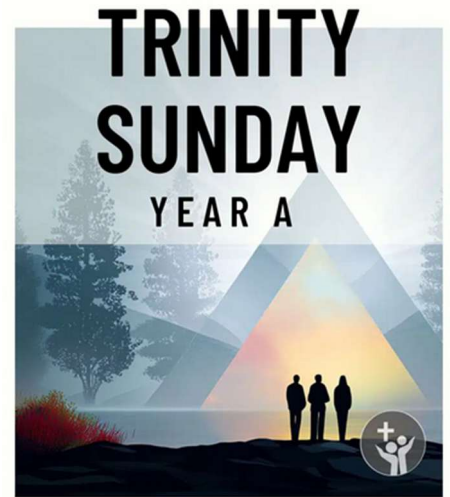


May 31, 2026

Trinity Sunday Year A invites us to reflect on the mystery of God as Father, Son, and Holy Spirit. It is a time to remember that God is three persons but one in essence, showing us how they work together for our good. Here are some key themes for this special day:

- **God's Loving Nature:** God shows us love through His actions. He is always ready to forgive and shows kindness to all.
- **God's Justice and Mercy:** While God is loving and forgiving, He also brings justice. He helps us understand that mercy and justice work together.
- **Peace and Unity:** Paul encourages the people to live in peace. Unity among believers is important to God, and He calls us to be united.
- **Blessing Through Christ:** Through Jesus, God offers grace to everyone. We are blessed with His love and friendship through the Holy Spirit.
- **Gift of Eternal Life:** God sent His Son to give us the gift of eternal life. Those who believe in Jesus can be saved from death and live forever.
- **The Role of the Holy Spirit:** The Holy Spirit brings us closer to God. He helps us grow in faith and guides us in living out God's will.
- **Faith and Salvation:** Belief in Jesus is key to salvation. Without faith, we miss the chance to receive the gift of eternal life.



In conclusion, Trinity Sunday Year A highlights the importance of understanding the relationship between God, Jesus, and the Holy Spirit. It teaches us about love, justice, salvation, and unity through our faith in God.

God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.

John 3:16

The Holy Trinity

The mystery of the Trinity teaches that God is one substance and three persons, which we can only understand through divine revelation. Catholics believe in one God in three persons: the Father, the Son (Jesus Christ), and the Holy Spirit, who are all the same divine substance.

The Trinity represents God's relationship, and we can think of it as the Lover (Father), the Beloved (Son), and the Love flowing between them (Holy Spirit). It can also be represented by the Formlessness (Father), Form (Son), and Energy flowing between them (Holy Spirit). The Trinity is often depicted as a Triangle or a circle of movement, and it invites us to join in the dance of perfect relationship. Use this as background material for Trinity Sunday Year A.

Prayer

Father, Son, and Holy Spirit, thank You for revealing Yourself to us in your perfect unity. Help us to reflect Your love and unity in our lives, working together in peace and faith. Empower us to live out the grace and love You give, sharing it with everyone we meet.
Amen.

<https://young-catholics.com/>