

Most Holy Trinity

(Quick Overview: The Trinity)

A. The Mystery of the Most Holy Trinity (CCC 234)

- Central mystery of Christian faith and life.
- One God in Three Persons: Father, Son, Holy Spirit.
- God is both beyond us (transcendent) and with us (immanent).
- Our response: awe, praise, joy.

B. The Trinity in Scripture

- **Old Testament Allusions:** Gen 1:26, Gen 18, Is 6:3, Wisdom.
- **New Testament:** Baptism of Jesus, Great Commission (Mt 28:19), Jesus' promise of the Spirit.

C. Church Teaching (CCC 253–256)

- Three Persons, One God (consubstantial).
- Equal but distinct.
- John 1:1–3, Spirit proceeds from the Father and the Son.

D. The Trinity and Us

- **Father** – Creator.
- **Son** – Redeemer.
- **Spirit** – Sanctifier.
- All three active in salvation.
- We live this mystery in prayer, sacraments, and daily Christian life.

E. Who is God? (CCC 221)

- *God is Love* (1 John 4:8).
- An eternal exchange of love, inviting us to share.
- Imago Dei: made for relationship, family, community.
- Fulfillment: the Beatific Vision.