

God, the Holy Trinity

session handout

Relating to the Trinity

The Christian faith understands God as Father, Son and Holy Spirit.



Righteous Father,
the world does not know you, but I know you;
and these know that you have sent me.
I made your name known to them,
and I will make it known,
so that the love with which you have loved me
may be in them, and I in them.

John 17.25-26

These verses get to the heart of what it means to believe in God as Holy Trinity. Jesus came to the world to make God known. He reveals to a lost world that the God who created them is also their Father who loves them. He promises that the love that is in the Father and the Son will also be in those who follow the one, true God. The Holy Spirit coming from the Father and the Son will make a home in all who believe and trust. Thus, when we become Christians, at our baptism we are asked whether we believe and trust not just in Jesus, but in Father, Son and Holy Spirit – the God of love who is a community of love and who lives in a loving, creative relationship.

The Nicene Creed

Some Christians say the Nicene Creed in the Eucharist every Sunday (see supplementary handout). It encapsulates all we believe about God. Its structure is an expansion of the three questions we were asked at our baptism:



- *Do you believe and trust in God the Father?*
- *Do you believe and trust in God the Son?*
- *Do you believe and trust in God the Holy Spirit?*

To recite the creed is not just to read out a list of things we believe in, but also to describe a relationship we trust in.

The story of the Trinity

The Trinity is the central belief of the Christian Church. It developed in the Church as Christians reflected upon their experience of God, of Jesus and of the Holy Spirit. It safeguards our belief that Jesus is fully human and fully divine. By describing God as a community it also enriches the community of our life on earth and invites us into relationship with God.



This is the real significance and glory of knowing God as Trinity. We are invited to share this relationship of love. Human life is drawn into the life of God.

Living out the Trinity



Our understanding of God as Trinity suggests ideas about living the Christian life.

- 1 God is understood to be a community of persons – three persons, distinct and individual, but one in creativity, love and purpose. This understanding of God could be a model for human society. How should human communities reflect the Trinitarian community of God?
- 2 One of the best ways of understanding the Trinity is by seeing how the Father, Son and Holy Spirit are in a perfect relationship of love with one another. This understanding of God could be a model for human relationships. How should human relationships reflect the Trinitarian relationship of God?