

## Catechesis At Home – Solemnity of the Most Holy Trinity – Year B The Central Mystery

### DISCUSSION

The [Catechism of the Catholic Church](#) tells us that “the mystery of the Most Holy Trinity is the central mystery of the Christian faith and Christian life. God alone can make it known to us by revealing himself as Father, Son, and Holy Spirit.” ([261](#))

When we speak of the mysteries of faith, we are not referring to a mystery like a “who-dunnit” or a spy novel. We are speaking of truths of our faith that cannot be known without God revealing them to us. Mystery means “secret”. The Trinity – One God in Three Persons – is the most fundamental of these truths. Everything else we know about God and believe finds its foundation in the Trinity.

Our creed is Trinitarian (“I believe in one God, the Father almighty...Jesus Christ only begotten Son...the Holy Spirit, Lord and giver of life”). We learn of the secret of the Trinity through God’s revelation (sharing the secret; revealing the mystery) of the three Persons in Scripture – first the Father reveals himself to the People of Israel, then the Son becomes Incarnate in Jesus Christ who is our Redeemer, and finally the Holy Spirit is revealed explicitly by Jesus as the Advocate who will lead and guide the Church.

We begin and end every Mass with the Sign of the Cross in which we invoke the name of God in the Three Persons. Each time we pray the Glory Be (this week’s Gospel Acclamation), we are praising and glorifying God in this mystery He revealed to us.

### ACTIVITY

Many times we have a “go to” for prayers to one or another of the Three Persons in the Trinity. How do we address God? Do we mainly call on God the Father? Or do we pray to Jesus, the Son? Or do we invoke the Holy Spirit most often? Each Person of the Trinity can handle anything, but God wants us to relate to Him in our own comfort. The other two Persons do not get jealous if we have a “favorite”!

There is no wrong way to address God if we are praying sincerely. Our relationship with God develops more deeply when we relate to him personally. Sometimes our focus changes from one to another of the Persons. In times of uncertainty we may focus on God the Father and His protection and power. In times of struggle or temptation or illness, we may turn to Jesus to save us from sin and forgive us and offer healing. When we are making decisions we might ask for guidance from the Holy Spirit. This is good and natural. God is unchanging, but we change and grow. Through his revelation of his Trinitarian nature, we can have the freedom to change and grow and relate to him in different ways.

So, how do you pray? Discuss with your family members the different ways you each relate to God and pray to him.

“Glory be to the Father, and to the Son, and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be, world without end. Amen.”

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