

## Reflection Questions

- How does your relationship with the Trinity support your recovery from lust?
- What signs of spiritual fruit have you noticed in your life recently?
- In what ways are you being invited into deeper connection—with God and others?

### Consider Supporting the CIR Community

*Our mission of serving individuals and families relies upon the generous support of our members*

- CIR relies on contributions from community members to sustain meetings, host retreats, and create new resources
- Just as you've been supported, your generosity helps pay it forward to others in need of freedom and healing
- CIR is a 501(c)(3) nonprofit and every dollar brings faith-filled recovery to individuals and families seeking freedom
- For more information and to make a contribution visit [catholicinrecovery.com/give](https://catholicinrecovery.com/give)

## Sunday Mass Readings this Week

**First Reading:** Deuteronomy 26:4-10

**Responsorial Psalm:** Ps 91:1-2, 10-11, 12-13, 14-15

**Second Reading:** Romans 10:8-13

**Gospel:** Luke 4:1-13

## Solemnity of the Most Holy Trinity



Last Sunday, we reflected on the powerful outpouring of the Holy Spirit at Pentecost—a moment that radically shifted the lives of the apostles. Many of us can relate. After years of slavery to lust and isolation, we've encountered a spiritual awakening that has changed us from the inside out. Sometimes the Spirit breaks through with undeniable clarity, and other times, the shift is quiet but lasting. Either way, we are no longer who we once were. Our recovery, sustained by grace, moves us steadily toward a new life.

This Sunday, the Church celebrates the Holy Trinity—God as Father, Son, and Holy Spirit. This mystery reveals a God who exists in relationship, and who invites us into that divine intimacy. For those of us healing from the wounds of lust and disordered desire, this relationship is deeply restorative. We learn that we were created for communion—not for using or being used, but for authentic love and connection.

St. Paul reminds us that suffering—yes, even the suffering caused by our compulsions—can bear fruit when united with God. This Sunday’s second reading (Romans 5:1–5) offers hope for those on the road of healing:

*Brothers and sisters:*

*Therefore, since we have been justified by faith,  
we have peace with God through our Lord Jesus  
Christ,  
through whom we have gained access by faith  
to this grace in which we stand,  
and we boast in hope of the glory of God.  
Not only that, but we even boast of our afflictions,  
knowing that affliction produces endurance,  
and endurance, proven character,  
and proven character, hope,  
and hope does not disappoint,  
because the love of God has been poured out into our  
hearts  
through the Holy Spirit that has been given to us.”*

When lust controlled our lives, we were cut off from peace. Our afflictions were shameful secrets, not sources of endurance or hope. But in recovery, we come to see things differently. We begin to understand that our struggle is not our identity. It’s a place where grace enters—a doorway into deeper reliance on the love of the Father, the mercy of the Son, and the power of the Spirit.

We don’t recover alone. We heal in relationship—with trusted friends, sponsors, accountability partners, and most importantly, with God. This “we program” mirrors the divine community of the Trinity: distinct persons, united in love, sharing freely and faithfully. The loneliness that once fueled our compulsions is met with connection that lasts.

Over time, we begin to bear spiritual fruit: patience replaces frustration, integrity replaces secrecy, and a sincere desire to love replaces lust. The Holy Spirit does this work in us—not by force, but by quiet transformation. Our part is to show up, stay honest, and remain open to God’s will.

The Trinity isn’t just a theological concept—it’s a living relationship we participate in. As we grow in recovery, we learn to be still enough to hear the whisper of the Spirit. It may not be a rushing wind, but it is no less real. Let us trust that hope does not disappoint—and that the love of God is indeed being poured into our hearts.