

# Sunday Reflection

◆ **First Reading:** *Deuteronomy 4:32-34, 39-40*

◆ **Second Reading:** *Romans 8:14-17*

◆ **Gospel:** *Matthew 28:16-20*

To-day we celebrate the Feast of the Most Holy Trinity, Father, Son and Holy Spirit ; you may remember years ago when we were being prepared for our 1<sup>st</sup> Holy Communion, the theme of the Trinity was surely mentioned, 3 persons in one God, and that was that ; in my preparation we were told “the TRINITY IS A MYSTERY OF OUR FAITH”, in other words, don’t bother trying to solve the mystery of the Trinity, just believe in the mystery ; fair enough! But the power of our Faith allows us to explore the existence of the Trinity ; if you go back to chapter 33 of the Book of Exodus in the Old Testament, Moses wants to see God, pleading “SHOW ME YOUR GLORY, I BEG YOU” to which God replies “MY SPLENDOUR WILL PASS IN FRONT OF YOU, BUT YOU’LL NOT BE ABLE TO SEE MY FACE AND LIVE” .....then in the middle of chapter 10 of st.John’s Gospel, Jesus put himself on the same level as the Heavenly Father when he stated “THE FATHER AND I ARE ONE” to which the Pharisees responded with violence, they picked up stones to throw at him ...

During the Last Supper, Philip says to Jesus “LORD, LET US SEE THE FATHER, AND THEN WE WILL BE SATISFIED” to which Jesus replies “TO HAVE SEEN ME IS TO HAVE SEEN THE FATHER” ; The 3<sup>rd</sup> person of the Trinity is professed in our Creed “....I believe in the Holy Spirit, the lord, the Giver of life, who proceeds from the Father and the Son, who with the Father and the Son is glorified.....”. So where does all that leave us as regards the mystery of the Trinity? Believe in the role or believe in the work of the 3 Divine persons, the Father is the Creator and owner of life, and all that exists, the Son is the Saviour-Redeemer, he came among us in human form. What is God like? Look no further than into the life, teachings, death and Resurrection of the Saviour Jesus, that’s what God is like, and the Holy Spirit is the Sanctifier ; we may turn to the Holy Spirit at any time and ask for guidance, ask for the courage and wisdom that we all need on our journey towards Heaven “ASK AND YOU WILL RECEIVE, SEARCH AND YOU WILL FIND, KNOCK AND THE DOOR WILL BE OPENED TO YOU” (Matthew 7 ; 7)

But whatever you ask for, ask with Faith but never under your own conditions, remembering that the ways of God are not our ways ;

So what else can be said on this Feast of the Most Holy Trinity? Well really, that's the same as asking what else can we say about the greatness of God? and that will never be answered, why? because GOD IS A DISCOVERY WITHOUT END, a discovery that will be enjoyed for eternity, and the starting point of that discovery is of course in the HERE and NOW ; if you enjoy good health and your faith is progressing as it should, then praise God ; on that note I'll leave you with a few words of brutal truth that were part of last Monday's 1<sup>st</sup> reading from the book of Ecclesiasticus ;

“ONLY THOSE WITH LIFE AND HEALTH CAN PRAISE THE LORD” or in more concrete terms PRAISE GOD WHILE YOU HAVE BOTH YOUR HEALTH AND YOUR FAITH in GOOD CONDITION.....enjoy the good weather...

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