

PRAYING THE TRINITY - WEEK OF JANUARY EIGHTEENTH

How to Use this Sheet: The Trinity is a foundational belief for the Christian. However, it is also an idea that is difficult, if not impossible, to understand when using a typical approach to learning. Instead, we must approach the Trinity and our formation by it with open minds guided by contemplative practices. To that end, the following readings are designed to be read repeatedly and prayed over on the assigned days as we work towards deeper understanding of our faith.

A Trinitarian Reading

for Thursday - **While the original text of this quote is maintained, the gender exclusive language should be understood as including all aspects of humanity.*

Ignorance and sin are characteristic of isolated individuals. Only in the unity of the Church do we find these defects overcome. Man finds his true self in the Church alone; not in the helplessness of spiritual isolation but in the strength of his communion with his brothers and his Saviour.
- Fr. Alexander Elchaninov

A Trinitarian Reading for Friday -

The purer the heart becomes, the larger it becomes - St. John of Kronstadt

A Trinitarian Hymn for Saturday -

I praise the Godhead, unity in three persons,
For the Father is light,
The Son is light,
And the Spirit is light.
But the light remains undivided,
Shining forth in oneness of nature,
Yet in the three rays of the persons. -
from the Lenten Triodion

A Trinitarian Reading for Sunday

Correctly understood, repentance is not negative but positive. It means not self-pity or remorse but conversion, the re-centering of our whole life upon the Trinity. It is to look not backwards with regret but forward with hope - not downwards at our own shortcomings but upwards at God's love. It is to see, not what we have failed to be, but what by divine grace we can now become; and it is to act upon what we see. To repent is to open our eyes to the light. In this sense, repentance is not just a single act, an initial step, but a continuing state, an attitude of heart and will that needs to be ceaselessly renewed up to the end of life. - Kallistos Ware

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A Trinitarian Reading for Monday

Believe me, there is one truth that reigns supreme from the fringes of the throne of glory down to the least shadow of the most insignificant of creatures: and that one truth is love. Love is the source from which the holy streams of grace flow down unceasingly from the city of God, watering the earth and making it fruitful. “One deep calls to another” (Ps. 42:7): like a deep or an abyss, in its infinity love helps to picture to ourselves the dread vision of the Godhead. It is love that fashions all things and holds them in unity. It is love that gives life and warmth, that inspires and guides. Love is the seal set upon creation, the signature of the Creator. Love is the explanation of his handiwork.

How can we make Christ come and dwell in our hearts? How else, except through love? - Fr. Theoklitos of Dionysiou

A Trinitarian Reading for Tuesday

However hard I try, I find it impossible to construct anything greater than these three words, “Love one another” - only to the end, and without exceptions: then all is justified and life is illumined, whereas otherwise it is an abomination and a burden. - Mother Maria of Paris

A Trinitarian Reading for Wednesday

Forgiveness flounders because I exclude the enemy from the community of humans even as I exclude myself from the community of sinners. But no one can be in the presence of the God of the crucified Messiah for long without overcoming this double exclusion — without transposing the enemy from the sphere of the monstrous... into the sphere of shared humanity and herself from the sphere of proud innocence into the sphere of common sinfulness. When one knows [as the cross demonstrates] that the torturer will not eternally triumph over the victim, one is free to rediscover that person’s humanity and imitate God’s love for him. And when one knows [as the cross demonstrates] that God’s love is greater than all sin, one is free to see oneself in the light of God’s justice and so rediscover one’s own sinfulness. - Miroslav Volf

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