

## Decalogue for the Sharing Group

1. Meetings are led by the Holy Spirit through Mary.
2. Purpose of the meeting:
  - To become aware of my weaknesses and the truth of being loved by God
  - To respond to the desire to deepen my faith
  - To be open to others (brothers and sisters) in the group
  - To share different experiences of my faith and how God is present in my life
3. When I go to the meeting, I will pray to God for others and myself.
  - Prayer of empty hands or that of the tax collector is recommended.
4. I will remember that I am God's child who has the right to trust and await miracles.
5. As a participant in our meeting I will:
  - Serve others and not count my own merits
  - Create the atmosphere of calm, focus/concentration and openness
  - Not impose on others my ways of thinking, reacting and perceiving
  - Avoid giving advice or solving others' problems
  - Speak from my personal "I" rather than use such terms as "you, we, us, people, we should, others do this."
  - Avoid discussion and criticism
6. By keeping what is shared in the meeting confidential, I will preserve each participant's freedom to share openly and protect their dignity as a child of God.
7. I will not be afraid of moments of silence, since I or somebody else may need time to reflect. Moments of silence provide us with unique opportunities for prayer and entrustment to God.
8. I will remember to attentively listen to what my brother or sister is saying in order to help them in the process of sharing.
9. When I give a witness talk or share my faith, God's grace is not only given to me but it is being multiplied and given to others.
10. Above all, God expects from me humility and openness. Even one person who is humble and open to God can create an appropriate climate during a given meeting that will spread to all participants. The most important and desirable goal is not the format of the meeting, but it is to be open to God's grace and presence.

*Catechism of the Catholic Church, No. 260, footnotes 100:* Cf. *Jn* 14:23; **101:** *Jn* 14:23;

**102:** Prayer of Blessed Elizabeth of the Trinity; **No. 2672.**

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Tadeusz Dajczer, *The Gift of Faith*, 4th ed. (Ft. Collins, CO: In the Arms of Mary

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## June 12, 2022~ Solemnity of the Most Holy Trinity ~ Year C Spiritual Reflection on Sunday's Readings

Prepared by:  
**Families of Nazareth Movement USA**  
**Communion of Life with Christ through Mary**

Opening Prayer  
Read Decalogue  
Read Scripture  
Read Reflection

<b>Reading I</b>	Prov 8:22-31
<b>Responsorial Psalm</b>	Ps 8:4-5,6-7,8-9
<b>Reading II</b>	Rom 5:1-5
<b>Gospel</b>	Jn 16:12-15

### Opening or Closing Prayer

**Lord, send forth Your Holy Spirit**, renew the face of the earth, and renew me in Truth.

**Come Holy Spirit**, my Consoler, Sacred Bond of the Father and the Son, please dwell in me. Open me fully to the gift of Redemption.

**Come Holy Spirit**, pour Your light into my heart, my soul, and my mind. In abandoning myself to You, convince me of my sin and lead me to repentance. In the midst of this world where evil is called good and sin is called freedom, allow me to know the truth. For only in You, can I find my true identity.

**Come Holy Spirit**, capture my heart and free me, that I may live in Your eternal embrace, for Your love casts out all my fears, fills me with joy, and enables me to receive everything as a grace.

**Come Holy Spirit**, that Your fruits within me may be reflected through service to the Church and concern for all the Mystical Body of Christ.

**Come Holy Spirit**, enlighten the world and deliver me from sin. Through the intercession of Your Spouse, my Mother, come!

**I ask this through Christ our Lord** who lives and reigns with the Father and the Holy Spirit, one God, forever and ever. Amen

*Families of Nazareth USA*  
*Summer retreat 2009*

## Spiritual Reflection

*But when he comes, the Spirit of truth,  
He will guide you to all truth. Jn 16:13*

A close bond exists between faith and prayer as well as between humility and prayer. Someone said, “You learn to pray best in moments when you cannot pray.” This is the very opposite of what we would imagine. When it is difficult for you to pray, when you are not successful in your prayers, then you receive an exceptional opportunity from God for learning how to pray. **The secret of prayer is being hungry for God.** This hunger in us for God comes from a much deeper level than feelings or speech. A person whose memory and imagination are tormented by a multitude of useless and even evil thoughts or images can sometimes, under the pressure exerted by them, pray much better in his troubled heart than the one who has untarnished thoughts and who is able to offer easy acts of love. In our hearts, these experiences give rise to **the prayer of faith of the poor in spirit.** In prayer, we should be humble and helpless. If we are unable to pray, then the Holy Spirit Himself will descend into our humble soul and will pray in us with beseeching such as cannot be expressed in words (cf. Rom 8:26).

You can experience many difficulties in prayer, but remember that these difficulties are what cause your prayer to be the prayer of the poor in spirit. You should be grateful, therefore, that you experience difficulties. These difficulties can be of various kinds; for example, they can be the result of fatigue. St. Thérèse of the Child Jesus wrote, “I should be desolate for having slept (for seven years) during my hours of prayer and my *thanksgivings*; well, I am not desolate. I remember that *little children* are as pleasing to their parents when they are asleep as well as when they are awake...Finally, I remember that: *‘The Lord knows our weaknesses, that he is mindful that we are but dust and ashes.’*” Therefore, fatigue can become the material out of which the Lord will shape in you the prayer of a humble person, one poor in spirit. Maybe you will be able to take advantage of other situations that cause your prayer to become a prayer of the poor in spirit.

If prayer comes easily for you, this is also a gift from God that should not be scorned. However, it is **the struggle to get through to God that brings about the true progress of your prayer.** This struggle is an expression of hunger for God, which constitutes the essence of prayer. The progress of your prayer is brought about **through the desire to enter the realm of God, opening yourself to Him, and allowing the Holy spirit to pray within you.** This desire itself is most essential in prayer. Are the results of your prayer then so important? It is important that you desire, that you really want to pray. The greater the hunger for God in you, the better. Through prayer, therefore, you should struggle to get through to God, and you should come to love this. God will accept all of your desires even though

you feel that they are of no great value. He loves humble gifts...Someone once said that among all gifts, God likes humble gifts the best – gifts that are not something to be proud of...Your prayer may be just like a handful of dust, but it will become priceless because God, your loving Father, accepts it. He accepts it with the same joy as a mother accepts a little flower from a small child since it is the thought that counts.

Tadeusz Dajczer, *The Gift of Faith*, pp. 233-235.

## References from the *Catechism of the Catholic Church*

**260** The ultimate end of the whole divine economy is the entry of God's creatures into the perfect unity of the Blessed Trinity.<sup>100</sup> But even now we are called to be a dwelling for the Most Holy Trinity: "If a man loves me", says the Lord, "he will keep my word, and my Father will love him, and we will come to him, and make our home with him".<sup>101</sup>

O my God, Trinity whom I adore, help me forget myself entirely so to establish myself in you, unmovable and peaceful as if my soul were already in eternity. May nothing be able to trouble my peace or make me leave you, O my unchanging God, but may each minute bring me more deeply into your mystery! Grant my soul peace. Make it your heaven, your beloved dwelling and the place of your rest. May I never abandon you there, but may I be there, whole and entire, completely vigilant in my faith, entirely adoring, and wholly given over to your creative action.<sup>102</sup>

**2672** The Holy Spirit, whose anointing permeates our whole being, is the interior Master of Christian prayer. He is the artisan of the living tradition of prayer. To be sure, there are as many paths of prayer as there are persons who pray, but it is the same Spirit acting in all and with all. It is in the communion of the Holy Spirit that Christian prayer is prayer in the Church.

## Questions for Reflection

1. In the events of my daily life, how do I recognize the need for the Holy Spirit to form my prayer life?
2. How do I, or do I not, perceive God's presence in situations where I find my prayer life shapeless or unsuccessful?
3. How can Mary, mother of the Son and spouse of the Holy Spirit, teach me to journey into an intense prayer life in union with the Church?

## Prayer after Sharing:

*Thank you, God, for allowing me to see the truth about my weaknesses and how it calls upon the abyss of your merciful Love.*