



The Trinity: One God as Three Persons

Read: John 16:12-15

Being a Christian is more than believing in and following Jesus. It requires belief in some fundamental principles, the most important of which is the Trinity. In fact, the Catechism says that the Trinity “is the most fundamental and essential teaching in the ‘hierarchy of truths and faith’” (234). Therefore, the Trinity is of fundamental importance and the central element to all Christian belief, because through the Trinity, God has revealed himself to us. Though God will always remain a mystery to us, there are certain things we can know because he has revealed them to us.

In this week’s gospel Jesus indicates that the Trinity consists of the Father, Son and Holy Spirit (John 16:12-15). God the Father is the Creator (1 Corinthians 8:60); God the Son is the Redeemer (Matthew 1:21) and God the Holy Spirit is the Advocate who will guide us “into all truth” (John 16:13). But how does this work?

The three divine Persons, though really distinct from one another, are one and the same God because all have one and the same divine nature. In other words, the Trinity consist of one *Nature* (God) in three *Persons* (Father, Son and Holy Spirit). A Nature is “What” someone or something is; a Person is “Who” someone is. The three persons of the Trinity fully possess the one divine nature of God. The Trinity may seem like a contradiction but it is not. It says that God is one in nature and three in Persons, but it does not say that God is both one Person and three Persons, or one in nature and three natures. That would be a meaningless self-contradiction.

Jesus has revealed the very nature of God to us. But he also reveals that God is love (1 John 4:16). In fact, the Bible teaches that God is an eternal exchange of love, Father, Son and Holy Spirit, and the good news is that he has destined us to share in that exchange. Our job is to believe this mystery so that God’s love can be poured into our “hearts through the Holy Spirit” (Romans 5:5).

Next Steps: Over the course of the next week, read and reflect on each of the following Bible passages on the Trinity, in the order suggested: (Day 1) Deuteronomy 6:4; (Day 2) 1 John 4:16; (Day 3) 1 Corinthians 8:6; (Day 4) 2 Timothy 1:10; (Day 5) Matthew 10:20 (Day 6) 2 Corinthians 13:14; (Day 7) Matthew 28:19