

**Thought for the Week**  
**16<sup>th</sup> June 2019**  
**Trinity Sunday**

Trinity Sunday commemorates a reality and doctrine, not an event. It is called “The Solemnity of the Most Holy Trinity”. The church began using the Trinity as early as the middle of the 2nd century to try and describe the relationship between Father, Son and Holy Spirit.

In the 4th century a preacher named Arius denied that Father, Son and Holy Spirit were all true God and co-eternal. Emperor Constantine convened a council of bishops in AD 325 to deal with the Arian heresy.

This council drew up the Nicene Creed (because it was held in Nicaea) in which we affirm to this day that God the Father, Son and Holy Spirit are all adored and glorified as God, three in one.

The Trinity is one of the most controversial Christian teachings with many other faiths denying it such as Jehovah Witnesses, some Pentecostals, Plymouth Brethren and obviously Messianics.

The Trinity is a mystery, above our human comprehension and so God asks us to believe by faith. We are encouraged to pray for help from all three persons of the Trinity, something which should be easier to do.

We need God the Father as a guide, God the Son as a confidante and God the Holy Spirit as an inspiration. On Trinity Sunday we need to look upon the Holy Spirit as possessing tongues of fire as he did for the Apostles. We cannot see the fire, but we can ask the Holy Spirit to send it to us as a strength for both our faith and the faith of others. Fire is a powerful force. The Holy Spirit is fire.

Often, when the world news seems so depressing and we feel helpless, just imagine and pray to the Holy Spirit to send his fire and love wherever in this troubled world it is needed. We may never know the effect our prayer could have on distressed people all over the world. However we believe firmly that God listens to our cries and that He knows the plans.

***“Come, Holy Spirit, fill the hearts of your faithful (everywhere) and inspire in them the fire of your love.”***