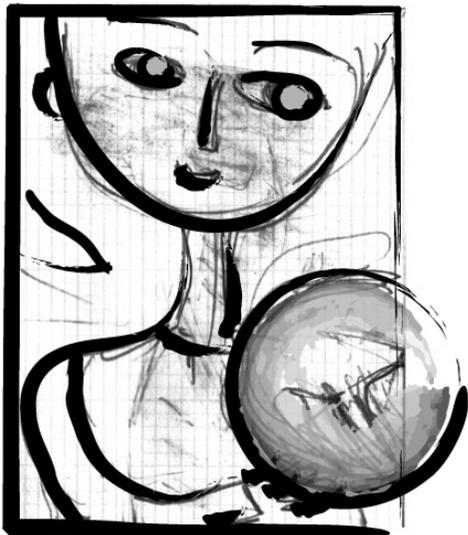


No one can ever define God. God does not fit into the limits of our human minds. But the Christian faith proclaims that, though there is only one God, he has revealed himself as Father, Son, and Holy Spirit – what we call 'the Holy Trinity'. What does this mean?

Scripture and Church tradition tell us that God created the world, God saved the world, and God works in and sustains the world. Scripture and tradition also show us that people experience God in three distinct ways: first, as above or beyond us – God the Father; second, as alongside us – God the Son; third, as within and among us – God the Holy Spirit.

The three 'persons', the Father, Son, and Holy Spirit, reveal that God is active and dynamic, reaching out to people and to the world – not unreachable and unapproachable. God is at one and the same time unity and community.



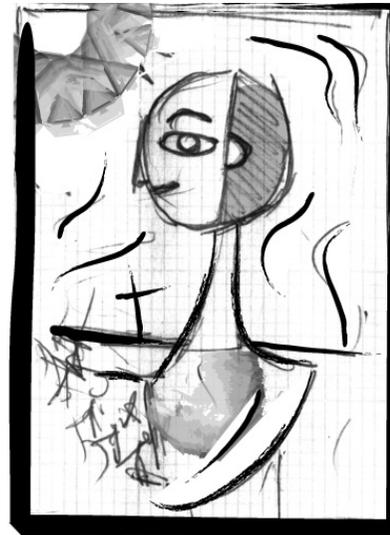
'Belief in the Trinity is at the heart of our beliefs, our worship, and our prayers.'

For Christians God is love. And love cannot exist without relationships. So within the oneness of God, there is a loving community of persons whose love overflows into the world.

The words in which we express this belief about God may sound complicated, but they are the best way Christians have found to express both what God is and also how we experience him. It may all seem very theoretical, but it is really practical, for it shows us the ideal for us as Christians. Through Jesus we are called to share God's own life of love which is united in creating, saving, and hallowing our world.

Belief in the Trinity is at the heart of our beliefs, our worship, and our prayers. Many church services begin with the words 'In the name of the Father, and of the Son, and of the Holy Spirit.'

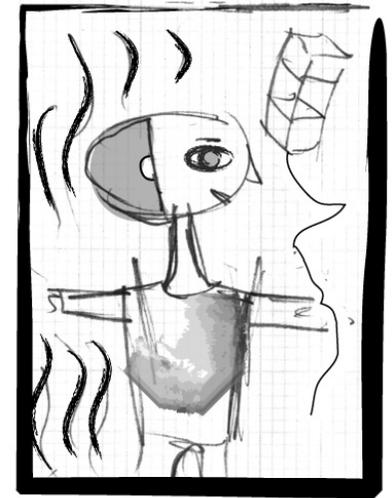
At the end of worship, God the Holy Trinity is called upon to help and



guide those present in the words of the blessing - 'the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always.' The prayer of thanksgiving at Holy

Communion is a prayer to God the Father, asking that he will send the Holy Spirit on the Church, and on the bread and wine, so that Jesus the Son, may be present among us in the communion. The heart of baptism is the pouring of water on the person being baptized with these words: 'I baptize you in the name of the Father, and of the Son, and of the Holy Spirit.' If you go to confession, the words of absolution are 'I absolve you from all your sins in the name of the Father, and of the Son, and of the Holy Spirit.' Always, we act in the name of the Trinity.

The story from the Bible which shows us most clearly how the Trinity is a real unity is the account of Jesus' baptism. As Jesus emerges from the water, the Spirit descends on him like a dove, and the Father's voice is heard saying, 'This is my Son, the Beloved, with whom I am well pleased' (Matthew 3: 17).



The love and unity of the three persons of the Trinity is the vision of God that has been given to us down the centuries. We are to adore and worship God as Father, Son, and Holy Spirit – beyond us, among us, and within us – and try to live as the Church in imitation of that dynamic, loving community. In the words of another Christian prayer, used when Christians come together for work or worship or fellowship,

'The **grace** of our
Lord Jesus Christ,
the **love**
of God,
and the
fellowship
of the **Holy Spirit**
be with
us,
now and always.
Amen.'

cf. 2 Corinthians 13: 14

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The Trinity

Three Persons-One God

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