



# Trinity Sunday

15<sup>th</sup> June 2025



## *The mystery and majesty of our Trinitarian God*

### **Main point:**

We celebrate Trinity Sunday by exploring the Christian doctrine of the Holy Trinity—God as Father, Son, and Holy Spirit—through scripture, historical development, and relatable analogies. It invites believers to experience the transforming joy of living in relationship with the Triune God, illuminated by His wisdom, love, and presence.

Greetings my brothers and sisters in Christ, what a joy that we can come together to worship, as we all continue our life journey, celebrating today Trinity Sunday. The Holy Trinity, a central Christian doctrine, describes God as one being existing in three co-equal persons: the Father, the Son (Jesus Christ), and the Holy Spirit.

I pray, that today's message will lift all our spirits, and encourage us, as we live out our lives as Christians, committed to lives of service, in God's Kingdom!

Let us pray.

*Heavenly Father, as we gather together as living stones, part of your Church, we ask the Holy Spirit to fill our hearts, kindling in them the fire of your love.*

*Almighty God, speak to us through your Holy Spirit, and as we walk in the light of your Spirit may we grow in wisdom, always rejoicing in the comfort He brings. Amen.*

To be perfectly honest with you all, I have always accepted the Trinity. However, as I've aged, and been exposed to people who cannot accept this, be they whoever & even some denominations that don't accept a Triune God.

While the word Trinity doesn't appear in the Bible, the concept is clearly present. Verses like Matt 28:19, where Jesus commands to baptise 'In the name of the Father, and of the Son and of the Holy Spirit'.

So, let's go back to church history to help us get an accurate understanding. The Holy Trinity, a central Christian doctrine, describes God as one being, existing in three co-equal persons: the Father, the Son (Jesus Christ), and the Holy Spirit. This belief emerged gradually throughout the early centuries of Christianity, and was officially established during the Council of Nicaea in 325 AD with the Nicene Creed.

The first defence of the doctrine of the Trinity was by Tertullian a Roman African, who was born around AD 150–160, who explicitly "defined" the Trinity as Father, Son, and Holy Spirit. So how do we get to understand the Trinity, to explain it to doubters and dissenters? Is it by our own faith experience or does some helpful clues from life help us in our discussions?

I have come across three analogies that might help, as follows:

1. Scientific. e.g the triple point of water is a specific temperature (0.01°C) & pressure (611.7 Pascals) where water exists in all three states simultaneously, i.e solid, liquid and gas).
2. On a KI inside journey day at St Heliers, I was talking to a couple of lovely Māori lads, one whose Grandfather was a Church Elder, who explained to his grandson that God would be lonely, if there was no Son or the Holy Spirit. They are a community!
3. And lastly a gem from Kairos Inside last month at St Heliers, when in a table discussion making a poster from a talk, one of our family (dressed in green), explained that the chaplain and the Gaol he had come from used the example of the drink Coke, and the 3 options you can now get, super, no sugar and vanilla (I think)! It's still the same coke!!!

So let us have a look at our three readings for today, to demonstrate further the truth of the Trinity! From very early on in the life of the church, Christians read the figure of 'Wisdom in Proverbs as a reference to Jesus. They assumed that God had already shown, in hints, characters and patterns of relating, what he would reveal in full in Jesus.

Wisdom, in particular, is a very good introduction to what Christians were claiming about Jesus.

Wisdom is a figure who is present with God before anything else is created and teaches people God's way in the world.

To follow the way of 'wisdom' is to live in the world as you should, as God intended. The book of Proverbs, on the whole, is not a mystical or even deeply religious – sounding book, but its assumption is that if you try hard to find the right way, day by day, and follow the teaching of the wise, you will actually be doing what you were created to do, and you will make the world a better place for yourself and others.

At the start of the passage, Wisdom is standing at all the busiest and most noticeable points of the city and shouting. God's wisdom is not a thing reserved only for the few, the intellectual giants! It is available to anyone who has ears to hear!

And yet what Wisdom is calling out is sung to the tune that makes the universe dance. Wisdom was present as God created the world, and saw it unfolding. Wisdom shared God's joy in it, and it is this joy, this knowledge of the love of the Creator for his world, that Wisdom is sharing as Wisdom sings. The knowledge of how to live with joy as a child of God in the world that he has made is what Wisdom offers.

No wonder, then that Christians saw the connections with Jesus.

Our first few verses of Romans 5 convey something of that same sense of standing in a world that suddenly makes sense, because we are sure of our rightful place in it.

Our place is the one that has been won for us by Christ!

Just as in Proverbs the wild delight that Wisdom speaks of has to be filtered through the '*minor details*' of daily life, so in Romans, the almost unbearable relief of knowing that we are reconciled to God has to be the rock on which we stand, whatever happens in our life.

Paul wants us to feel the massive shift in our whole perception of the world, now that we are brought back to God and he wants that to colour everything that happens to us.

To live in Christ, as to live by Wisdom, is to live in tune with the world, so that everything that happens, good or bad, deepens our understanding of who we are in relation to God.

However, Paul tells us, we have rather more than a system for recognizing the purpose of God. We have a living presence of God's Holy Spirit, given to us so that we can feel God's love for the world.

We are now doing as Wisdom does in Proverbs 8 telling us; we are sharing God's love for his world, and feeling his joy in what he has made!

Both of the passages from Proverbs & Romans are profound insights into God's Trinitarian nature, but it is the passage from today's gospel that spells it out.

John's image of Trinity is of a circle in which each figure is only illuminated by the light of the torches that each other is holding. Each desperately wants to us to see and love others. What the torches

reveal is both how much they love each other and how alike they are, with a deep family resemblance that makes us look from one to the other with a sense of true recognition.

But that circle of light does not exclude us.

It invites us forward, into the light, and the transforming light begins to make us, too, resemble our Lord, not by right, but because of the generous light reflected on us, the light of the Father, Son and Holy Spirit! ***Amen.***

### *Personal Reflection Questions:*

1. How does understanding God as Father, Son, and Holy Spirit deepen your personal relationship with Him?
2. Which of the analogies for the Trinity (water, community, Coke) helped you most, and why?
3. In what ways can you see the presence and wisdom of God actively guiding your daily life, as described in Proverbs and Romans?
4. How might you respond to someone who struggles to accept the idea of the Trinity?
5. What does it mean to you to be invited into the circle of light described in John's Gospel, and how can this shape how you live and serve others?