



SUNDAY, MAY 22, 2016 SOLEMNITY OF THE MOST HOLY TRINITY In the name of the whole experience

My friend loved to talk about a child she once heard pray with these words: “In the name of the Father, and of the Son, and of the whole experience.” Actually, that is not a bad way to think about the mystery of the Trinity. The Father sent the Son into the world, and then before leaving this earth, the Son promised that the Spirit would come to guide the disciples at all times. The three persons in one divine unity do indeed make up the “whole experience.” Each person has a role to play in your faith life. Focus on one of the three in your prayer today.

TODAY’S READINGS: *Proverbs 8:22-31; Romans 5:1-5; John 16:12-15 (166).* “*Being the Spirit of all truth, he will guide you to all truth.*”

MONDAY, MAY 23 What’s at the center of your life?

On any given day, the center of our world shifts a bit. Some hours are all about wage-earning. After work, the focus may be family, chores, supper, or entertainment. If we’re students, education or career preparation may take center stage. Worry and fear, ambition or envy or arrogance may be our controlling perspective. The mystics all agree with Jesus: Compassion is the natural center of the human experience. When we live each hour from mercy, it transforms everything: work, family, play, and personal formation.

TODAY’S READINGS: *1 Peter 1:3-9; Mark 10:17-27 (347).* “*You are lacking in one thing. Go, sell what you have, and give to the poor.*”

TUESDAY, MAY 24 We’re all number one in God’s eyes

“I get to hold the puppy.” “I want to lead the classroom line to recess.” “I want to be the first at bat.” “I want the computer game now.” Children often have a hard time allowing others to go first. In truth, we adults may be more subtle about it than children, but we, too, have a hard time putting the needs of others before our own. Pope Francis puts things in gospel perspective: “The world tells us to seek success, power, and money. God calls us to seek humility, service, and love.” Ask God for grace today to be kind to someone who competes with you for recognition.

TODAY’S READINGS: *1 Peter 1:10-16; Mark 10:28-31 (348).* “*Many who are first shall come last, and the last shall come first.*”

WEDNESDAY, MAY 25

FEAST OF BEDE THE VENERABLE, PRIEST, DOCTOR OF THE CHURCH

Fly United . . . to Christ

Saint Bede, a medieval British monk and historian, gave us a simple, powerful image of the brevity and mystery of human life: With winter raging outside, a sparrow enters through a window and flies the length of a warm dining hall, safe from the howling storm. After a brief while it flies out another window: from winter to winter again. So appears to be human life, said Bede, but the story is about more than life’s brevity. The Risen Christ bears us up “on eagle’s wings,” assuring us that in him life and blessedness do not end. Allow God to use you as God sees fit. Whom might you lift up today—someone bent by pain and sadness, or perhaps yourself?

TODAY’S READINGS: *1 Peter 1:18-25; Mark 10:32-45 (349).* “*The Son of Man came to serve, and to give his life as a ransom for many.*”

THURSDAY, MAY 26 FEAST OF PHILIP NERI, PRIEST

The saints help you to pray

Saint Philip Neri, a 16th-century priest, said, “The best preparation for prayer is to read the lives of the saints, not from mere curiosity but quietly and with recollection, a little at a time, and to pause whenever you feel your heart touched with devotion.” In those moments, you may hear the voice of God, which is the other side of prayer: not just you talking, but God speaking to you. One book that can serve this noble purpose is *Fearless: Stories of the American Saints* by Alice Camille and Paul Boudreau. You can also find meditations [online](#).

TODAY’S READINGS: *1 Peter 2:2-5, 9-12; John 8:12; Mark 10:46-52 (350).* “*The blind man replied to him, ‘Master, I want to see.’*”

FRIDAY, MAY 27

Go, be reconciled to your brother

Today is the beginning of Reconciliation Week in Australia, a celebration of the contributions of aboriginal peoples and the aspirations for national reconciliation. For 25 years the diverse peoples of Australia have been on this journey of healing. The [Catechism of the Catholic Church 1422](#) says that Confession is called the sacrament of Reconciliation “because it imparts to the sinner the life of God who reconciles.” Since we are sinners, we all need to be reconciled. With whom can you reconcile today? Reach out a hand—the healing will benefit all involved.

TODAY’S READINGS: *1 Peter 4:7-13; Mark 11:11-26 (351).* “*If you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.*”

SATURDAY, MAY 28

No one goes it alone

In her book *Mercy in the City*, Kerry Weber tries to complete the seven [Corporal Works of Mercy](#) in 40 days. Her journey is one of self-discovery and deepening faith. Mercy is a complex thing to understand; it is love in action, given freely. “This,” she concludes at the end of her experience, “sums up the purpose of living a life of mercy—to let one another know that no one has to go it alone.” In this Year of Mercy, we are called to journey with one another, stranger and friend. Today let someone know they’re not alone.

TODAY’S READINGS: *Jude 17, 20b-25; Mark 11:27-33 (352).* “*On those who waver, have mercy; save others by snatching them out of the fire.*”



Invest just five minutes a day, and your faith will deepen and grow—a day at a time.

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