

## Trinity Sunday

- For Trinity Sunday...
  - it's good to focus...on the Community of Unity...within the Blessed Trinity.
  - One God...
    - but a communion of three Divine Persons...
    - bound together for all eternity in love.
  - It's also good to focus on...
    - how we've been created...
      - in that particular image and likeness...
    - Distinct individuals...
      - but created...to be in communion with others
      - bound together in love for all eternity as well.
- But honestly... I couldn't get past the first reading this year...
  - There's a line in it that made me laugh out loud...
    - until I realized...what's actually going on.
  - What got me...were these words:
    - *"The LORD, the LORD, a merciful and gracious God..."*
    - That's not Moses saying those words...
    - That's actually the Lord...
      - saying that...about Himself!
  - If I got up here and started saying:
    - *"Fr. Jeff...Fr. Jeff...the great and glorious priest!"*
      - you'd think I was crazy!
    - But something very different...
      - very sacred...
      - is going on in this passage.
  - Moses is being allowed to hear...for the very first time...
    - the conversation...
      - that always takes place...
    - between the three Divine Persons...
      - of the Blessed Trinity.
    - And we get to hear it too...
      - as God's Word is proclaimed.
  - Far from being crazy or even conceited...
    - Our God is a community of Divine Persons...bound together in love.
  - And so what we're hearing...
    - is One...or maybe even Two of them...
    - praising another.
    - Maybe it's Jesus & the Holy Spirit...praising the Father for His mercy.
  - But why...
    - why do we get the privilege...
    - of hearing these sacred words?

- Maybe it's because...God wants to teach us...how to join in that Praise.
  - Because we don't know how to do that...
    - not since the Fall of Adam and Eve.
  - What we can know about our God...all on our own...
    - is that He exists.
  - That knowledge has been planted in each of us...
    - and we can bury it deep down...
    - or try our best to ignore it...
    - but it's always going to be there.
  - But to know anything else about our God...
    - like His Name...
      - or how to thank and praise Him...
      - or that He's a Trinity of Divine Persons...in One single God...
      - those things need to be taught.
    - And so God is teaching Moses...
      - how to join...in the joyful praise...
      - that's always going on in the Trinity.
- As I prayed about this...
  - I had the image of a bird...hovering over its nest...
    - enticing it's young to fly.
  - That bird represents God...
    - and He's teaching Moses...
    - how to be lifted up and out...
    - of all the junk that's going on in his life...
    - and to begin to sing God's praises instead.
- And that's something that Moses really needed at this point in his life.
  - Do you remember what happened...just before this scene?
  - Moses was up on the mountain...
    - receiving the 10 commandments...
    - while the whole house of Israel...
    - was gathered...at the base of that mountain...
  - And what were they doing?
    - worshipping the Golden Calf!
    - They had come so far...only to turn their backs on the Lord.
  - And upon seeing that...
    - well that was the last straw for Moses...
  - He ran right back up that mountain...to tell the Lord: "*I'm through*"
    - They're stiff necked and stubborn.
    - They won't listen to a word I say...
      - no matter how good it might be for them.
    - Parents...can you relate to that?!?!?

- And that brings us to today's passage.
  - In these verses,...the Lord is very clearly telling Moses...
    - instead of focusing on all these frustrations...
    - focus on Me...
      - focus on My Love and Mercy...
    - And then...let's start all over...together...from there.
  - And that's exactly what God does...
    - in the line that follows our text today.
  - In His mercy...
    - He promises a whole new covenant for His people.
- I think this is a great lesson for our life.
  - When was the last time...
    - that you were so frustrated...that you were ready to give up...
    - whether on yourself...on others...maybe even on God Himself?
  - Well the next time that happens...
    - instead of wallowing in that frustration...
    - turn to the Lord...and praise Him instead.
  - Don't know how...what to say...or even where to begin?
    - Neither did Moses...so you're in great company!
    - God Himself will teach you.
  - Simply start...by praising His Name:
    - "*Lord I praise you.*"
    - He's going to teach you from there.
    - And if you let Him...
      - the Holy Spirit will take over from there...
      - and actually pray in you.
- So even if all seems lost...what has He given...that you can praise Him for?
  - What about your life? Praise God for that!
  - Thank and Praise Him for all the things...you normally take for granted:
    - running water...socks...a toothbrush...not everyone has these things.
    - Some mornings I praise God for coffee!
    - I think we all do!
  - But you can also...think back to the past...
    - and praise Him for a moment of grace...
      - that changed your life.
    - Even if it was years ago...
      - and you no longer feel that joy.
      - Praise Him for it...even now.
- What happens when we do this...is that we are pulled out of ourself...
  - pulled up and out of whatever it is...
    - that we're wallowing in...
  - and we begin to focus on the Lord and His Goodness instead.
  - Once we do that...His love can take over from there.

- In the days...weeks...and months ahead...
  - this world...it may be in...even worse shape than it is now...
    - as more and more people turn away...
    - from the only Thing...
    - that can bring us joy and peace...
    - the true bond of unity...
    - bound together in Love...
    - so tight...so strong...
    - that absolutely nothing...
    - can ever destroy it.
  - Without God Himself...at the very heart and center of our lives...
    - things can only only get worse.
  - But in His mercy...our Heavenly Father hasn't given up on us!
    - No matter how frustrated we may be...
    - He is turned toward this world...even now...
      - offering a renewed covenant.
    - But we...our society...
      - we've got to turn back to Him as well.
    - And I think that starts with people like you and I...
      - who already know Him...
      - continuing to praise the Lord...
      - no matter what happens.
- So even when things are at their worst...praise the Lord instead!
  - Maybe use this line from Psalm 42:
  - *“Why are you cast down, my soul, why groan within me?”*
  - *Hope in God, I will praise him still, my savior and my God.”* Ps 42:12