



Trinity Sunday

I think a familiar cry on Trinity Sunday is I don't understand the Trinity! We can catch glimpses of the Father, the creator of all things, as we experience the awe and wonder of the created world. We can relate to Jesus. He was fully human and lived on Earth, sharing all that meant. When reading the Gospel stories we can use our imaginations, placing ourselves there and begin to understand Jesus' power and who He was. But frequently people say I am not sure about the Holy Spirit. And I'm definitely not sure how they all fit together as the One God.

There are passages in the Bible that are distinctly Trinitarian including:

- Go therefore and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, (Matthew 28.19)
- The grace of the Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with all of you. (2 Corinthians 13.14)
- ... who have been chosen and destined by God the Father and sanctified by the Spirit to be obedient to Jesus Christ (1 Peter 1.2)

The doctrine of the Trinity is foundational to the Christian faith. The belief in one God who eternally exists in three distinct and co-equal persons, the Father, the Son, and the Holy Spirit, developed gradually in early Christianity. It is crucial for properly understanding what God is like, how He relates to us, and how we should relate to Him. The Trinity is a communion of persons united in mutual self-giving and interacting with each other in the purest expression of love. Inconceivably with all our faults and imperfections we are invited into this relationship.

After Jesus' death and resurrection, the church, recalling phrases such as "I and the Father are one" (John 10:30), believed in a shared essence or divine nature between Jesus and the Father so they called them both by the name previously reserved for the Father, "Lord".

So how does the Holy Spirit fit in to this. In our Gospel lesson from John today, Jesus promised the disciples that after he left them the Spirit would come to tell them all that they needed to know. They will have the Spirit of Truth who does not speak on his own but rather he speaks what he hears. Jesus reminds his disciples that everything they are learning and will learn comes originally from the Father through Him, the Son, and then will come from the Son through the Spirit

The Father, Son, and Holy Spirit are not separate in their actions. They are always united in their purpose. When Jesus came to earth, he did the will of the Father. When the Holy Spirit came, it was to continue the work of Jesus.

The Trinity is a mystery and it is difficult to put into words. People have tried but this has often led to using images such as shamrocks, eggs and water in its three states. All are flawed and can lead to heretical understanding of the nature of the relationship between Father, Son and Holy Spirit. We're not supposed to fully grasp this truth, but we are called to have a relationship with the Trinity and are invited to be part of this communion of love. Will you respond with a 'yes' to this divine invitation?