

## God Is Good, All the Time

**Deut. 4: 32-34, 39-40; Ps. 33; Rom. 8: 14-17; Matt. 28: 16-20**

There is a common expression that goes like this: 'If it sounds too good to be true, it probably is.' People use this expression to caution us that someone may offer what appears to be a great deal only to defraud us. So, by the time we become mature adults, many of us have become so skeptical of others who offer us something good that we cannot bring ourselves to believe them.

Even when it comes to God who has done so much, we may have difficulty believing in His infinite goodness. From the beginning of history, God has given Himself for His people. He created the first man, gave him a companion, and placed the two people in an idyllic garden. Later, God used Moses to lead the Israelites out of slavery in Egypt and protected them during their perilous journey to the Promised Land.

But, from the beginning, God's people chose to turn away from Him and follow their own path rather than the one He had laid out for them. Finally, God sent His only Son, the Word made flesh, to live among the Jewish people. Jesus performed many miracles and taught the people about the kingdom of God. Once again, the people rejected God and Jesus gave Himself as the ultimate sacrifice for their sins.

After His resurrection, Jesus appeared to the believers to instruct them more intensely and to prepare them for His ascension to heaven. After Jesus' ascension, God sent the Holy Spirit to dwell in the hearts of all believers to provide guidance, strength, comfort, and consolation to face the trials and tribulations of our lives in the world and to help us carry on the mission that Jesus entrusted to us. God has been and always will be the gift that keeps on giving.

Throughout history, God has made Himself present to the world in different forms: God the Father, God the Son, and God the Holy Spirit. It is this gift of the trinitarian God that we celebrate this Sunday on the Solemnity of the Most Holy Trinity.

The Holy Trinity is at the core of everything we believe as Christians and as Catholics. When we were baptized, it was 'in the name of the Father and of the Son and of the Holy Spirit'. When we make the sign of the cross, we make it 'in the name of the Father and of the Son and of the Holy Spirit'. In the Creed during every Sunday Mass, we profess our belief in the trinitarian God. At the end of every Mass, we are sent forth to preach the Gospel 'in the name of the Father and of the Son and of the Holy Spirit'.

Perhaps because we name the three persons of God so often, many of us think of the Father, Son and Holy Spirit as separate and distinct. Because of our frail human intellect, we have difficulty in believing that the Father, Son, and Holy Spirit are God. When we read the prologue to the Gospel of John, many of us are surprised to learn that Jesus was present at the creation. Also, in the Book of Genesis (Chapter 2), there is a reference to the Holy Spirit in the creation story.

In the Collect, we prayed that 'we may acknowledge the Trinity of eternal glory and adore your unity, powerful in majesty'. In the words of St. Paul to the Romans: 'All who led by the Spirit of God are sons and daughters of God...and if children, then heirs, heirs of God and joint heirs with Christ'. Let us continue to live our lives confident that God is present to us always, to help us in this life, and to lead us to our heavenly home.