

## June 04 Holy Trinity Sunday

The mystery of the most Holy Trinity is a basic doctrine of Faith in Christianity, understandable not with our heads but with our hearts. It teaches us that there are three distinct Persons in one God, sharing the same Divine Nature, co-equal and co-eternal. Our mind cannot grasp this doctrine which teaches that  $1+1+1 = 1$  and not 3. But we believe in this Mystery because Jesus, Who is God, taught it clearly, the Evangelists recorded it, the Fathers of the Church tried to explain it, and the Councils of Nicaea and Constantinople defined it as a dogma of Christian Faith. (Add a pertinent anecdote).

The mystery of the Holy Trinity has great Importance in Christian life: 1) All prayers in the Church begin in the Name of the Holy Trinity and end glorifying the Trinity. 2) All Sacraments are administered (we are baptized, confirmed, anointed, our sins are forgiven, our marriage is blessed, and our Bishops, priests and deacons are ordained) in the name of the Holy Trinity. 3) When Church bells ring thrice daily, they remind us to give glory to the Holy Trinity for the Incarnation of Jesus and His Redemption of all of us. 4) We bless ourselves, and the priest blesses us, in the Name of the Holy Trinity.

There are only vague and hidden references to the Trinity in the Old Testament. But the New Testament gives clear teachings on the Holy Trinity.

1) At the Annunciation, God the Father sends His angel to Mary, God the Holy Spirit comes upon her, the Power of the Most High overshadows her, and God the Son becomes Incarnate in her womb.

2) At the baptism of Jesus, when the Son receives baptism from John the Baptist, the Father's Voice is heard, and the Holy Spirit appears as a Dove and descends upon Jesus.

3) At the Ascension, Jesus gives the missionary command to his disciples to baptize those who believe, in the name of the Father and of the Son and of the Holy Spirit.

4) In John's Gospel, chapters 15–18, we have a detailed account of Jesus' teaching of the role of each Person of the Holy Trinity: a) God the Father creates and provides for His creatures. b) God the Son redeems us and reconciles us with God.

c) God the Holy Spirit sanctifies us, strengthens us, teaches us, and guides us to God.

1) We need to respect ourselves and respect others. Our living belief in the presence of the Triune God within us should help us to esteem ourselves as God's holy dwelling place, to behave well in His holy presence, and to lead purer and holier lives, practicing acts of justice and charity. This Triune Presence should also encourage us to respect and honor others as "Temples of the Holy Spirit."

2) We need to be aware of God as the Source of our strength and courage. Our awareness and conviction of the presence of God within us give us the strength to face the manifold problems of life with Christian courage. It was such a conviction that prompted the early Christian martyrs being taken to their execution to shout the heroic prayer of Faith from the Psalms: "The Lord of hosts is with us, the God of Jacob is our refuge " (Ps 46:7,11).

3) We need to see the Trinity as the model for our Christian families: We are created in love to be a community of loving persons, just as the Father, Son, and Holy Spirit are One in Love. From the day of our Baptism, we have belonged to the One God, Father, Son, and Holy Spirit. How privileged we are to grow up in such a beautiful Family! Hence, let us turn to the Father, Son, and Holy Spirit in prayer every day. We belong to the Family of the Triune God. The love, unity, and joy in the relationship among the Father, Son, and Holy Spirit should be the supreme model of our relationships within our Christian families. Our families become truly Christian when we live in a relationship of love with God and with others.

4) We are called to become more like the Triune God through all our relationships. We are made in God's image and likeness. Just as God is God only in a Trinitarian relationship, so we can be fully human only as one member of a relationship of three partners. The self needs to be in a horizontal relationship with all other people and in a vertical relationship with God. In that way our life becomes Trinitarian like that of God. Modern society follows the so-called "I-and-I" principle of unbridled individualism and the resulting consumerism. But the doctrine of the Blessed Trinity challenges us to adopt an "I-and-God-and-neighbor" principle: "I am a Christian insofar as I live in a relationship of love with God and other people."