

Holy Trinity Sunningdale
Sunday May 31, 2026 - Trinity Sunday
Readings – Isaiah 40:27-end & Matthew 28:16-end

One man comes to church only one Sunday a year. Not at Christmas or Easter, but year after year, he attends church on Trinity Sunday. When asked, “Why is it that you only come to worship on Trinity Sunday?” “Oh, that’s easy to explain,” the man said. “I like to come on this day so I can hear the preacher get all tangled up trying to explain the Trinity! It is clear what Revd. Jon is trying to achieve giving me the sermon on Trinity Sunday! How I wish today is the first Sunday of the month and I can ask you to share your understanding of the Trinity – what fun we would have!

In the 4th century, the great theologian, St. Augustine, after writing over 800 pages, trying to explain the doctrine of the Holy Trinity, he had to admit he could not understand it. I must agree with St. Augustine, that we all would struggle to define the infinite God, with our finite minds. Someone says that trying to explain our Trinitarian God is like trying to empty the sea with a spoon!

People have accused theologians of making up the concept of the Trinity because the words, “Holy Trinity” are not found in the Bible. For me, 2 of the ways the Bible affirm the reality of the Trinity include:

1. Jesus’ words commanding his disciples to baptise in the name of the Father, Son and Holy Spirit from our Gospel reading from Matthew
2. The grace we share which is St Paul’s prayer for the Corinthians, “The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit.”

As Christians, we believe in 3 distinct persons – Father, Son and Holy Spirit, all 3 being of one substance in one God. I think that the doctrine of the Holy Trinity came when the early Christians realised that the love they saw in Jesus was the love of God the Father, of whom he spoke.

The belief that God is Trinity is the foundation for the belief that God is Love. Belief in God the Trinity says that before there was anything external to God towards which he could act lovingly, God’s being was expressed in the love between Father, Son and Spirit. We – God’s creation are made from the exuberance and sheer vitality of that love when God said in Genesis 1:24, “Let us make humankind in our image.”

How do you know that you are loved? Can you give scientific proof that you love someone? We can only give or receive visible signs to demonstrate love but the real proof comes by the test of experience over a period of time. God gives us signs of his love – he made us in his own image, he cares for us, giving us the necessities of life and a beautiful world to live in. God’s love led him to create all that exist, and to send his only Son to offer redemption and eternal life to everyone.

This love is personal, dynamic and creative, and we are designed to share in it and to be drawn more and more into the reality of the loving God. This love is full of delight and generosity and it longs for the rest of the world to see the loveliness of the beloved. If we want to be filled with the vitality of God’s love we to share in God’s relationship with Jesus and the Holy Spirit and to share in God’s love for the world.

Our place in this relationship has been won for us by Christ who reconciled us to God. To live in Christ is to live in tune with God, so that everything that happens, good or bad, deepens our understanding of who we are in relation to God. We also have the living presence of the Holy Spirit, given to us so that we can feel God's love for the world. Therefore, each day of our lives, we share God's love for his world and experience joy in what God has made. What a joy that our church family is named Holy Trinity!

Every time we share the grace, this is what we are praying – to love the world as God its creator loves it; to give ourselves totally to doing God's will in the world as God the Son did; and to find our true selves, our only real identity in belonging together, serving God together in the fellowship of the Holy Spirit.

Do you understand all of this? Of course not, neither do I! Although I am unable to explain the doctrine of the Trinity, any more adeptly than you can, I believe it!

I believe it because I have experienced it, through many years of belonging to Christ's Church. God remains a mystery and he must remain a mystery to be God as our reading from Isaiah says, "His understanding no one can fathom!" But thanks be to God for what he has revealed to us, through the power of his Spirit.

Today, I pray that our Trinitarian God – Father, Son and Holy Spirit, who knows each of us intimately and loves us unconditionally will fill our hearts and lives with the grace of our Lord Jesus Christ so that we always do the will of God, the Father and be blessed with the fellowship of the Holy Spirit shared by the Father and the Son – that absolute love, rejoicing always and living fully the life of God. Amen.

Dolapo Ogunbawo, 31 May 2026