Trinity



If you were to do a Google Images search of the Trinity, it wouldn’t be long before you find a rather confusing image like this one above, but I think it means well. So at the center is God-and the web around it is trying to explain what God is—the three that are of the same substance (the fancy word for this is Homoousia).

The Father, The Son, and the Holy Spirit. It gets confusing with the Is Not’s, but it’s just trying to explain that God the Spirit is different at times than God the Son, and God the Father. Sometimes, I think it’s easier to remove the bars with the Is Not’s, so it just makes the web a little bit easier, but still, this is an imagery (as best as we as Christians can sometimes do) to help explain something that is considered a holy mystery. How can something be both one and three-three and one?

One example-which isn’t perfect, just like my lemonade example wasn’t perfect-is you-yes **you**! At times you are a son or daughter. At times, you are a student. And at times, you are a grandchild, athlete, best friend, etc. You may even act differently in those roles, but all of them are you. Now, of course, this isn’t a perfect example, because we aren’t God, but God can be Father, Son, and Spirit, while still being of the same substance.

Confused yet? It’s okay. We can talk about it. Even the Council of Nicea in 325 had a lot to figure out, and we as Christians have done a lot of figuring out in the years since, but I’m not sure that we will ever fully understand the Trinity. And that’s okay.

I’ll give you an example of a story where I think I see the entire Trinity in one “place.” Luke 3:21-22. Jesus is being Baptized (God the Son). At that moment the Spirit (God the Spirit) descends in the form of a dove, and a voice (God the Father) declares, “This is my Son, with

whom I am well pleased.” So which one is God? All of them. And you can see a piece of each on display, but all of God is together in this one verse.

Does it sometimes seem like one of the Trinity is more relatable or less relatable or more mysterious or less mysterious at different times in our lives? Of course it can. We are human.

But it is important to keep in mind that God (Father, Son, and Spirit) is both relatable and mysterious, closer than we can imagine, and yet just out of our grasp. It can be confusing. But it can also be very comforting to know that God can reach out to us in so many ways, just to let us know that we are loved.

I want you to know that the Holy Trinity is something that many adults don’t fully understand. Even pastors sometimes struggle to truly understand how God can be both fully human and fully divine at the same time, and how 3 beings can all be one substance-all God. It is a confusing, deep concept, that I hope you wrestle with. I hope you don’t give up, just because it can be a little confusing. Keep asking questions.

Take Home Questions:

What is one question you have about the Trinity?

Can you think of a Bible story that you can clearly see God the Father moving? How about one

where you can clearly see God the Son moving? And one where the God the Holy Spirit is

working?