

# THE SOLEMNITY OF THE MOST HOLY TRINITY

After the outpouring of the Holy Spirit at Pentecost, the Church invites us to reflect on the mystery at the center of our faith: the Holy Trinity. What was revealed through Christ's life, death, resurrection, and the sending of the Spirit now comes into focus. We are not simply following a set of teachings or principles—we are being drawn into a relationship with the living God: Father, Son, and Holy Spirit.

This mystery can seem difficult to grasp. The Trinity is not something we fully understand, but something we come to experience. In recovery, we are often less concerned with explaining everything and more concerned with what is real and transformative. The same is true here. The Trinity is not an abstract concept—it is the living reality of God's presence and action in our lives.

The Gospel for this Sunday offers a simple but profound truth (John 3:16–18): *“For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.”* This passage reveals the heart of the Father, who sends the Son out of love. Through the Son, we are brought into relationship with the Father. And through the Holy Spirit, that relationship becomes alive and active within us.

For many seeking freedom from lust addiction, our understanding of love has been distorted. We may have experienced relationships marked by confusion, objectification, or misuse of intimacy. Recovery begins to reshape this understanding. We come to know that real love is not something we take or control, but something we receive and give within right relationship.

The Twelve Steps guide us into this transformation. Step One invites us to admit that we are powerless over lust. Step Two encourages us to believe that God can restore us to sanity and wholeness. Step Three invites us to turn our will and our lives over to His care. Over time, we begin to trust that God's design for love and relationship leads to freedom, not restriction.

One of the significant shifts in recovery is moving from isolation to connection. Lust addiction often pulls us inward, into secrecy and self-centered patterns. Recovery opens us outward—toward God and toward others in healthy, honest ways. This reflects the nature of the Trinity, where love is shared in relationship and not distorted by self-centeredness.

We often hear that this is a “we” program. Through meetings, sponsorship, and accountability, we begin to experience connection without shame. We learn that we are not alone, and we are not beyond healing. In those relationships, we begin to understand love in a new way.

This does not mean temptation disappears or that healing is immediate. There will still be moments of struggle and vulnerability. Yet something begins to change. We are no longer defined by our past or driven by compulsion. Instead, we begin to live from a new identity as beloved children of God.

As this relationship deepens, we begin to see fruit in our lives. We grow in honesty, humility, integrity, and love. We begin to treat ourselves and others with greater dignity and respect.

The Solemnity of the Holy Trinity reminds us that recovery is not just about stopping destructive behavior. It is about

entering into a new way of living—one rooted in right relationship with God. As we continue this journey, we are invited to remain open to the Father's love, to follow the Son's example, and to rely on the guidance of the Holy Spirit.

## REFLECTION QUESTIONS

- How has your understanding of love and relationship changed through recovery?  
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- When have you experienced movement from isolation or secrecy toward honest connection?  
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- What helps you live more fully as a beloved child of God in your daily life?  
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## MASS READINGS

**FIRST READING** Exodus 34:4b–6, 8–9

**RESP. PS.** Daniel 3:52, 53, 54, 55, 56

**SECOND READING** 2 Corinthians 13:11–13

**GOSPEL** John 3:16–18