*

***How can I open this home within me to welcome God every day with a more humble and loving heart?***

### **SUNDAY**

#### **19<sup>TH</sup> SUNDAY IN ORDINARY TIME**

**1<sup>st</sup> Reading** – 1 Kings 19: 4-8

**Responsorial Psalm** – Psalm 34

**2<sup>nd</sup> Reading** – Ephesians 4: 30-5:2

**Gospel** – John 6: 41-51