By AJP

No.3: God is a Trinity of Persons

Einstein said that Quantum Physics was 'spooky'. The idea that Light can be both a particle and a wave at the same time or that particles could be in two places at once. God got there first. He is even more mysterious, being Three persons in One God. We had some hints of this in the Jewish teachings but it took the Church centuries to understand the full implications of this and to define it as a doctrine.

Other religions may worship many gods as a way of expressing what they see as god's various actions. (god of war, of love, of peace, of health etc.)

However, Christians, Muslims and Jews insist on their being just One God.

As Christians we are privileged to know something more about the full life of God.

A person discloses himself by his actions, so, the better we know a person, the better we understand his actions.

We say that The Father is the Creator, the Son is the Redeemer, The Spirit is the Enabler!

But the divine persons do not SHARE the one divinity among themselves but each is God whole and entire. They are not just different 'aspects' of God but truly equal and one.

We believe that The Son is CONSUBSTANTIAL with the Father and the Holy Spirit (of the same nature) but the Holy Spirit PROCEEDS from them both. 'When the Counsellor comes, the One I will send to you from the Father the Spirit of truth who proceeds from the Father—He will testify about Me.' *Jn* 15:26

In our limitation we tend to relate to one or other of the three persons at different times.

So, it is fine to pray to the Father or Jesus, The Son or The Holy Spirit as different persons,

Thank you, God, for revealing your personal life to us even though we cannot fully understand you.

'These reflections are loosely based on 'Catechism of the Catholic Church' 1994 where you can find more.

But please do ask questions or share your knowledge to help us all build our Faith'