

Daily Prayer

Trinity Sunday Year B

The Year of Mark; Year of Prayer 2024



Readings: Deuteronomy 4: 32–34, 39–40; Psalm 32: 4–6, 9, 18–20, 22; Romans 8: 14–17; Matthew 28: 16–20.

Year of Prayer 2024

Pope Francis proposed that 2024 be marked as a year dedicated to prayer in preparation for the Jubilee 2025. The Melbourne Archdiocese Catholic Schools (MACS) Daily Prayer resources will support both individual and community prayer in the Year of Prayer 2024. In addition, the Dicastery for Evangelization will publish a series of [prayer notebooks](#), with material taken from the many forms of prayer to be found in the rich Catholic tradition.

Preparations for Daily Prayer

The following daily prayers can be used in their entirety or adapted to meet the needs of the audience. The prayers draw on the Sunday readings, so you may use any of the prayers on any day, although special focus will be given to Feast days, Solemnities and days of cultural significance. Feel free to adapt the prayers for special occasions or specific intentions of your own class and school.

The prayers will introduce students to traditional prayer and liturgical practices and responses, as well as a variety of Christian spiritual experiences. Take the opportunity to create a **sacred space** for prayer as you might do in creating a protected garden. This may include a prayer cloth or placemat, a bible, a candle and flowers. Additional resources (apps, websites, music, videos) will be suggested for those wanting to enrich the prayers or to understand the readings at a deeper level.

The optional shorter prayer of the day is indicated by [green headings](#) on each day.

Overview of the Week

Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers and Forms of Prayer
Monday – <i>White</i>	<i>In the name of the Father, and of the Son, and of the Holy Spirit.</i>	Gather Praying with the Gospel Respond Prayer to the Trinity Glory Be
Tuesday – <i>White</i>	<i>I am your God, and you are my beloved.</i>	Gather Praying with the First Reading Respond Meditation and Reflection Go Forth
Wednesday – <i>White</i>	<i>Blessed the people the Lord has chosen to be his own.</i>	Gather Praying with the Responsorial Psalm Respond Responding in Song
Thursday – <i>White</i>	<i>Those who are led by the Spirit are children of God.</i>	Listen Praying with the Second Reading Respond Prayers of the Faithful



Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers and Forms of Prayer
Friday – <i>White</i>	<i>Lord God, you are love, you are wisdom.</i>	Listen Praying with a Prayer of Saint Francis of Assisi Respond Written Reflection Sign of Peace

Note that scripture quotations are from the Lectionary (*Jerusalem Bible*) or NRSV.

Suggested Teacher Background for the Readings

- Liturgy Help: [Commentaries](#)
- Liturgy Help: [Homilies and Reflections](#)
- Loyola Press: [Sunday Connection](#)
- The Emmaus Series: [Sunday Reflections](#).



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Readings: Deuteronomy 4: 32–34, 39–40; Psalm 32: 4–6, 9, 18–20, 22; Romans 8: 14–17; Matthew 28: 16–20.

Today's Daily Prayer – In the name of the Father, and of the Son, and of the Holy Spirit

Today's prayer will focus on the Gospel. **Preparation:** Choose readers and someone to light the candle.

Monday

Gather

Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of God present in the Word, in each other and in ourselves. Take a few slow, deep breaths to help us attend to this moment. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.

Leader: As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Light candle and pause.

Leader: As we light this candle, we remember that
we celebrate a God who is all things to us,
a God whose love for us is deep and abiding,
a God who is ever-present in our lives,
a God who is generous and understanding.
Let us give God glory and praise.

All: Let us give God glory and praise.

Background to the Gospel

Trinity Sunday celebrates not an event, but the reality that God is the Father, the Son and the Holy Spirit. The Trinity is a mystery that is beyond human comprehension and something that we can only begin to know through worship, symbol and faith. This Christian dogma teaches that God is one in essence, but distinct in person, but in the Greek sense of person meaning 'that which stands on its own'. We believe that God is Father, Son and Spirit, who are somehow separate from each other, and yet completely united in will and essence. God is a mystery we can never fathom and can only worship, praise, thank and adore.

Listen

Leader: Let us prepare to listen attentively to the sacred words of Scripture.

Reader: The eleven disciples went to Galilee,
to the mountain to which Jesus had ordered them.
When they all saw him, they worshiped, but they doubted.



Then Jesus approached and said to them,
'All power in heaven and on earth has been given to me.
Go, therefore, and make disciples of all nations,
baptising them in the name of the Father,
and of the Son, and of the Holy Spirit,
teaching them to observe all that I have commanded you.
And behold, I am with you always, until the end of the age.'
(Pause)

The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

Respond

Prayer to the Trinity

Leader: Let everyone praise the name of the Lord.

All: Let everyone praise the name of the Lord.

Reader: Glory to God who gives us all good gifts.

All: Let everyone praise the name of the Lord.

Reader: Glory to God whose love is forever.

All: Let everyone praise the name of the Lord.

Reader: Glory to God who is merciful and forgiving.

All: Let everyone praise the name of the Lord.

Reader: Glory to God who never leaves us.

All: Let everyone praise the name of the Lord.

Reader: Glory to God who protects us and keeps us from all harm.

All: Let everyone praise the name of the Lord.

Reader: Glory to God who became human and lived among us.

All: Let everyone praise the name of the Lord.

Reader: Glory to God whose Spirit guides and directs us.

All: Let everyone praise the name of the Lord.

Reader: Glory to God for the mighty deeds he has done.

All: Let everyone praise the name of the Lord.

**Glory be to the Father and to the Son and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end. Amen.**

Go Forth

Leader: Creator God, loving Son and awesome Spirit,
we pray that you remain a strong and living presence in our lives
so that we never feel alone, only empowered by you to change the world.
May our hearts be open to your action in our lives.



All: **Amen.**

Leader: Let us go forth from here praising God in all that we do and say.

All: **Inspired to live faithfully in the light of Christ.**

Extinguish candle and pause.

All: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**



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Today's Daily Prayer – I am your God, and you are my beloved

Today's prayer will focus on the First Reading. **Preparation:** Choose readers and someone to light the candle.

Tuesday

Gather

Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of God present in the Word, in each other and in ourselves. Take a few slow, deep breaths to help us attend to this moment. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.

Leader: As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Light candle and pause.

Leader: We light this candle in the name of
God who created the light,
God who is the Light, and
God who enlightens us.

All: Amen.

Background to the First Reading

In the reading, Moses is exhorting the Israelites to put their trust in God, not in man, and to obey God's commands. He reminds them of three important ways that God has shown love and care for them. First, God made himself known to them in ways that other gods did not, e.g. appearing in a burning bush. Second, God formed his own nation and redeemed them by drawing them from other more powerful nations. Third, through the signs that they had seen in Egypt, e.g. the plagues, they knew of the power and might of God. Moses' exhortation helped the people believe that God spoke not just to the nation, but to each man, woman and child.

Listen

Leader: Let us listen attentively to sacred Scripture.

Reader: A reading from the book of Deuteronomy.

Moses said to the people:

'Ask now of the days of old, before your time,
ever since God created man upon the earth;
ask from one end of the sky to the other:



Did anything so great ever happen before?
Was it ever heard of?
Did a people ever hear the voice of God
speaking from the midst of fire, as you did, and live?
Or did any god venture to go and take a nation for himself
from the midst of another nation,
by testings, by signs and wonders, by war,
with strong hand and outstretched arm, and by great terrors,
all of which the Lord, your God,
did for you in Egypt before your very eyes?
This is why you must now know,
and fix in your heart, that the Lord is God
in the heavens above and on earth below,
and that there is no other.
You must keep his statutes and commandments that I enjoin on you today,
that you and your children after you may prosper,
and that you may have long life on the land
which the Lord, your God, is giving you forever.'
(Pause)
The Word of the Lord.

All: Thanks be to God.

Respond

Leader: Let us place our feet on the floor and hands in our laps, close our eyes and sit very quietly to reflect on this reading.
In the reading, God spoke to Israel and the Israelites, saying to each one, 'I am your God, and you are my beloved'.
Imagine God is saying this to you. Repeat this sentence to yourself a few times, but put your own name into it, e.g. 'Jan, I am your God, and you, Jan, are my beloved'. (Pause)
How does that feel, knowing that you are loved by God?

Time for quiet reflection ...

Go Forth

Leader: Let us go forth from here knowing we are loved by our God who is father and mother to us, Jesus who saves us, and the Spirit who strengthens and empowers us.

All: Amen.

Leader: Let us go forth from here praising God in all that we do and say.

All: Inspired to live faithfully in the light of Christ.

Extinguish candle and pause.

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



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Today's Daily Prayer – Blessed the people the Lord has chosen to be his own

Today's prayer will focus on the Responsorial Psalm. **Preparation:** Choose readers and someone to light the candle.

Wednesday

Gather

Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of God present in the Word, in each other and in ourselves. Take a few slow, deep breaths to help us attend to this moment. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.

Leader: As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Light candle and pause.

Leader: As we light this candle ...

All: May we praise God each day for his greatness.

Leader: As we light this candle ...

All: May we praise God each day for his goodness.

Leader: As we light this candle ...

All: May we praise God each day for his love. Amen.

Background to the Responsorial Psalm

Psalm 32 is a song of praise. The psalmist urges all to join in a song of joyful praise, to praise God, not for what he has done, but for who he is, for his greatness and his goodness. He goes on in the verse to say that God is great for all he has given us. Those who God has chosen as his people are blessed, especially those who remain faithful. The psalmist describes God's goodness as evident through the steadfast love he shows us. The psalm finishes with a blessing on all those who wait on the Lord and trust him.

Listen

If possible, the scripture passage is to be read from a lectionary or a bible, which could be put in an honoured place. Readers are to read slowly and clearly when proclaiming the Word of God, and treat the text with reverence.

Leader: Let us pray together the Responsorial Psalm.

Reader: Blessed the people the Lord has chosen to be his own.

All: Blessed the people the Lord has chosen to be his own.



Reader: Upright is the word of the Lord,
and all his works are trustworthy.
He loves justice and right;
of the kindness of the Lord the earth is full.

All: **Blessed the people the Lord has chosen to be his own.**

Reader: By the word of the Lord the heavens were made;
by the breath of his mouth all their host.
For he spoke, and it was made;
he commanded, and it stood forth.

All: **Blessed the people the Lord has chosen to be his own.**

Reader: See, the eyes of the Lord are upon those who fear him,
upon those who hope for his kindness,
to deliver them from death
and preserve them in spite of famine.

All: **Blessed the people the Lord has chosen to be his own.**

Reader: Our soul waits for the Lord,
who is our help and our shield.
May your kindness, O Lord, be upon us
who have put our hope in you.

All: **Blessed the people the Lord has chosen to be his own.**

Respond

Leader: Let us join in singing a hymn of praise:
'All the people said amen' by Matt Maher
'To the glory of God' by Monica Brown (*Holy Ground*).

Go Forth

Leader: Let us conclude our prayer with the Glory be.

All: **Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.**

Leader: Let us go forth from here praising God in all that we do and say.

All: **Inspired to live faithfully in the light of Christ.**

Extinguish candle and pause.

All: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**



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Today's Daily Prayer – Those who are led by the Spirit are children of God

Today's prayer will focus on the Second Reading. **Preparation:** Choose readers and someone to light the candle.

Thursday

Gather

Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of God present in the Word, in each other and in ourselves. Take a few slow, deep breaths to help us attend to this moment. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.

Leader: As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Light candle and pause.

Leader: Let us pray together the Entrance Antiphon from Trinity Sunday.

All: **Blest be God the Father,
and the Only Begotten Son of God,
and also the Holy Spirit,
for he has shown us his merciful love.**

Background to the Second Reading

Paul's letter to the Romans was written before he embarked on a trip to Rome. He wanted to work with the Christians there, and this letter was written to explain to them his understanding of Christian faith and how that impacted on the way they lived their lives. Paul was often at odds with the Jewish leaders, who clung steadfastly to the Law and its traditions, while Paul preached that a life led by the Spirit would lead all to God. In this reading, he asserts that believers will become children of God and, therefore, heirs to the Kingdom.

Listen

Leader: Let us listen attentively to sacred Scripture.

Reader: A reading from the letter of St Paul to the Romans.

Brothers and sisters:

For those who are led by the Spirit of God are sons of God.

For you did not receive a spirit of slavery to fall back into fear,

but you received a Spirit of adoption,

through whom we cry, 'Abba, Father!'



The Spirit himself bears witness with our spirit
that we are children of God,
and if children, then heirs,
heirs of God and joint heirs with Christ,
if only we suffer with him
so that we may also be glorified with him.

(Pause)

The Word of the Lord.

All: Thanks be to God.

Respond

Prayers of the Faithful

Leader: Gracious and loving God, we bring our prayers to you knowing that you will always listen.

Reader: May we come to see the love of God for us in the gift of creation. Lord, hear us.

All: Loving God, hear our prayer.

Reader: May we come to see the love of Jesus through his loving sacrifice. Lord, hear us.

All: Loving God, hear our prayer.

Reader: May we come to see the love of the Spirit through its action in our world. Lord, hear us.

All: Loving God, hear our prayer.

Reader: May we respond to God's infinite love and power with praise and thanks. Lord, hear us.

All: Loving God, hear our prayer.

Reader: May we have the grace to be open to what God is asking of us. Lord, hear us.

All: Loving God, hear our prayer.

Go Forth

Leader: Gracious and loving God,
you are wisdom, love and peace.
May we listen to your invitation
to enter into a more loving relationship
with the Father, Son and Spirit.

All: Amen.

Leader: Let us go forth from here praising God in all that we do and say.

All: Inspired to live faithfully in the light of Christ.

Extinguish candle and pause.

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



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Readings: Deuteronomy 4: 32–34, 39–40; Psalm 32: 4–6, 9, 18–20, 22; Romans 8: 14–17; Matthew 28: 16–20.

Today's Daily Prayer – Lord God, you are love, you are wisdom

Today, we pray a prayer of Saint Francis of Assisi. **Preparation:** Each person will need a piece of card and a pen/pencil. Choose readers and someone to light the candle.

Friday

Gather

Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of God present in the Word, in each other and in ourselves. Take a few slow, deep breaths to help us attend to this moment. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.

Leader: As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Light candle and pause.

Leader: You have no need of our praise,
yet our desire to thank you is itself your gift.
Our prayer of thanksgiving adds nothing to your greatness
but makes us grow in your grace
through Jesus Christ, Our Lord. (Taken from the *Roman Missal*, the Preface of Weekdays in Ordinary Time, IV.)

All: Amen.

Listen

Leader: Let us listen to this prayer of Saint Francis of Assisi, 'You are holy'. (Taken from *The Lion Book of Famous Prayers*, compiled by Veronica Zundel, Lion Publishing, Oxford, 1983.)

Reader: Lord God, living and true.
You are love, you are wisdom,
You are humility, you are endurance.
You are rest, you are peace,
You are joy and gladness, you are justice and moderation.
You are all our riches, and you are enough for us.
You are beauty, you are gentleness,
You are our protector, you are our guardian and defender.
You are courage, you are our haven and our hope.



You are our faith, our great consolation.
You are our eternal life, great and wonderful Lord,
God almighty, merciful Saviour.

(Pause)

Respond

Leader: Let us take some time to reflect on these words of Saint Francis.
Which phrases from this prayer speak most loudly to you?
Write those words on your card and keep them with you on your desk or somewhere close by, and repeat them often as a prayer of praise.

Time for quiet reflection ...

Go Forth

Blessing

Leader: As we go forth from here, let us praise God for his greatness, for all he has given us.

All: **Amen.**

Leader: Let us praise God for his goodness, for his steadfast love.

All: **Amen.**

Sign of Peace

Leader: As we come to the end of another week, let us offer each other a sign of peace.

(Sign of peace)

Let us go forth from here praising God in all that we do and say.

All: **Inspired to live faithfully in the light of Christ.**

Extinguish candle and pause.

All: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

