

## PRAYING THE TRINITY – WEEK OF NOVEMBER SIXTEENTH

**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 Prayer for Thursday

O Father, my hope:

O Son, my refuge:

O Holy Spirit, my  
protection:

Holy Trinity, glory to thee.

- Prayer of St. Ionnikios

### A Trinitarian Prayer for Friday

O Trinity, uncreated and without beginning,

O undivided Unity, three and one,

Father, Son and Spirit, a single God:

Accept this our hymn from tongues of clay

As if from mouths of flame.

- From the Lenten Triodion

**A Trinitarian Reading for Saturday** - A genuine confession of faith in the Triune God can be made only by those who, after the likeness of the Trinity, show love mutually towards each other. There is an integral connection between our love for one another and our faith in the Trinity: the first is a precondition for the second, and in its turn the second gives full strength and meaning to the first. - Kallistos Ware

**A Trinitarian Reading for Sunday - Genesis 18:1-8** -The Lord appeared to Abraham by the oaks of Mamre, as he sat at the entrance of his tent in the heat of the day. He looked up and saw three men standing near him. When he saw them, he ran from the tent entrance to meet them, and bowed down to the ground. He said, “My lord, if I find favor with you, do not pass by your servant. Let a little water be brought, and wash your feet, and rest yourselves under the tree. Let me bring a little bread, that you may refresh yourselves, and after that you may pass on—since you have come to your servant.” So they said, “Do as you have said.” And Abraham hastened into the tent to Sarah, and said, “Make ready quickly three measures of choice flour, knead it, and make cakes.” Abraham ran to the herd, and took a calf, tender and good, and gave it to the servant, who hastened to prepare it. Then he took curds and milk and the calf that he had prepared, and set it before them; and he stood by them under the tree while they ate.

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### A Trinitarian Reading for Monday

Love is the kingdom which the Lord mystically promised to the disciples, when he said that they would eat in his kingdom: "You shall eat and drink at my table in my kingdom" (Luke 22:30). What should they eat and drink, if not love?

When we have reached love, we have reached God and our journey is complete. We have crossed over to the island which lies beyond the world, where are the Father, the Son and the Holy Spirit: to whom be glory and dominion. May God make us worthy to fear and love him. Amen.

- St. Isaac the Syrian

### A Trinitarian Hymn for Tuesday

|                               |                                      |
|-------------------------------|--------------------------------------|
| Holy, holy, holy              | Holy, holy, holy                     |
| Lord God almighty             | Though the darkness hide Thee        |
| Early in the morning          | Though the eyes of sinful man Thy    |
| my song shall rise to thee    | glory may not see                    |
| Holy, holy, holy              | Lord, only Thou art holy and there   |
| Merciful and mighty           | is none beside Thee                  |
| God in three persons, blessed | Perfect in power, in love and purity |
| Trinity                       |                                      |

|                                   |                                |
|-----------------------------------|--------------------------------|
| Holy, holy, holy                  | Holy, holy, holy               |
| All the saints adore Thee         | Lord God almighty              |
| Casting down their golden crowns  | All Thy works shall praise Thy |
| around the glassy sea             | name in earth and sky and sea  |
| All the cherubim and seraphim are | Holy, holy, holy               |
| falling down before Thee          | Merciful and mighty            |
| Which wert and art and evermore   | God in three persons, blessed  |
| shalt be                          | Trinity                        |

**A Trinitarian Reading for Wednesday** - The ancient Greek Fathers depict the Trinity as a Round Dance: an event that has continued for six thousand years, and six times six thousand, and beyond the time when humans *first* knew time. An infinite current of love streams without ceasing, *to and fro, to and fro, to and fro*: gliding from the Father to the Son, and back to the Father, in one timeless happening. This circular current of trinitarian love continues night and day... The orderly and rhythmic process of subatomic particles spinning round and round at immense speed echoes its dynamism. - Brother Elias Marechal

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