



## Going Around in Triangles

**Read:** John 3:16-18

Trinity Sunday is the celebration of God's revelation of himself as an exchange of love between the Father, Son and Holy Spirit. The Trinity is the central and fundamental doctrine of Christianity. It consists of three essential components: mystery, theology, and relationship.

1. The Trinity is a mystery that cannot be comprehended by human reason and can only be understood through faith. Since God is as an infinite being, incomprehensible to finite beings, he will always remain a mystery to us. Yet, God has chosen to reveal himself to us through the person of His Son, Jesus Christ. This way, God does not remain distant, but is comprehensible, even if He remains in part a mystery.
2. Since God has revealed himself to us, there are certain (theological) things we can say about the Trinity. The Church states that the Trinity is one and the same God in three divine persons. The three divine Persons, though really distinct from one another, are one and the same God. In other words, the Trinity consists of one *Nature* (God) in three *Persons* (Father, Son and Holy Spirit).
3. This is significant because it means that God is relational. Since God is love (1 John 4:7), it means that each person in the Trinity is in an exchange of love with one other. God invites us to share in His love by being in relationship with Him. It is through Jesus that we gain access to the life and love of the Trinity (Eph. 2:18). That is why Jesus says that those who believe in him will have eternal life (John 3:16). When we profess that Jesus is the only Son of the Father and we surrender our lives to him, we are filled with the Holy Spirit. The Holy Spirit is God's love present in our lives and enables us to follow Jesus. The very nature of God dwells within us and enables us to partake in the life of the Trinity.