

## The Most Holy Trinity – Year A (2026)

Let's get started with a few easy questions.

Since we last gathered seven days ago, can you recall one time last week when you were generous? How about patient? Last one, truthful.

Good, I could feel many positive responses!

Like many other qualities: kindness, gentleness, piety, the one least likely to come to our mind is “merciful.”

Since the last time we gathered seven days ago, can you recall one time when you were “merciful”?

- I hope that guy gets what's coming to him.
- I'm never going to forgive my friend for what she said to me.
- People don't change. That's just a big lie.
- He doesn't deserve a second chance.
- She's only apologizing because she got caught.

However, what we almost NEVER hear, say, or think:

- He's just a kid. We shouldn't let this ruin his life.
- I accept your apology, and I forgive you.
- I'm not interested in getting back at people.
- She needs a second chance, not a pair of handcuffs.
- I'm not perfect, so I can't expect others to be.

**“For God did not send his Son into the world  
to condemn the world, . . .”** Jn 3:16

Why can it be so difficult for Christians to show mercy?

Often, it's because we don't feel truly free. Sin exerts a kind of quiet tyranny, holding us captive through fear. That fear convinces us that showing mercy will weaken us—that it will cost us our strength, expose our vulnerabilities, or undermine our position.

And with this mindset, mercy feels risky, even unsafe. And when we are fearful, we tend to withhold it.

But this stands in contrast to the example of Jesus.

Who did not come to condemn the world, but to save it. He came to draw people toward God, not to push them away—to bring them into life, not to leave them in judgment; to reveal God's presence among us, not to separate us from Him.

While it is true that we deserve condemnation because of our sins, God responds with love and compassion. He sent Jesus to redeem us—to rescue us from both sin and its eternal consequences.

On the cross, Jesus took upon Himself the punishment we deserved. His sacrifice was not an act of condemnation, but of salvation. Through it, He offers forgiveness, extends mercy, and pours out grace.

Through his Passion and his enduring presence in the Mass, his sacrifice is one of supreme mercy and love. In the Eucharist, we remember that Jesus loves us to the end, that he gave everything he had for us on the Cross.

At the heart of this message is love. Jesus reveals that love is central to who God is—a love that is not jealous, arrogant, or rude; a love that does not insist on its own way; a love that is patient, kind, and free from resentment or selfishness.

Which raises an important question: If this is who God is, why do we struggle to embrace and reflect that reality?

Each of us has our own reasons for falling short of the person God calls us to be. Yet when we reflect on the Trinity and look closely at the life of Jesus, one truth becomes unmistakably clear:

- God is not looking for reasons to punish us.
- God is not looking for an opportunity to “give us what we deserve”.
- God is not looking for a way to “teach us a hard lesson.”
- God is not looking to “make sure we know who’s boss.”
- God is not looking to cause us to worry unceasingly in fear of his wrath.

Our Triune God constantly looks for opportunities to show us mercy, opportunities to forgive us, opportunities to be generous.

**“God loves each one of us  
as if there were only us to love.”**

St. Augustine

And this is most true, in the Eucharist: Jesus expresses his boundless love by giving us the totality of his life and his very presence. Instead of offering just a symbol, he offers his own Body and Blood, allowing us to experience an intimate, transformative life-giving encounter with him.

The Eucharist with new eyes and a renewed heart. It is the source and summit of our Christian life, and that is not something to take lightly.

So, the next time someone, or you yourself, tries to tell you that the Mass is just a boring routine, you can look them in the eye and tell them the truth.

The Eucharist is a life-changing encounter with the Real Presence of Christ and his boundless love for us, and that is always something worth showing up for every single time.