

Solemnity of the Most Holy Trinity

Homily by Fr. Robin Mampallithadathil CRM

Dear brothers and sisters in Christ,

Today, we celebrate the **central mystery of our Christian faith**—the **Most Holy Trinity**: One God in three Persons—**Father, Son, and Holy Spirit**. We say it so often—in the Sign of the Cross, in every Mass—but today, the Church pauses to reflect more deeply on **who God is**, and **what that means for us**.

God Is Relationship - Love and Unity

Our first reading from **Proverbs** speaks of **Wisdom** at God's side "like a master worker," rejoicing in His creation, **delighting in the human race**. This poetic image reflects the **eternal Word**—the **Son**, who was with the Father "before the beginning," and it hints at the **creative work of the Trinity**.

The Gospel of John reveals how the **Holy Spirit**, whom Jesus calls "the Spirit of truth," will guide us. The Spirit takes what belongs to Jesus and declares it to us, and all that the Father has belongs to the Son. There is **perfect communion**—no division, no competition, no isolation—only **love and unity**.

As **St. Augustine** beautifully described the Trinity:

"The Father is the Lover, the Son is the Beloved, and the Holy Spirit is the Love between them."

(De Trinitate, Book VIII)

The Trinity is not a puzzle to be solved, but a **mystery to be lived**. God is not solitude—**God is communion**.

Called to Imitate the Trinity in the Church and in Family Life

Dear friends, we are made in the **image and likeness of God**. That means we are made **for relationship, for unity, and for love**.

In our second reading, **St. Paul tells us**:

"God's love has been poured into our hearts through the Holy Spirit who has been given to us." (Romans 5:5)

We are not only called to admire the Trinity—we are called to **imitate** the Trinity in our lives, especially in our:

- **Church community**
- **Neighbourhoods**
- And above all, in our **families**

Yet, what do we often see instead? Divisions, pride, unforgiveness, selfishness. The **spirit of this world isolates**, but the **Spirit of God unites**.

St. Basil the Great once wrote:

“In the Holy Spirit is the bond of unity, a communion beyond understanding.”
(*On the Holy Spirit*, Ch. 15)

If the Holy Trinity lives in us, then we must ask:

Are we reflecting the love and unity of the Trinity in our homes? In our parishes? In our relationships?

3 Practical Applications: Living Trinitarian Unity

Let me offer a few practical ways to live this unity and love in light of today’s Word:

a) In the Family

- Let your family **pray together daily**—even a simple prayer as a family at night invites the Trinity to dwell in your home.
- Make **decisions together**, listen to one another, forgive each other quickly. Unity is built with humility and patience.

b) In the Parish and Community

- Avoid gossip and divisions. If someone makes a mistake, don’t condemn —**correct with love**.
- Serve together in ministries. Just as the Trinity works together in creation and redemption, **the Church must work together in mission**.

c) In our Personal Life

Make time for all three Persons of the Trinity in your prayer:

- Thank the **Father** for creating you.
- Thank the **Son** for saving you.
- Thank the **Holy Spirit** for guiding you.
This deepens your relationship with **each divine Person**, and helps you grow in love.

Unity Is Strengthened in Trials

St. Paul reminds us that **suffering produces perseverance, character, and hope**—and this hope does not disappoint.

When families go through difficulty, or when Church communities face hardship, let us not fall apart. Let us **cling to the God who is faithful**, and remember that we are never alone. The **Trinity walks with us**, and His grace is enough.

St. Catherine of Siena said:

“You, eternal Trinity, are a deep sea, in which the more I search, the more I find, and the more I find, the more I seek.”
(*Dialogue*, Ch. 167)

Dear friends, on this Trinity Sunday, let us do more than speak about doctrine. Let us ask the Holy Trinity to **dwell in our hearts** and make our homes and communities a **living icon of divine love**.

- **In a world of division**, be a person of unity.
- **In a culture of isolation**, choose relationship.
- **In the face of selfishness**, choose sacrificial love.

Because to believe in the Trinity is to believe in a God who is not far away, but a God who invites us into His divine life, so that we might love one another as He has loved us.

Glory be to the Father, and to the Son, and to the Holy Spirit.

Amen.