

Homily Summary – Trinity Sunday (2025)

Overview:

On this Solemnity of the Most Holy Trinity, we reflect on the mystery at the heart of our faith: One God in Three Divine Persons—Father, Son, and Holy Spirit. Though the Trinity is ultimately beyond full comprehension, God has revealed enough about Himself that we can understand key truths. This homily explores three essential aspects of the Trinity: Transcendence, Lavish Love, and Communion—and what they mean for our lives as disciples.

Key Points:

1. The Trinity is Transcendent

- God is all-powerful, all-knowing, and beyond us. St. Augustine reminds us, “If you understand it, it is not God.” Yet God’s transcendence does not make Him distant—it invites awe, reverence, and humility.
- Analogies like the shamrock or a finger with three joints can help, but ultimately fall short of the true mystery.

2. We Are Made in God’s Image—And God is Love

- Since God’s inner life is a communion of love, we, made in His image, are called to reflect that love: “God is love” (1 John 4:8).
- Our deepest wounds often stem from not feeling loved. The Trinity wants to heal us through divine love, given especially through prayer and the Sacraments.

3. Love Means Wanting the Best for the Other

- The Father, Son, and Holy Spirit constantly will the good of one another—and for us. Their love is not abstract but personal and directed to each one of us.

4. Baptism Draws Us Into the Trinity

- Through Baptism, we are united with Christ and share in the very divine life of God (cf. 2 Peter 1:4). This process of becoming more like God is known as theosis.

5. Trinitarian Communion = Our Call to Unity

- The perfect unity and harmony of the Trinity becomes our model for unity in the Church, in families, and in the world. We are called to build a “communion of love.”

6. Father’s Day & Honoring the First Person of the Trinity

- This Sunday also falls on Father’s Day. We are reminded to love and honor our earthly fathers while renewing our relationship with God the Father.

Key Scripture Passages (NRSVCE):

- **1 John 4:8** – “Whoever does not love does not know God, for God is love.”
- **John 15:5** – “Apart from me you can do nothing.”
- **Isaiah 55:9** – “As the heavens are higher than the earth, so are my ways higher than your ways.”
- **John 14:26** – “The Holy Spirit... will teach you everything and remind you of all that I have said to you.”
- **2 Peter 1:4** – “So that through them you may become participants of the divine nature.”
- **1 Timothy 3:15** – “The Church... is the pillar and bulwark of the truth.”

Catechism of the Catholic Church (CCC) References:

- **CCC 234** – “The mystery of the Most Holy Trinity is the central mystery of Christian faith and life.”
- **CCC 257** – “God is eternal blessedness, undying life, radiant light... God is love: Father, Son, and Holy Spirit.”
- **CCC 260** – “The ultimate end of the whole divine economy is the entry of God’s creatures into the perfect unity of the Blessed Trinity.”

Reflection Questions:

1. Do I allow the transcendent Trinity to fill me with the peace and purpose only God can give?
2. How do I receive God’s lavish love through the Sacraments—especially the Eucharist and Reconciliation?
3. Am I helping to build communion in my family, community, and Church?
4. Do I foster personal friendship with each Person of the Trinity: the Father, the Son, and the Holy Spirit?
5. Do I honor both my heavenly Father and my earthly father with gratitude and love?

Rhyme Summary:

Today we honor God’s great divinity, Three Divine Persons, in one Holy Trinity.

Transcendence, Love, and Communion too, Our God wants to share with each one of you.

It’s through the Sacraments, and through our prayer, that God fills us with His love and His care.

He makes us, the many, more and more *one* ..., the more we become united with His Divine Son.

Reasons to come to Mass each weekend

Hebrews 10:24-25 - "And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching."

Exodus 20:8 - "Remember the sabbath day, and keep it holy."

Luke 22:19 - "Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, 'This is my body, which is given for you. Do this in remembrance of me.'"

Acts 2:42 - "They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers."

John 6:53-54 - "So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day.'"

Psalms 122:1 - "I was glad when they said to me, 'Let us go to the house of the Lord!'"

Matthew 18:20 - "For where two or three are gathered in my name, I am there among them."

Colossians 3:16 - "Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God."

Additional resources to learn more about God and the Catholic faith

- Check out the resource list available on www.frmerkley.com
- Catholic Answers: <https://www.catholic.com/>
- Word on Fire: <https://www.wordonfire.org/>
- Formed: <https://formed.org/>
- The Coming Home Network: <https://chnetwork.org/>
- Catholic Exchange: <https://catholicexchange.com/>
- Dynamic Catholic: <https://dynamiccatholic.com/>
- The Augustine Institute: <https://augustineinstitute.org/>
- Ascension Press: <https://ascensionpress.com/>
- EWTN: <https://www.ewtn.com/>
- The Catholic Company: <https://www.catholiccompany.com/>
- Busted Halo: <https://bustedhalo.com/>
- CatholicCulture.org: <https://www.catholicculture.org/>
- The Thomistic Institute: <https://thomisticinstitute.org/>
- Ignatius Press: <https://www.ignatius.com/>
- Catholic Education Resource Center (CERC): <https://www.catholiceducation.org/>