

## **THE MOST HOLY TRINITY**

In times of fear, we need someone to give us courage. In times of anxiety, we want someone to listen to us. In times of grief, we need someone to support us. In times of hopelessness, we need someone to give us hope. In times of threat, we need someone to stand by us. The death and crucifixion of Jesus brought the disciples to their knees. Not only could they not understand what happened to their Master, but they feared death. In such a time, the Holy Spirit comes down upon them and transforms them completely. As we celebrate the feast of Pentecost on this Sunday, the liturgical readings invite us to delve deeper into the mystery of the Third Person of the Trinity, that is, the Holy Spirit, and embrace it completely.

### **1. Pentecost: Brings Life-Changing Moments**

The feast of Pentecost is the celebration of God's Spirit poured out upon the Church and upon every believer. The readings of this Sunday invite us to reflect on the Holy Spirit, who brings courage in fear, unity in diversity, and life in a wounded world. In the [Acts of the Apostles \(2:1-11\)](#), the disciples are gathered together in fear and uncertainty. Suddenly, the sound of a mighty wind fills the house and tongues of fire rest upon them. The frightened disciples become courageous witnesses. The Spirit changes ordinary people into fearless proclaimers of God's love.

Pentecost reminds us that God does not abandon His people in moments of confusion or weakness. The Spirit comes precisely when hearts are closed, when hope is fading, and when courage is lacking. Often in our own lives, we remain locked behind the doors of fear—fear of failure, rejection, uncertainty, or suffering. Yet the Spirit of God can still enter those locked places and awaken new life within us.

### **2. Pentecost: A New Way of Being in the World**

One of the most beautiful signs of Pentecost is that people from many nations hear the disciples speaking in their own languages. The Spirit does not erase differences; rather, the Spirit creates communion amidst diversity. In today's divided world, filled with conflict, wars, hatred, and misunderstanding, Pentecost becomes a powerful invitation to build bridges instead of walls. ***The Holy Spirit teaches us the language of love, compassion, forgiveness, and understanding.*** Wherever people listen deeply to one another, respect differences, and work for peace, the Spirit of Pentecost is alive.

In the second reading, St. Paul reminds the Corinthians ([1 Corinthians 12:3-7](#)) that though there are many gifts, there is only one Spirit. Each person is gifted differently, yet every gift is meant for the common good. Sometimes we compare ourselves with others and feel inadequate, or we become proud of our own abilities. Paul teaches us that every person has a unique role in the Body of Christ. No one is insignificant. Pentecost calls us to recognize our gifts and place them at the service of others.

### **3. Pentecost: God Stands by us through His Holy Spirit**

The Gospel of John 20:19–23 depicts the disciples hiding behind locked doors after Jesus' death. Into that fear-filled room, the risen Lord comes and says, “Peace be with you.” Before giving them a mission, Jesus gives them peace. The Spirit is not given to create anxiety or superiority, but to bring inner peace and reconciliation. Jesus then breathes upon them and says, “Receive the Holy Spirit.” Just as God breathed life into humanity at creation, Jesus now breathes new spiritual life into His disciples.

Pentecost is therefore a new creation. The Spirit renews hearts, restores broken relationships, and gives humanity a fresh beginning. Jesus also entrusts the disciples with the ministry of forgiveness. A Spirit-filled person cannot live with hatred, bitterness, or revenge. The Spirit softens hearts and enables reconciliation. In families, communities, institutions, and nations, forgiveness remains one of the greatest signs of the Spirit's presence. Pentecost is an ongoing experience in the life of the Church and in our personal lives. May the Holy Spirit guide our thoughts, words, and actions so that we may become instruments of peace, unity, and hope in the world.

#### **Questions for self-reflection**

1. What are the fears or “locked doors” in my life that prevent me from fully trusting God and others?
2. Do I allow the Holy Spirit to guide my decisions, words, and relationships each day?
3. How do I use the gifts and talents God has given me for the service of others and the good of the community?

#### **Prayer**

Loving God, on this Pentecost Sunday, we thank You for the gift of the Holy Spirit who renews, strengthens, and guides us each day. Fill our hearts with Your peace and help us to overcome our fears with faith and courage. Teach us to use our gifts in the service of others and to become instruments of unity, forgiveness, and compassion in our families and communities. May Your Spirit continue to lead us closer to You and inspire us to live as joyful witnesses of Your love in the world. We make this prayer in Jesus' Holy Name, Amen.

**- Fr Olvin Veigas, SJ**

=====

For more Homilies and Reflections, [click here](#)

=====