



The Most Holy Trinity

Jesus Christ revealed to us that in God there are three divine persons: the Father, the Son and the Holy Spirit. So, we might ponder how do we understand the Trinity?

We might begin to understand God a little better if we think about love; for Scripture says:

“God is love, and whoever remains in love remains in God and God in him.” 1 John 4:16.

“God himself is an eternal exchange of love, Father, Son, & Holy Spirit, and He has destined us to share in that exchange of Love.” CCC 221

The Nature of Love

Deep down we know that Love means giving oneself as a gift to another person. Humans have a great capacity for giving and receiving this love. We don't want our love to be just a momentary feeling either; we want it to become visible, tangible, lasting, and always more real. When we give ourselves in love, we become *more ourselves*. When we love, we become more alive, and we realize more truly the meaning of our lives.

The human family created in the image and likeness of God helps to illustrate this important point. When a child is conceived, the man continues to be a man, but now he expresses in a deeper way what it means to be a man: he is now a father. The woman as well, expresses more deeply what it means to be a woman: she is now a mother.

Love causes us to *realize* and come to *be our own selves* in deeper ways: when love becomes more visible, tangible, mature, lasting and real, so do we. Of course, something else happens as well. Where there was no person before, there is now the new life of the child. So real love also tends to be fruitful.

Love brings fresh encounters with others, encounters that are in some way fruitful; the conception of a new child is an especially *revealing* example of love's fruitfulness.

Three Persons in One God

Now think about our original question: why is there more than one person in God? Answer: because God is love, and where there is love, love needs to be shared. Love involves more than one person, and this is eternally true of God.

When we speak of God, the word “persons” is actually as important as the word “love.” In God there are certain personal relationships of love that are eternal. So, we know that there is more than one person in God because God is love. But why are there three persons in God? Why not just two?

The answer is that real love between people is never isolated from others. It needs to be shared and tends to be fruitful. In a way, this is what the Holy Spirit represents: the fruitfulness of the Father and Son's love. Just as the bond of love between the man and the woman bears the fruit of a child; so too the bond of love between the Father and the Son brings about in an eternal way the Holy Spirit.

The Holy Spirit is not a child; He is an eternal person who proceeds from the bond of love between the Father and the Son. The oneness of the Father and the Son is so real and true that it is *in itself* another divine person. While another person is added to God here, he does not detract from God's oneness; he actually expresses it. So, these three persons do not detract from the oneness of God, they are the dynamic expression of that oneness.

In God's love, however, there is no limit to the intimacy of the divine persons; there is no limit to the unity and oneness of the divine persons, no limit to the oneness that is the very nature of God. God is three persons, and they are each fully God; but to an infinite degree, God is also one. They are so close that in a very profound way, these divine persons actually dwell within one another. **God is three, God is also dynamically one.**

We too most deeply desire a love which is intimate, fruitful, and lasting, and one which presents itself to us without any conditions. We also want to be awakened considerably by this love, so as to take up the cause of this love, bringing it into our relations with others. We want this love to be woven deeply into our lives.

We want the occasions of our lives to be enlarged and intensified by this Love. We could never provide such love for ourselves, but we do long for it, and most importantly we do have the capacity to receive this infinite love.

God is the kind of Love we long for, and God's plan is to fulfill our deepest desires and include us in His life of Love. This is the truth about the Trinity, our God, and nothing is more worthy of our contemplation. Such contemplation can change us completely.