

## Sermon for the Feast of the Blessed Trinity A

Today we celebrate the Feast of the Blessed Trinity, the central mystery of our Christian faith. Everything we believe—every prayer we pray, every sacrament we receive, every hope we hold—rests upon this truth: one God in three Persons—Father, Son, and Holy Spirit. The Trinity is not a theological puzzle to solve but a revelation of who God is at the deepest level. God is not solitary, distant, or isolated. God is relationship, communion, and perfect love.

From all eternity, the Father loves the Son; the Son receives and returns that love; and the Holy Spirit is the living bond of that love. This is not just divine information—it is the very life into which we were baptized. When water touched our heads in the name of the Father, and of the Son, and of the Holy Spirit, we were drawn into God’s own communion of love. The Trinity is not far away; the Trinity is the heartbeat of our faith and the source of our identity.

The mystery of the Trinity also reveals how God acts in our lives. The Father creates us, sustains us, and holds us in existence at every moment. The Son saves us, redeems us, and walks with us in our human struggles. The Holy Spirit sanctifies us, strengthens us, and guides our steps. Though we speak of three Persons, they never act separately. Every work of God is the work of the Father, the Son, and the Holy Spirit together—one God drawing us into eternal communion.

Because God is communion, the Trinity becomes the model for how we are called to live. To live the mystery of the Blessed Trinity is to let the Father, the Son, and the Holy Spirit shape the way we think, pray, and love each day.

We live the Trinity when we trust the Father’s love. God is not a distant ruler but a loving Father who cares for us, forgives us, and walks with us. I once knew a woman who carried heavy burdens—financial stress, illness, and family conflict. She told me, “Every morning I say, ‘Father, I trust You,’ and somehow I find the strength to keep going.” That simple act of trust is profoundly Trinitarian. When we rest in the Father’s love, we live as children of God.

We live the Trinity when we imitate Jesus in kindness, mercy, and self-giving love. Jesus shows us what divine love looks like in human form—touching the sick, forgiving enemies, feeding the hungry, welcoming the forgotten. Whenever we choose compassion over judgment, generosity over selfishness, or patience over anger, we reflect the Son. A man once shared that he began visiting an elderly neighbor who lived alone. “I just wanted her to know she wasn’t forgotten,” he said. That simple act of mercy was Christ alive in him.

We live the Trinity when we allow the Holy Spirit to guide our choices. The Spirit strengthens us when we are weak, gives us courage when we are afraid, and inspires us to bring peace where there is division. I think of a young woman who felt torn between resentment and forgiveness toward a family member. She prayed, “Holy Spirit, show me the way.” Over time, her heart softened, and reconciliation became possible. That is the Spirit at work—quiet, gentle, powerful.

Because God is communion, we live the Trinity when we promote harmony, forgiveness, and understanding in our families and communities. Every time we choose to listen instead of argue, to forgive instead of hold a grudge, to build bridges instead of walls, we reflect the God who is perfect unity. The Trinity teaches us that love is not optional—it is our identity.

Even our simplest prayer draws us into this mystery. Every time we pray, “Glory be to the Father, and to the Son, and to the Holy Spirit,” we step into the eternal love of God. We are not merely reciting words; we are entering the divine communion that created us, redeemed us, and sanctifies us.

On this feast of the Blessed Trinity, may we not only adore the mystery but live it. May we trust the Father’s love, imitate the Son’s compassion, and follow the Spirit’s guidance. And may our lives become a reflection of the God who is love—Father, Son, and Holy Spirit.