



May 26th 2024 Feast of Most Holy Trinity Year B - Matthew 28: 16 - 20

²⁸⁻¹⁶ Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. ¹⁷When they saw him, they worshipped him; but some doubted. ¹⁸And Jesus came and said to them, ‘All authority in heaven and on earth has been given to me. ¹⁹Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.’

<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 today's Gospel we see Jesus speaking to some disciples who were facing a difficult time. They felt disorganised and lost; here now was Jesus standing before them and giving them a way to go forward. Many people today think that no one cares for them, not even God. True believers however speak words which can convey that gifts like true selflessness can bring help for all.

When has our faith in God enabled us to meet and overcome difficulties in our lives?

Prayer:

Thank you Lord for people and cultures who have been through crucifixion experiences and have emerged with their faith and courage intact.

Forgive us Lord for the times we set limits to your love not bringing the good news you revealed to us to all creation.

Lord help us like the apostles at the Ascension of Jesus to go out into the whole world and announce with confidence the good news that the human spirit cannot be trapped in a tomb but will rise again.

