

Reading for the Solemnity of the Most Holy Trinity

May 31st 2026

First reading

Exodus 34:4b-6, 8-9

‘The Lord, the Lord, a God merciful and gracious.’

In those days: Moses rose early in the morning and went up on Mount Sinai, as the Lord had commanded him, and took in his hand two tablets of stone. The Lord descended in the cloud and stood with him there, and proclaimed the name of the Lord. The Lord passed before him and proclaimed, ‘The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness.’

And Moses quickly bowed his head towards the earth and worshipped. And he said, ‘If now I have found favour in your sight, O Lord, please let the Lord go in the midst of us, for it is a stiff-necked people, and pardon our iniquity and our sin, and take us for your inheritance.’

Responsorial Psalm

Dan 3:52. 53. 54. 55. 56. R52b

To be praised and highly exalted for ever!

Blessed are you, O Lord, the God of our ancestors.

Blessed is your glorious and holy name,

Blessed are you in the temple of your holy glory,

Blessed are you on the throne of your kingdom,

Blessed are you who look into the depths, seated upon the cherubim,

Blessed are you in the firmament of heaven.

Second reading

2 Corinthians 13:11-14

‘The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit.’

Brothers and Sisters: Rejoice. Aim for restoration, comfort one another, agree with one another, live in peace; and the God of love and peace will be with you. Greet one another with a holy kiss. All the saints greet you. The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.

Gospel Acclamation

Cf. Revelation 1:8

Alleluia, alleluia.

Glory be to the Father, and to the Son, and to the Holy Spirit,
the God who is and who was and who is to come.

Alleluia.

Gospel

John 3:16-18

‘God sent his Son in order that the world might be saved through him.’

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

Short reflection on the reading for today

The Holy Trinity, whose feast we celebrate today, is beyond the reach of time and the grasp of human reasoning. It is a mystery of our faith. We can only fumble in the dark in search of glimmers of light. “Two is company, three is a crowd” is a popular expression. The gospel would have it otherwise. There, the figure three symbolises completeness and perfect symmetry, and re-appears at all the key moments of the Christ story. His life itself constantly reflected the Trinity. Three figures make up the nativity scene in Bethlehem — the Holy Family of Jesus, Mary and Joseph. Their first visitors were the three wise men. Later, in the desert preparing to begin his public life, Jesus was tempted three times by the devil. A good story should have a beginning, a middle and an end. Christ was a storyteller par excellence and three figures prominently in his parables. The Prodigal Son is about a father and his two sons; the Good Samaritan tells of the behaviour of three passers-by, the priest, the Levite and the Samaritan; the sower sowed his seed in three different types of terrain, yielding three different levels of harvest. The end of his life, as the beginning, has again the three motif. During his Passion, Peter denied him thrice. On the road to Calvary, he fell three times. The crucifixion scene has three figures, Christ between two thieves. Before his resurrection, he spent three days in the tomb.

God is love. There are Three Persons in the Trinity, the Father the Son and the Holy Spirit. Together they represent the fullness of love. The Father loves the Son, the Son loves the Father. The Holy Spirit is their love for each other. We are made in the image of a triune God. God the Father, who created us, his Son who saved us, and the Holy Spirit who continues to guide us. Our lives should reflect the Trinity. We should be always creative like the Father, compassionate like his Son, and dispose our talents in the service of others like the Holy Spirit