

LOOKING TO SUNDAY®

Sunday, May 27, 2018

The Most Holy Trinity

This email, entitled Looking to Sunday®, focuses on one or more of the scripture readings for the coming Sunday. It prepares readers to hear God's Word at Mass and it offers a point of reflection to consider in the days leading to Sunday. Looking to Sunday is written by Father Tom Iwanowski.

TOUCHED BY THE TRINITY

The doctrine of the Holy Trinity, which the Church places before us this coming Sunday, proclaims our belief that the One God we worship is Father, Son, and Holy Spirit – Three Divine Persons, One God.

We proclaim that belief each time we make the Sign of the Cross, each time we profess the Creed at Mass, each time we baptize a person using the words found in this Sunday's Gospel (Matthew 28:16-20), and each time the Church prays "through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, One God, for ever and ever."

Yet an obvious question arises. How do we know that God is a Trinity of Persons? If humanity had come to a conception of God on its own, it might have conceived of the existence of a Supreme Being, a Creator, an All Sustaining Power, a Life-Force. But it would most likely never have arrived at the doctrine we proclaim this Sunday.

Our conviction that God is Father, Son, and Holy Spirit is not the result of our theorizing but the result of God revealing himself to us and blessing us with the gift of faith.

Our conviction that God is a Trinity comes from the scriptures. It comes from the words of Jesus who announced, "The Father and I are one." (John 10:30) "Whoever has seen me has seen the Father." (John 14:9) It comes from the promise of Jesus who said, "I will ask the Father, and he will give you another Advocate to be with you always, the Spirit of truth." (John 14:16)

Our conviction is based on the work of great theologians far more knowledgeable than ourselves and on the teachings of the Church – a Church that God promised would not be led astray, "the gates of the netherworld shall not prevail against it." (Matthew 16:18)

All good reasons to believe. But perhaps there is another reason we believe. And it is this – we have personally experienced and come to know God as Father, Son, and Holy Spirit.

When we pray the Lord's Prayer, calling God "Our Father," we acknowledge ourselves as children anxious to be embraced and cared for by the God who created us.

When we receive the Body and Blood of Christ, we recognize that we are being drawn into a "holy communion" with Jesus, the one who, as Thomas proclaimed, is "Lord and God."

When we create a place of silence and give ourselves to prayer, we feel the presence the Holy Spirit. We also recognize that same Holy Spirit in those thoughts and inspirations to goodness that come to our minds.

The doctrine of the Holy Trinity is a mystery that we will never fully understand. For how can the human mind comprehend the One beyond understanding, the One without beginning or end, the One who by very definition is beyond us?

But we have moments where the God who is Father, Son, and Holy Spirit lovingly reaches out and touches our hearts.

This Sunday we are reminded to be aware of the presence and action of the Holy Trinity, for the One God who is Father, Son, and Holy Spirit is involved in our lives!

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