

## **THE MOST HOLY TRINITY**

Today we celebrate one of the deepest mysteries of our faith: The Most Holy Trinity—one God in three Persons: Father, Son, and Holy Spirit.

When we hear the mystery of “Trinity” we immediately think of something difficult to understand. And in a way, it is. Not because God wants to confuse us, but because God is greater than our human understanding. **The Trinity is not simply a doctrine to explain—it is a relationship to enter.**

The Gospel for Trinity Sunday often reminds us that God reveals Himself not as loneliness, but as communion.

- The Father loves the Son,
- the Son receives and returns that love, and
- the Holy Spirit is the living bond of that love. God’s very nature is love.

So, we will focus our reflection from three dimensions of our thinking:

- The nature of the Trinity
- The existence of the Trinity, and
- Our challenge in relation with the Trinity.

**The Nature** of the Trinity tells us something important: When God created humanity, He did not create us to live isolated lives. We were created **by love and for love.** We are made for relationship—with God and with one another. That is why love, family, friendship, community, forgiveness, and service bring meaning to our lives.

Look at the sign of the cross we make every day: *“In the name of the Father, and of the Son, and of the Holy Spirit.”* We begin Mass with it. We begin prayers with it. Sometimes we make it quickly without thinking. But every sign of the cross is a reminder: **we belong to the Trinity.** That is what the Trinity reveals to us.

- **The Father** is the Lover, the ultimate source of all being and goodness.

- **The Son** is the Beloved, who receives the Father’s love completely and pours Himself out in return.
- **The Holy Spirit** is the living, breathing Breath of Love shared between them—a love so real that it is itself a Person.

So the Nature of the Trinity is ONE and we belong to him.

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To understand **the Existence** of the Trinity, we focus on the function: When we were baptized, those words were spoken over us. Baptism was not simply joining an institution—it was entering into the life of God.

- The Father created us.
- The Son redeemed us.
- The Holy Spirit sanctifies and guides us.

Sometimes we think of God only as powerful and distant. But the Trinity shows us a God who comes close. So the Trinity exists within ourselves: The existence of the Trinity is in each and everyone of us. Because we came to “life” by the breathing of the Trinity.

- When we feel lost, the Father says: “You are my beloved child.”
- When we fall into sin, the Son says: “Come back; I gave my life for you.”
- When we feel weak and uncertain, the Holy Spirit says: “I am with you.”

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The mystery of the Trinity also becomes **a challenge** for our daily life.

If God is communion, then Christian life cannot be lived in division, bitterness, or selfishness. Families are called to reflect the Trinity through mutual love and respect. Communities are called to reflect the Trinity through unity and service. Every act of forgiveness becomes a reflection of God.

There is a beautiful story about Saint Augustine of Hippo. While trying to understand the mystery of the Trinity, he saw a child trying to pour the entire ocean into a small hole in the sand. Augustine realized that trying to fully understand God with our limited minds is like fitting the ocean into a tiny hole. Yet God reveals enough of Himself for us to know Him, love Him, and trust Him.

Today, the Trinity invites us not to solve a puzzle but **to live a relationship.**

The Core Meaning is: The mystery of the Trinity tells us that at the very heart of reality, before anything else existed, there was relationship, there was community, and there was love. When we speak of God as Trinity, we are saying that the inner life of God is a life of love, a life of loving relationships.

So this week, every time you make the sign of the cross, do it slowly and prayerfully.

And remember:

- You are loved by the Father.
- You are saved by the Son.
- You are guided by the Holy Spirit.

May our lives become a reflection of the communion and love of the Holy Trinity.

Amen.

**FR. A. S. SAVIO**

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