

### Reflection for Trinity Sunday.

Jesus said to Nicodemus: ***“God loved the world so much that He gave His only Son, so that everyone who believes in Him may not be lost but may have eternal life.” (John 3:16)***

On this Trinity Sunday we profess our belief in God who has revealed Himself to us as Father, Son and Holy Spirit. This revelation of God for us is an extraordinary loving invitation to share with all His children His very own life.

With my friends on holiday I sometimes muse over the advances we have made in technology. My friends are highly amused as I ask them how I am able to text someone from my phone and seconds later it is received on the other side of the world. “How is this possible?”, I ask, and my friends reply, “It’s too complicated for a simple mind, don’t worry about it!”

Now if such a finite thing eludes my understanding how is it possible for me to understand the Infinite, especially the Infinite Mystery of the Trinity? How can I pour the mystery of the Infinite God of Love into the puny pot of my mind and imagination?

Thankfully, I am able to grasp insights into this mystery not because of my intelligence, or lack of it, but rather because our Lord has made it possible for us to do so. He has revealed to us the mystery of the Trinity not as a puzzle to be solved but rather as encounter to be experienced, an invitation to lovingly respond to a God who revealed Himself to Moses as ***“a God of tenderness and compassion, slow to anger, rich in kindness and faithfulness.” (Exodus 34:6)***

All the activity of God directed towards us is in order that we might share in His life abundantly, that we might come to know and love He who is our Maker, our Lover and our Keeper.

***“At that time, Jesus exclaimed, “I bless You, Father, Lord of heaven and earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it has pleased you to do.” (Mathew 11:25)***

One of the breakthroughs in our relationship with other people, spouses, children, colleagues and friends, is when we feel comfortable ‘exposing’ our vulnerability, confiding in others something about our true selves., you might say “letting our defences down”. It can be a salutary experience because it involves trust in another whom we are confident will accept our self-disclosure with love and understanding.

At the heart of the Incarnation, of God becoming man, is the self-disclosure of One , who though He was in the form of God, did not count equality with God a thing to be grasped, but who ***emptied Himself...*** At the heart of the life of the Blessed Trinity is this eternal exchange of love, this self-emptying. And of all this is for us, ***“for our sake”***

What should be our response to this extraordinary gift of God to us? Namely that our words and actions should reflect something of this self-emptying in love for one another. It may be the simplest of things, a pleasant smile, a gift of one’s time, communicating patiently and compassionately with another, a kindly word, a telephone call. “Heart speaks to Heart” is the motto of our recently canonised Saint John Henry Newman. As we pursue such dialogue we too are participating in the life of the Blessed Trinity.

### **“The Limitless Love of God.**

The love that God most high has for our soul is so great that it surpasses understanding.

No created being can comprehend how much, and how sweetly, and how tenderly our maker loves us.

Our in-born will is to have God, and the goodwill of God is to have us.

There is no end to our willing and longing until we know God in the fulness of joy. Then our desire is filled.

He wills that our occupation shall be in striving to know and love him until we are made whole in heaven.

Our life is grounded in faith, with hope and love besides.

Julian of Norwich.

### **God is Over All.**

The Trinity is God, and God is the Trinity. The Trinity is our maker and keeper. The Trinity is our everlasting love, our joy and our bliss, through our Lord Jesus Christ.

Lord, you know what I desire, but I desire it only if it is your will that I should have it. If it is not your will, good Lord, do not be displeased, for my will is to do your will.

I desired to suffer with him.

He is our clothing. In his love he wraps and holds us. He enfolds us for love, and he will never let us go.

I saw that he is everything to us that is good.

Julian of Norwich