

Silence is God's First Language

The Most Holy Trinity

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Fr. Tony Davis

On this Holy Trinity Sunday, there are many things that we could say about God. God is all-powerful, almighty, eternal, infinite, one, all-knowing, good, kind, merciful, loving, Father, Son, and Holy Spirit.

Understanding all of these characteristics of God is important for us as people who do believe in God, specifically as Christians. None of them, however, fully capture who God is. God is beyond all of our ideas, thoughts, and words. God is beyond our theologies, philosophies, and religions. We can never grasp God. God is endless mystery.

The Trappist monk Fr. Thomas Keating famously said, “silence is God’s first language; everything else is a poor translation.” (*Invitation to Love, 20th Anniversary Edition, 105*) Today, on this feast of the Holy Trinity, let us acknowledge that all of our words about God are just poor translations. So instead of me talking more about God, let us humbly sit in silence before the great mystery of Father, Son, and Holy Spirit.