

## Homily - Solemnity of the Most Holy Trinity 2024

“Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit.”

This passage, taken from the conclusion to the Gospel of Matthew, is known to Christians around the world as the Great Commission.

This is our mission statement - the entire point of our apostolic efforts, the cause for which martyrs have died, intercessors have prayed, and saints have given their lives.

But at the core of that exhortation there is an identity - a name, or rather three names - three divine persons but one God, united in a single substance.

Father, Son, and Holy Spirit.

To understand the purpose of our lives and the meaning of our own identity as Christians, baptized into the Church, our Lord's own mystical Body, we have to understand what this means - in some way.

And yet, the Church also proclaims that this is a mystery of the faith.

But it is a mystery not in the sense that it is an unsolvable riddle, but rather, in the ancient sense of the word, a *mysterion*, a divine secret to which the Lord grants access through Divine Revelation.

Today, as we celebrate this solemnity of the Most Holy Trinity, we are invited to reflect and contemplate this mystery that forms the heart of our faith, and the core of our mission for life and eternity.

I want to make one thing clear, most of all.

To contemplate a mystery doesn't mean to just think about it in the abstract.

Christian life, for all its intellectual depth, isn't merely about sitting around and meditating on cosmic truths.

This mystery of the faith, like every divine truth, has teeth.

If you read through the entire spiritual tradition of the Catholic Church, you'll see that there is and always has been an integral relationship between contemplation and action.

We can't take action to serve the Lord without entering into the contemplation to know him and know his will, and likewise, our contemplation and prayer are especially enriched when we bring the Lord the fruits and experiences of apostolic activity.

So to proclaim God as Trinity, and have that mystery be the guiding principle of our lives, we should be doing both.

Honestly, though, contemplation is the harder part for most of us, especially where the Trinity is concerned.

If you find yourself wondering where to start, I suggest going back to the Lord's Great Commission.

Every valid baptism shares that common intent and formula - baptizing us in the name of the Father, Son, and Holy Spirit.

And through that baptism, God himself comes to dwell within us through the presence of his Spirit.

This is a concept we can spend our entire lives praying on.

One of the greatest Saints to write on this in modern times was Saint Elizabeth of the Trinity, an early 20th century Carmelite nun who - as you can guess from her religious name - dedicated her prayer especially to going ever deeper in this mystery.

Famously, she would say, "I have found heaven on earth, since heaven is God, and God is in my soul."

St. Elizabeth reflected further on this insight, focusing on our Lord's command, "Remain with me."

She writes,

"Remain in Me." It is the Word of God who gives this order, expresses this wish. Remain in Me, not for a few moments, a few hours which must pass away, but "remain . . ." permanently, habitually, Remain in Me, pray in Me, adore in Me, love in Me, suffer in Me, work and act in Me."

To make disciples, to share our faith effectively with the world, with our families, and within our parish, we have to do two things:

First, as Saint Elizabeth says, we have to remain in the Lord, so that we can know him and share his love. This is why one of the core messages of our preaching in the Catholic faith is that growing in our faith means constantly going deeper in the fundamentals - coming to know God and remaining in him in prayer, in the sacraments, and in sacred scripture.

But then, when we go out to live that Great Commission, we have an additional challenge - we have to find a way to share that experience with others in a way that they will understand and receive.

That's evangelization: sharing Christ himself, living in us, with the world.

So, that's my encouragement to you on this beautiful Solemnity.

You can even make it a spiritual homework project of sorts, or an examination of conscience for today or this week.

How are we living out those two principles - where do we need to commit to remaining with the Lord, in places and times where he should be present, but isn't?

And then where can we begin to share the fruits of his presence with others, especially those people in our lives whom only we can reach?

Invite the Lord, present and living within you even now, to guide your mind, will, and heart to know the answer.

Because that's our mission - to make disciples of all souls, and invite them to experience the beauty and the life-changing force of the presence of God himself, living within us - the power and the mystery of the Most Holy Trinity.