

## The Trinity

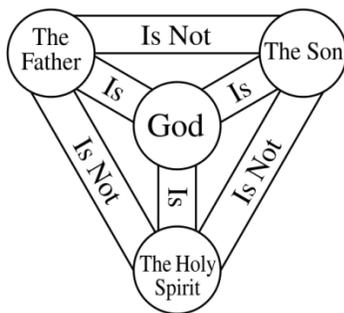
While we can use reason to prove that God exists, we can only come to know who God is because He chooses to reveal Himself to us. God reveals Himself in many different ways, but He primarily reveals Himself to us through the Sacred Scriptures. In the bible we see that God is a Trinity, that is to say He is one God with three distinct persons (the Father, the Son and the Holy Spirit.)

The Trinity is the central mystery of the Catholic faith. While no one can totally comprehend Him who is infinite, the use of reason shows us that it is neither impossible nor illogical to believe in the Trinity. As the central mystery of the Catholic faith, it is also the most fundamental teaching of the Catholic Church and so it is important that we have a proper understanding of who the Trinity is.

Simply stated, God is one and three. Each of the three persons of the Blessed Trinity, while utterly distinct, is totally God. They do not share the divinity amongst themselves but rather each is wholly God and at the same time really distinct from each other. The Father is not the Son and the Son is not the Holy Spirit etc. This distinction between the persons of the Holy Trinity rests in their origin because while all of them have existed and will exist for all eternity, it is the Father who eternally begets the Son and the Holy Spirit who eternally proceeds from the Father and the Son. While their origin is distinct, they are perfectly equal because they are all fully God.

Each of the persons of the Blessed Trinity is bound together by a bond of love. If we look at a loving relationship we realize that there must be at least two parties involved in that relationship, because love must give itself to someone. Since God is love<sup>1</sup> there must have always been someone to receive that infinite love. Just as the love of a husband and wife pro-creates a new life, so the eternal love shared between the Father and the Son begets an eternal person, the Holy Spirit.

While it is impossible to fully comprehend who the Trinity is, through different analogies and images we can form a concept of what has been revealed. Many of the greatest teachers of the Church have used the triangle to demonstrate an understanding of who the Trinity is. This ancient and simple visual description of the Trinity shows how there is one God (the triangle itself) with three unique persons (the three corners of the triangle.)



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<sup>1</sup> 1 John 4:8, 11