

### Lesson 3: Trinity

*Please click twice to watch the video*

<https://www.youtube.com/watch?v=wKYM9OvX7f8&t=122s>

The Trinity is the manner in which Catholics believe God is revealed to the world. The Catechism of the Catholic Church tells us, “The mystery of the Holy Trinity is the central mystery of the Christian faith and of the Christian life.” (CCC, #261)

The Church shows that because God is “mystery,” meaning that we’re unable to know everything there is to know about God — God has tried to communicate to us just who He is. Traditionally, the Church expressed this as, God being revealed as Father, Son, and Holy Spirit, three “Persons” of one divine essence. [The Trinity](#) is one. Catholics do not believe in three Gods but rather one God in a unity of three Persons with one divine nature.

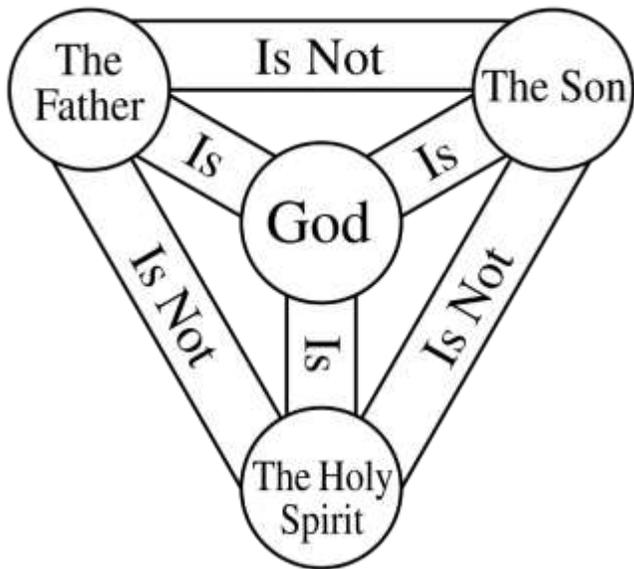
One analogy that could be helpful is to think of the different states of matter: solid, liquid, and gas. Ice can become water and water can become steam. All of these have the same elements—hydrogen and oxygen (H<sub>2</sub>O), but they appear in different forms.

**God the Father:** The Church uses the image of the Father — the Creator from which everything flows and has its being — to express the First Person of the Trinity. While the Son and the Holy Spirit are not “lesser gods” they do proceed from the Father as God’s own self-gift to humanity.

**God the Son:** The Second Person of the Trinity is the Son — Jesus himself, God become man. Catholics believe that God freely chooses to come into human history in the person of Jesus. God becomes like us and dies our human death for us. But because Jesus is God, He cannot be held by death and rises to a new life, supremely better than human experience.

**God the Holy Spirit:** The Third Person of the Trinity is the Holy Spirit, who proceeds from both the Father and the Son. Jesus announces that his Father will send the Holy Spirit to be with and in the disciples, to teach and guide them. The Spirit is God’s real presence living within all of us, which brings us inspiration.

God is three “persons” but one “essence.” The Father is just as much “God” as the Son and neither is “more God” than the Spirit. Still confused? Let’s try thinking of these things in yet another way. Instead of “persons” let’s substitute the word “expressions” of God.



The Trinity is...

God the Father

- Creator
- Holy
- Almighty
- All-Knowing
- Everlasting



God the Son

- Redeemer
- Savior
- Messiah
- Lord
- Emmanuel



God the Holy Spirit

- Advocate
- Guide
- Helper
- Counselor
- Paraclete

