

Homily for The Most Holy Trinity Sunday 2022

Year C

Today is the feast of the most Holy Trinity. We come face to face with the mystery of the inner life of God, a family of three persons, Father, Son and Holy Spirit; a family in which there is complete harmony, love, and total peace.

What is the meaning of this mystery for our lives?

Scripture tells us that we are the children of God the Father, who cares for us; that in Jesus Christ we have a brother, who died for us; and that in the Holy Spirit we have a comforter and friend who protects us and strengthen us when we are in danger.

The Trinity is an invitation to discover and deepen the relationship between God and ourselves in the light of what the Gospel tells us about this inner life of God. If we are made in the image and likeness of God, then surely it follows that we should strive to become like Him, as much as it is humanly possible, because when our life is over, the fulfilment of our dreams is to be in God's company, and to see Him as He really is. To come to an awareness of our true dignity as children of God demands a great deal of change and conversion on our part. It requires a basic readiness to let go of everything which binds us to this world.

The oneness of God and the unique place He should hold in our lives brings home to us how easily we can be lured into worshipping false gods. How easily the trappings of money, power, and prestige can take His place.

The generosity of the Father in sending His Son into the world as its saviour contrasts greatly with all the forms of human selfishness to which we are prone.

When we think about the Trinity, it fills us with awe and open-eyed reverence. It blows our minds because we do not have a God whose limits we can define. In the idea of the Trinity, our minds are brought into a loving contact with the complexity of a God who no language is adequate to describe.

His greatness and goodness exceed the boundaries of all thought and is beyond our human attempts to comprehend.

The great Saint Augustine tells us that when we are speaking about God we should not marvel because we do not understand, because if we did understand, then that would not be God.

A God without mystery would have no claim on our reverence. We should never look upon the Trinity as a problem to be solved, or a test to our faith.

We have been given this special insight into the inner life of God to make us more deeply aware of the life that we share at our Baptism when the Holy Spirit is poured into our

hearts, making us adopted children of the Father. Because God loves us and wants us to return that love, He offers us a share in His own Divine life, and that demands that we allow the Risen Christ to make His home in our hearts.

Saint Augustine's prayer put it perfectly, "O God you made us for yourself alone, and our hearts are forever restless until we finally rest in Thee".

If our behaviour is to mirror that of the life of the Trinity, then the Grace of our Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit should govern our every word and action.

Each time we make the sign of the cross whilst blessing ourselves, we express our faith, calling upon the name of the Trinity. The actions accompanying the words reminds us that it is through the Cross of Jesus, that the life of the Trinity is open to us, and that the Cross is the only means by which we can follow Christ our Saviour into eternal life.

From the moment we were baptised in the name of the three persons of the Trinity, we pledged to live our lives under their protection, and do everything in their name, so that when our life is over, we shall go to meet them and live in their company forever. A moment when our prayer will surely be, "Glory be to the Father, the Son, and the Holy Spirit, as it was in the beginning, is now, and shall be forever, Amen".