A Personal God of Love

A Communion of Persons: Father, Son and Holy Spirit

Every time we make the *Sign of the Cross*, we proclaim the deepest truth of our faith: that God is One, and yet a communion of three Persons: Father, Son, and Holy Spirit.

We can know by reason that God exists, but we could never discover on our own who God truly is. That is something He had to reveal to us. From the very beginning, God has stepped into human history to make Himself known, not as a distant force, but the only true, living, personal God of love. He spoke with Abraham, guided Moses, and showed His people that He is not an angry deity to be appeased, as they might have imagined, but a Father who desires a relationship with His children.

In the fullness of time, the mystery of the Blessed Trinity – God as one eternal, undivided being existing as three distinct, co-equal Persons - was revealed in the Person of Jesus Christ. At the Baptism of the Lord Jesus, we see it clearly: the voice of the Father speaks, the Son receives the mission of the Father in the waters of the Jordon, and the Holy Spirit descends like a dove upon Jesus, marking the beginning of His public ministry.

The Blessed Trinity is the central mystery of our Catholic faith. The Father is the Creator, the source of all that is, who lovingly made all things from nothing and cares for His children. The Son is the eternal Word of the Father, who is Jesus Christ, truly God and truly man, our Savior and Lord. The Holy Spirit is the eternal bond of love between the Father and the Son, poured into our hearts to guide, strengthen and sanctify us, drawing us into God's own life.

At the core of reality is not chaos, not chance, not blind power, but love. God *is* love. He is not just loving, but LOVE itself. The Father gives Himself completely to the Son, the Son offers Himself completely to the Father, and their love is so real, so perfect, that it *is* the Holy Spirit, the third Divine Person. God is not a solitude. God is a living Communion of Love. And that is why we, who are made in His image, are created for relationship, with God and with one another.

So, what does this mean for us? It is only through God's grace that we are enabled to pray, love and forgive, and be drawn more deeply into the life of the Trinity. When we cooperate with God's grace to love sacrificially, we are reflecting the love of the Father. As we allow Christ's grace to help us obey and follow Him, we are reflecting the Son. When we live in peace, joy, and courage, we have been moved by the Spirit.

The Blessed Trinity is not just a doctrine to recite, it is a mystery to be lived – by living in a relationship with the Father, the Son and the Holy Spirit. It means that in our joys and struggles, we are never alone. We are held in the embrace of the Father, the Son, and the Holy Spirit.

So, this week, take a moment before you trace the *Sign of the Cross* on yourself; do not rush through it! Remember: you are affirming your identity in the mystery of God's Love. You belong to the Father who created you, to the Son who redeemed you, and to the Holy Spirit who dwells within you.

Pray *The Sign of the Cross*
In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Making *The Sign of the Cross* while saying the words *is* prayer. Prayer is relationship: It should be very personal between you and God. Each word is to be said intentionally in your heart. Practice this and you will be amazed at what happens!

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