June 12th 2019 Sunday Feast of the Most Holy Trinity – Year C – John 16:12 - 15

[12]"I still have many things to say to you, but you cannot bear them now. [13]When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own, but will speak whatever he hears, and he will declare to you the things that are to come. [14]He will glorify me, because he will take what is mine and declare it to you. [15]All that the Father has is mine. For this reason I said that he will take what is mine and declare it to you."

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➢ **Read and re-read** – out loud and slowly the Gospel. ➢ **Meditate -** on reading as being spoken to you, an experience in your life	➢ **Pray -** Thanksgiving – Repentance – Petition ➢ **Action** – Attitude (Call to change / to act /to do)

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In this week's gospel we read about the good news story of the Trinity. Jesus tells his disciples he has many things to tell them but not for the moment. When the Spirit of truth comes he will lead them to the whole truth.Jesus knew that wisdom about life comes slowly. Hearing the right answer at the wrong time often does not help us. We need to be ready and open to receiving the truth if it is to have an impact.

Who were the people in your life who helped you to greater wisdom through their belief and openness to the guidance of the Holy Spirit?..

Prayer:

Lord thank you for the people in our lives who through their wisdom helped us to a better understanding of your truth and inspiration for each one of us.

Forgive us Lord for the times our minds were so full of 'things we have to do etc' that we were not tuned in to God so we became anxious and worried all the time. St. Augustine reminds us "We were made for you O Lord and our hearts are restless until they rest in you.

Help us Lord not to feel over burdened with worries and anxieties but take time to be with the Holy Spirit who will lead us in the right direction as he did with the disciples as Jesus promised.

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