



THE HOLY TRINITY

The Trinity is God's identity as three persons: Father, Son, and the Holy Spirit. The idea of Father and Son is a statement of relationship. They share a life of love. Love is the nature of God. We strive to mirror that relationship. We become our true-self when we give of ourselves to others. We cannot be our true-self if we live lives in isolation. We must love people with equality and justice. Personal divisions are a sin against the unity of God. The life of the Trinity is the model for our human relationships. We become active in God's love when we receive God's love and allow His love to flow through us. We must not be a container of God's love but a conduit where His love flows through us. Then we become active in the divine life of the Father and the Son.

In the relationship in the Holy Trinity the Father loves the Son, the Son loves the Father; the Son sends the Holy Spirit and empowers us to receive that love. We have God's love in us and it must flow through us to others with equality and justice. Our relationship with God is not only at Mass, in the adoration chapel, or in the quiet on our bedroom. When we seek God, He provides the occasion, He creates the affection, and He gives us the desire. God is not a problem to be solved but a mystery to be lived.

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