

## TRINITY: AN INVITATION TO LOVE & UNITY

The essence of Christian belief flows from the ultimate revelation of God as the Holy Trinity. God has revealed God's self to us as relational—three Divine Persons in one God.

Even with the different roles and unique attributes of the three Persons, our Triune God is a community of equals. The Father, the Son, and the Holy Spirit are united as one and their essence is love.

**As we come to know God as the Trinity, united in love, we see this mystery guiding the human family:**

**// Beloved, let us love one another, because love is of God; everyone who loves is begotten by God and knows God. Whoever is without love does not know God, for God is love. //**

(1 John 4:7–8)

This commitment to unity encourages us to build strong communities with our family, friends, classmates, and the world around us. In these sacred communities, there is neither stranger nor enemy.

The unity of the Trinity comes alive in every relationship where love, respect, and equality are present.

If the essence of the Trinity is unity and love, then we know that our mission is to create loving unity in the world. To become people who create unity, it is helpful to reflect on moments where the power of unity was at work.

## When have you witnessed or experienced the power of unity?

Choose the statement that best describes a situation that has taught you about the power of unity.

- \_\_\_ **A.** The cooperation among teammates when they achieve a common goal
- \_\_\_ **B.** The way communities come together to support a person who is ill or has been injured
- \_\_\_ **C.** The support given to people who have experienced a natural disaster
- \_\_\_ **D.** Celebrating an important life event with family or friends
- \_\_\_ **E.** Volunteering with a club, youth group, or organization for a service project
- \_\_\_ **F.** Working together to overcome a demanding physical or mental challenge

### For discussion:

- 1** Which example of unity did you select? Share a little about the situation and what it felt like to either experience or witness unity.
- 2** What did you learn from this experience?
- 3** Name some ways this wisdom could help build unity at your school.
- 4** How might these experiences of unity be considered sacred or holy?
- 5** What insights into the Trinity do these experiences give you?



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