

opusdei.org

“The Blessed Trinity dwells in your soul in grace”

The Most Holy Trinity has crowned Our Mother. God the Father, God the Son, God the Holy Spirit, will ask us to render an account of every idle word. That is another reason for asking Holy Mary to teach us always to speak in the presence of the Lord. (Furrow, 926)

May 31

The Most Holy Trinity grants you grace and expects you to make use of it responsibly. Given such an endowment, there is no place for your adopting easy, slow, lazy attitudes, because, apart from everything else, souls await you. (Furrow, 957)

God is with you. The Blessed Trinity dwells in your soul in grace. That is why, in spite of your wretchedness, you can and should keep up a continuous conversation with the Lord. (The Forge, 261)

Learn to praise the Father, the Son and the Holy Spirit. Learn to have a special devotion to the Blessed Trinity: I believe in God the Father, I believe in God the Son, I believe in God the Holy Spirit; I hope in God the Father, I hope in God the Son, I hope in God the Holy Spirit; I love God the Father, I love God the Son, I love God the Holy Spirit. I believe, I hope and I

love the most Holy Trinity. This devotion is much needed as a supernatural exercise for the soul, expressed by the movement of the heart, although not always in words. (The Forge, 296)

pdf | document generated
automatically from [https://opusdei.org/
en/dailytext/blessed-trinity-dwells-in-
your-soul-in-grace/](https://opusdei.org/en/dailytext/blessed-trinity-dwells-in-your-soul-in-grace/) (04/02/2026)