



*The Chaplet
Of
The Indwelling
Holy Trinity*

Introduction

" The mystery of the Most Holy Trinity is the central mystery of Christian faith and life. It is the mystery of GOD in Himself. It is therefore the source of all the other mysteries of faith, the light that enlightens them. It is the most fundamental and essential teaching in the 'hierarchy of the truths of faith.'"

Catholic Catechism #234

Contemplate this Mystery

When you receive Communion,
contemplate this mystery...

Your soul becomes the Heaven
of the Holy Trinity!

And GOD so High and Holy
comes to dwell within your heart;
For He desires that you and He
should never be apart.

O soul so loved and longed for,
look and see what GOD has done...
that, body, soul and spirit, you
with GOD Himself, are One.

© A Moment in Rhyme

As Christians, we worship
One GOD in Three Persons
- GOD the Father, GOD
the Son, and GOD the Holy
Spirit - the Holy Trinity.

The Three Persons of the
Most Holy Trinity dwell
with and in one another in
a perpetual communion of
being and doing. The
Father dwells in the Son
and the Holy Spirit.

The Son dwells in the
Father and the Holy Spirit.

The Holy Spirit dwells in
the Father and the Son.

And so, when you receive the Holy Spirit at Baptism, or Chrismation/ Confirmation, and whenever you receive JESUS in the Holy Eucharist, you receive **all Three Persons** of the Most Holy Trinity...and in the Eucharist...

" The ultimate end of the whole divine economy" ie: "...the entry of GOD's creatures into the perfect unity of the Blessed Trinity" Catholic Catechism #260 is already begun.

It is this unspeakable mystery of the Three Persons of the Most Holy Trinity indwelling your soul (**See: Examination of the Heart**) that you will contemplate now in the **Chaplet of the Indwelling Holy Trinity...** and then sing of all day long in the **Song of the Best Beloved...**



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Of
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Opening Prayer

+ Make the sign of the Cross as
you say...

+ In the Name of the Father,
and of the Son, and
of the Holy Spirit. Amen.

Most Holy Trinity,
I stand before You
in the sanctuary of my soul,
and bowing before Your Holiness,
I open now the tabernacle of
my heart, and prostrate my soul
in the Presence of Your glory...

(Make a prostration)



(To make a prostration - fall to your knees with the palms of your hands on the floor and touch your forehead to the floor.)

The Song of the Best Beloved

"The best beloved of the LORD shall dwell confidently in Him: as in a bride chamber shall he abide all the day long, and between His shoulders shall be rest." Deuteronomy 33:12
Douay Rheims

Part I

Holy GOD!
Holy and Mighty!
Holy Immortal one!
Have mercy on me!

...recite x 3 times

Part II *

I. O HOLY! HOLY! HOLY LORD!
Mighty GOD! Robed in glory!

II. HOLY! HOLY! HOLY!
You alone are holy!

...recite x 9 times

Chant Part II x3 times

In honor of the Three Divine
Persons of the Most Holy
Trinity indwelling your soul
through the Sacraments of the
Catholic / Orthodox Churches.

Part III

Holy GOD!
Holy and Mighty!
Holy Immortal one!
Have mercy on me!

...recite x 3 times

Closing Prayers

O Most Holy Trinity!
My mouth shall be filled with
Your praise and with Your glory.
For You have made my heart
Your heaven on earth, and I
shall sing forever of Your glory,
nothing but the praise of Your glory...

Glory to the Three in One;
To GOD the Father, Spirit, Son.
All glory, praise and honor be
to GOD the Holy Trinity!

+ In the Name of the
Father, and of the Son,
and of the Holy Spirit. Amen.

Silent Prayer



Be STILL and SILENT now in the presence of the Three Persons of the Most Holy Trinity indwelling your soul.

(See; Stillness & Silence)

Open your heart like a sunflower to the sun, and be like the Saints whose "...one activity is to become beings who are ever receiving."

Father Vallee - Spiritual Doctrine of Elizabeth of the Trinity.

The Prayer Beads

To pray the **Chaplet of the Indwelling Holy Trinity** you will need a rope or bracelet of three sets of nine (27) small beads, plus three large beads to mark the beginning and end of recitations + stretch jewelry cord.

To make a **bracelet** of prayer beads thread x 9 small beads onto the stretch jewelry cord, followed by x 1 large bead. Repeat x 2. Tie off with a reef knot. Apply one drop of superglue to the knot and pull it inside the last large bead.

* The Celestial Chant of the Song of the Best Beloved



**O HOLY! HOLY! HOLY LORD!
Mighty GOD! Robed in glory!**

A Vision of Heavenly Worship

" After this I had a vision of an open door to Heaven, and I heard the trumpet like voice that had spoken to me before, saying, " Come up here and I will show you what must happen afterwards. " At once I was caught up in spirit.

A throne was there in Heaven, and on the throne sat One Whose appearance sparkled like jasper and carnelian. Around the throne was a halo as

brilliant as an emerald. Surrounding the throne I saw twenty-four other thrones on which twenty-four elders sat, dressed in white garments and with gold crowns on their heads.

From the throne came flashes of lightning, rumblings, and peals of thunder. Seven flaming torches burned in front of the throne, which are the seven spirits of *GOD*. In front of the throne was something that resembled a sea of glass like crystal.

In the center and around the throne, there were four living creatures covered with eyes in front and in back. The first creature resembled a lion, the second was like a calf, the third had a face like that of a human being, and the fourth looked like an eagle in flight.

The four living creatures, each of them with six wings, were covered with eyes inside and out. Day and night they do not stop exclaiming:

**" HOLY! HOLY! HOLY!
Is the Lord *GOD* Almighty,**

Who was and Who is, and Who is to come."

Whenever the living creatures give glory and honor and thanks to the One

Who sits on the throne, Who lives forever and ever, the twenty-four elders fall down before the one Who sits on the throne and worship Him, Who lives forever and ever. They throw down their crowns before the throne, exclaiming:

"Worthy are You, Lord our GOD, to receive glory and honor and power, for You created all things; because of Your will they came to be and were created..." Revelation Chapter 4

HOLY! HOLY! HOLY!

"I saw the LORD seated on a high and lofty throne, with the train of His garment filling the temple. Seraphim were stationed above; each of them had six wings: with two they veiled their faces, with two they veiled their feet, and with two they hovered aloft. '**HOLY! HOLY! HOLY** is the LORD of hosts!' they cried one to the other. 'All the earth is filled with His glory!'" Isaiah 6:1-3

You alone are holy!

"Then I saw something like a sea of glass mingled with fire. On the sea of glass were standing those who had won the victory over the beast and its image and the number that signified its name. They were holding GOD's harps, and they sang the song of Moses, the servant of GOD, and the song of the Lamb:

'Great and wonderful
are Your works,
Lord GOD Almighty.
Just and true are Your ways,
O King of the nations.
Who will not fear You, LORD,
or glorify Your Name?
For **You alone are holy.**
All the nations will come
and worship before You,
for Your righteous acts
have been revealed.'"
Revelation 15:2-4

(The Trisagion)

**Holy GOD!
Holy and Mighty!
Holy Immortal one!
Have mercy on me!**

The "Thrice Holy". An ancient
Orthodox prayer from the early
400's AD.