



Pearls from Day 5: The *Who* of Mental Prayer part 2 – God’s Role and the Life of the Trinity

God is Three Persons with one divine nature. This is a mystery – only fully knowable by revelation and faith.

For Christians, mystery does not mean something completely hidden and unknowable. We are called to accept God’s revealed mysteries by faith, but to also explore them with our power of reason.

God the Father’s two great actions are *to know* and *to love*. This is why human’s highest powers are the spiritual powers of intellect and will.

God’s self-knowing is so complete and powerful that it begets a person, the Second Person of the Trinity, His Son. “In the beginning was the Word, and the Word was with God, and the Word was God.” (Jn 1:1)

In God’s act of loving, God the Father continually pours out His love to His Son. God the Son is continually giving Himself back to the Father. This mutual act of self-giving love is so complete and fruitful that it is a person; the Holy Spirit.

We must be “in a state of grace” for the Holy Spirit to remain in us. If we are living in unrepented mortal sin the Spirit will not dwell within us. The Catholic Church provides the completeness of forgiveness of sin through the Sacrament of reconciliation. This is discussed further in Day 28.

We can pray with any one of the three persons of the Trinity, but our faith is particularly *incarnational*. This is because God redeemed man and leads man to Heaven by becoming man.

Jesus is the key that unlocks the Trinity. Jesus reunites us with our Father (“no one comes to the Father except through the Son”). And Jesus gave us the gift of His Spirit to dwell within us.

Humans are meant to share in the divine life of the Trinity. Grace is another word for sharing in that divine life, and mental prayer is an important part of how we receive that grace.

God’s role in mental prayer is primary. It is only by God’s grace that we’re able to enter into the life of the Trinity. First by the *sanctifying grace* of baptism that restores our relationship. God then continues to offer us *actual grace* (grace that *acts* in our life) - a supernatural gift that spiritually strengthens us to carry out our earthly vocation and raise our intellect and will to God.