

# OUR HEAVENLY FATHER



Faith and Life Series

1

Third Edition

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## 23 The Blessed Trinity

“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.”

Matthew 28:19

There is only one God. There are three Divine Persons in one God: God the Father, God the Son, and God the Holy Spirit. The Father is God. The Son is God. The Holy Spirit is God. But together They are one God.

We call the three Persons in one God the **Blessed Trinity**. **God the Father** is the First Person of the Blessed Trinity. **God the Son** is the Second Person of the Blessed Trinity. He became the man Whom we call Jesus and Who died to save us from sin. **God the Holy Spirit** is the Third Person of the Blessed Trinity. He helps us to pray and to love one another.

The three Persons of the Trinity had no beginning. They always were and always will be.



The three Persons are equal. The Father is not greater than the Son. The Son is not greater than the Holy Spirit.

We know there are three Persons in one God because Jesus told us about it. But we cannot really understand how God can be both three and one. That is called a **mystery** and we will have to wait until Heaven to understand it better. But it can help if you think about a family. In a family there are the mother, father, and children, all different persons, but they are one family. In the Blessed Trinity there are three Persons, but one God.

We often begin our prayers by calling on the Blessed Trinity. We say, “In the Name of the Father and of the Son and of the Holy Spirit.” When we say these words, we make the Sign of the Cross on our bodies. And it reminds us that Jesus saved us by dying on a Cross.

When my soul is filled with grace, the Blessed Trinity lives in me!

**Words to Know:**

Blessed Trinity    God the Father    God the Son  
God the Holy Spirit    mystery

**Q. 48** *Who is the First Person of the Blessed Trinity?*  
The First Person of the Blessed Trinity is God the Father (CCC 254).

**Q. 49** *Who is the Second Person of the Blessed Trinity?*  
The Second Person of the Blessed Trinity is God the Son (CCC 254).

**Q. 50** *Who is the Third Person of the Blessed Trinity?*  
The Third Person of the Blessed Trinity is God the Holy Spirit (CCC 254).

**Q. 51** *Has God always existed?*  
God has always been and always will be (CCC 202).

**We Pray:**

GLORY BE

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.*