

May We Be One

“I would rather experience the Trinity than be able to define it.” Unknown

The Holy Trinity is a concept that has plagued the minds and hearts of people for centuries. Truly the fullest reality of the Trinity is not something that can be defined in human terms or concepts. The Trinity can only be fully experienced and expressed.

Jesus was full of joy, full of joy. In that intimacy with His Father: ‘I rejoiced in the Holy Spirit and I praised the Father.’ It is precisely the internal mystery of Jesus, that relationship with the Father in the Spirit. It is His internal joy, the interior joy that He gives to us.” Pope Francis

Many who have contemplated the mystery of the Trinity over the years have reached the same understanding that The Holy Spirit is the love between the Father and the Son. Pope Francis goes on to define it as the Joy that is experienced between the Father and the Son. If we take it one step further and that the Holy Spirit is the Living Bond between the Father and the Son. In this bond the Father and Son exist and share as one person. All emotion both human and divine are known through the bond of the Spirit. In this bond the Father and Son are one and through this bond, we are called to be one as the Father and Son are one.

“...so that they may all be one, as you, Father, are in me and I in you, that they also may be in us...I in them and you in me that they may be brought to perfection as one...” John 17 20-23

“We are not called to live without the other, above or against the other, but with the other, for the other and in the other”. Pope Francis

The bond of the Spirit which moves within, around and through us, is the uniting force that binds all of humanity as one. Only through a choice of our own free will can we be removed from this bond and separate ourselves from humanity. Jesus came not just to save us individually, but all of humanity. The Holy Spirit the love between the Father and Son moves through us to reach out to those who have removed themselves from the bond of perfection.

“...I beside him as his craftsman, and I was his delight day by day, playing before him all the while, playing on the surface of his earth; and I found delight in the human race.” Proverbs 8:30-31

Holy Spirit, may we be one as Jesus is one with our Father. May we embrace the power of the Trinity live within each one of us, longing to bring us into the bond of perfection, the bond of true and complete love. Open the eyes of our hearts to the sufferings and needs of all people. Melt away the profanity of indifference and replace it with the divinity of peace.

AMEN

“We must enter into the adventure of the quest for meeting God; we must let God search and encounter us.” Pope Francis