

**FEAST OF MOST HOLY TRINITY; Cycle – B; May 26<sup>th</sup> 2024**  
**Deuteronomy 4:32-34, 39-40; Romans 8:14-17; Matthew 28:16-20**

Dear Sisters & Brothers,

Once a seminary professor started teaching the seminarians on Holy Trinity with the saying, “Young men, great Fathers like St. Augustine and St. Thomas Aquinas tried to understand the mystery of Holy Trinity, but they could not comprehend it fully. I don’t think you will understand either the mystery of Trinity. Of course, Holy Trinity is one of the most difficult mysteries to comprehend with human reasoning. But that doesn’t mean that we are totally unable to understand it at all. If we can understand a mystery fully, then it is not a mystery; then we can call it a secret. For instance, God the Creator is a great mystery. Yet we do know many things about God, for God has revealed Himself to us in many ways. The very creation on earth gives us a lot of information about God. Finally He revealed Himself through Jesus Christ and one thing He revealed to us is that **in God there are three persons**. When we go through the Biblical accounts available and the teaching of the Church, we know a lot about the Holy Trinity. We have a few mysteries of faith in the Church such as, *the Incarnation, the Resurrection, Ascension, the Assumption and Holy Trinity*. A mystery is to be believed, instead of questioning.

Our faith as Catholics is not only founded on the Biblical truths but also on the Sacred Traditions of the Church. What is unclear in the Bible is clarified by the Tradition of the Church. Though all the Christian denominations believe God as Father, Son and Holy Spirit, it is the Catholic Church that defined this mystery at length. We Catholics are deeply attached to the Holy Trinity. We never start any prayer without recalling Holy Trinity. For instance, no Catholic will begin a prayer without making the sign of the cross, **‘In the name of the Father and of the Son and of the Holy Spirit.’** The priest begins the Mass with the sign of the cross and he greets the people in the name of the Holy Trinity and he concludes the Mass in the name of the Holy Trinity. Strictly, the baptism is administered in the name of the Holy Trinity.

The concept of Holy Trinity is strictly found only in the New Testament. Nowhere in the Old Testament God is presented as Trinity. In the Old Testament if God is revealed through Abraham, Moses and the Prophets, in the New Testament God is revealed through Jesus Christ. **It is at the Baptism of Jesus, for the first the time, we meet the Father, Son and the Holy Spirit.** If we want to know about the Father, Son and Holy Spirit, we need only to read the gospel of John. In chapter 14:10, we hear Jesus say, **“Do you not believe that I am in the Father and the Father is in me?”** Then in 15:26, Jesus adds, **“When the Advocate comes whom I will send you from the Father, the Spirit of truth that proceeds from the Father, he will testify to me.”** So these three persons

are together as one. In John Jesus is very clear about his relationship with the Father and the Holy Spirit. Of course, Jesus never used the word '*Trinity*' anywhere in his teachings. But he revealed that Father, Jesus and the Holy Spirit are three distinct Persons in one God. This is the truth which God was conveying through Jesus Christ in the Scripture, a truth which Christians **later labeled "The Trinity."**

Christians also believe that God is Triune based on the Biblical revelation that ***God is Love (1Jn 4:8)***. Love cannot exist all alone; it is by nature directed toward another. We love someone, who is the object of our love. In fact, in order for love to exist there must be three elements: 'A lover, that is, one who does the loving; a beloved, the one who is loved, and the love itself which binds them together. **In the case of God, God the Father is the Eternal lover, God the Son is the Beloved and the Holy Spirit is the Divine Love binding them together eternally.** According to St. Augustine, the Father is the lover, the Son is the loved one and the Holy Spirit is the personification of the very act of loving. John says, "*Whoever is without love does not know God, for God is love.*"

God does not exist in solitary individualism but in a community of love and sharing. God is not a loner. This means that a Christian who seeks God should avoid isolationism. He/she has to live in the community of his/her fellow beings. The ideal Christian spirituality consists in communitarian love relationship. The true love requires three partners. **Our self needs to be in a horizontal relationship with our fellow beings and a vertical relationship with God.** Thus our life becomes Trinitarian like that of God. The Trinitarian love eliminates the 'I' or 'mine' mentality from us. **I am a Christian so far as I live in a relationship of love with God and other people.**