

## **HOLY TRINITY SUNDAY [A]**

**Introduction:** 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.

### **Importance of Holy Trinity 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.

**Biblical basis:** 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.

**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) **John's account**: 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.

**Life messages**: 1) **Let us respect ourselves and others** because everyone is the temple of the Holy Spirit where all Three Persons of the Holy Trinity abide.

2) Let us have the firm conviction that the Trinitarian God abides in us, that He is the Source of our hope, courage and strength, and that He is our final destination.

3) **Let us practice the Trinitarian relationship of love and unity in the family relationships** of father, mother, and children because by Baptism we become children of God and members of God's Trinitarian family.

4) **Let us practice the I-God-my neighbor vertical** and horizontal Trinitarian relationships in this life by loving God.

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