

Encountering the Word

with Jeff Cavins

Most Holy Trinity (C)

Proverbs 8:22–31 • Romans 5:1–5 • John 16:12–15



Taking Wisdom from Page to Pavement

The Solemnity of the Most Holy Trinity invites us to reflect on how deeply God desires to guide us in our everyday lives. Whether we are seeking wisdom for our family, work, or personal decisions, the Holy Trinity offers us an abundant source of wisdom.

In Proverbs, wisdom is often depicted as female, but in the New Testament, wisdom is fully revealed in the person of Jesus Christ. When we pursue wisdom, we are ultimately pursuing a relationship with Jesus, who embodies all the treasures of wisdom.



Fresco of the Holy Trinity in the Basilica de Santa Croce, Florence, Italy,
by Giovanni Maria Conti della Camera

The reading from John 16 emphasizes that the Holy Spirit, the “Spirit of Truth,” has been given to guide us into all truth. The Holy Spirit doesn’t speak on his own authority but conveys what he hears from the Father and the Son, helping us apply divine wisdom to our lives. This wisdom isn’t just knowledge—it’s the practical application of God’s will in our daily choices, whether about marriage, children, work, or finances.

Today’s celebration of the Trinity reminds us that the Father has given everything to the Son, and the Son, in turn, gives all to us. Through the Holy Spirit, we are led and directed each day not by a distant force, but by a personal guide who walks with us in every decision. As we reflect on this great mystery, let’s take the wisdom we receive from Scripture and move it from the page to the pavement, living it out in our daily lives with the help of the Holy Spirit.

Live the Gospel

Jeff Cavins says, “Let today’s feast inspire you to think about your relationship with each Person of the Trinity. The Father gives his love, the Son shares his wisdom, and the Holy Spirit guides us. This week, be mindful of how you relate with the Father, Son, and Holy Spirit. How do you experience their presence in your life? How can you deepen your connection with each, allowing the gifts of the three-in-one Triune God to guide your thoughts and actions?”

Dive Deeper

Scan this code to watch:



Or go to

<https://media.ascensionpress.com/video/solemnity-of-the-most-holy-trinity-c/>

Ponder and Pray

» Where in your life—family, work, finances—are you seeking guidance, and how can you invite the Holy Spirit to lead you in those decisions?

» How does understanding the Holy Trinity as a relationship of love and guidance between the Father, Son, and Holy Spirit change your approach to your relationship with God?

» When making important decisions, do you seek God's wisdom through prayer and Scripture, or do you rely more on worldly knowledge? How can you shift that focus?

“ **But when he comes, the Spirit of truth, he will guide you to all truth. He will not speak on his own, but he will speak what he hears, and will declare to you the things that are coming.**
—John 16:13 ”

Make It Your Own

You and others in your household may use this space to write anything about today's Mass. It might be your view of Jeff Cavins' reflection, your priest's homily, your answers to the questions on this page—anything to help you and your household get the most out of today's Mass.