

God Is Love

My Brothers and Sisters in the Risen Lord,

Not long ago, I overheard a father teaching his young daughter how to ride a bike. She was afraid—her small voice shaky, her training wheels gone. “Don’t worry,” he said, walking beside her. “I’ve got you. I’m not going to let go until you’re ready.” There was something quietly powerful about that moment. She didn’t fully understand how it would all work, or even trust herself yet—but she trusted him. And that trust—rooted in love—helped her move forward.

Today, on the Solemnity of the Most Holy Trinity, we celebrate something that may feel just as mysterious and intangible: our belief in one God in three divine persons—Father, Son, and Holy Spirit. This mystery, that lies at the heart of our faith, cannot be solved like a puzzle or dissected like a scientific formula. It must be approached like that child on the bike—with trust, with love, and with the belief that we are being held up by something greater than ourselves.

The doctrine of the Trinity is not simply a theological idea to be understood; it is a reality to be lived. God the Father created us in love. God the Son redeemed us in love. God the Holy Spirit sanctifies us in love. The unity of the Trinity is not a mathematical problem, but a divine relationship of self-giving love—an eternal communion that we are invited into.

We may not often reflect on the depth of what we do when we make the Sign of the Cross, but that simple gesture proclaims the essence of our faith. “In the name of the Father, and of the Son, and of the Holy Spirit.” It’s not just a beginning or an end—it is an identity. We belong to this mystery. We were baptized into it. And each time we sign ourselves, we reaffirm that we live in God’s love, and God’s love lives in us.

St. John tells us that “God is love.” Not just loving, but Love itself. The Trinity shows us that love is not a feeling or a philosophy; it is a relationship. It is the Father loving the Son, the Son loving the Father, and the Spirit being that very love poured out. And miraculously, we are drawn into that divine relationship.

So the question remains: do we live as people who believe this? Do we reflect that same love in our relationships with family, neighbors, strangers, even enemies? The Trinity is not a distant mystery. It is the breath in our lungs, the fire in our hearts, the grace in our actions.

As we celebrate this feast, may we fall silent, not because we have nothing to say but because we stand in awe.

“A great mystery, a mystery of love, an ineffable mystery, before which words must give way to the silence of wonder and worship. A divine mystery that challenges and involves us, because a share in the Trinitarian life was given to us through grace, through the redemptive Incarnation of the Word and the gift of the Holy Spirit.”—St. Pope John Paul II

Yours in Christ,
Fr. Rudy