

Week 5

Paragraphs 205–252



THE CATECHISM IN A YEAR

WITH FR. MIKE SCHMITZ

f faith.⁸² By “analogy of faith” we mean the

What We Believe PART ONE: THE PROFESSION OF FAITH

GOD IS THE HOLY TRINITY

The more we know God, the more we understand how he acts. The more we understand how he acts, the more deeply we can know him (see CCC 236). So who is he? God is the fullness of being without beginning or end. He is the only necessary being; everything else that exists is a gift contingent upon being created by God. God is faithful and trustworthy; he can neither deceive nor be deceived. Most importantly, God is love because he is the Trinity—three Persons in one divine nature. Whatever we can know about Trinity, mystery will always remain. As St. Augustine said, “If you understood him, it would not be God” (CCC 230).

Keep in Mind

- God’s innermost identity is the eternal exchange of love in the communion of the Trinity (see CCC 221).
- The Trinity remains a mystery beyond words but is the “central mystery of Christian faith and life” (CCC 234).
- There is only one God. The Trinity is one in substance, yet all three Persons are distinct because of their relationship with one another (see CCC 253, 255). When one acts, all act, yet in a distinctive way.
- God is love. That is possible only if God is three distinct Persons, yet one divine Being.
- Each divine Person bears the divine substance or nature, while the one divine nature is that through which each Person exists and acts.
- God is Father, Son, and Holy Spirit. But the Father is not the Son, the Son is not the Holy Spirit, and the Holy Spirit is not the Father.
- God the Father is Father because of the Son, and the Son is Son because of the Father, and the Holy Spirit is the bond of love between them.



Holy Trinity by Hendrick van Balen (1620)

Dive Deeper

This work depicts the Trinity—“the central mystery of Christian faith” (CCC 234)—that God is Father, Son, and Holy Spirit. The Son appears in his glorified humanity, while the Holy Spirit appears as a dove, the form the Spirit took at the baptism of Jesus.

- God made humans in his image and likeness. With the Holy Spirit within us, we share in the divine nature and can call God our Father.
- Calling God “Father” indicates he is the origin of and transcendent authority over everything; and he knows and loves each of us (see CCC 239).
- God the Father is revealed by the Son (see CCC 240).
- Jesus is “consubstantial” with the Father himself; he was “with” God and is God (see John 1:1; CCC 241).
- The Holy Spirit “proceeds from the Father and the Son” and remains active in the Church today (CCC 246).

Use the space below to reflect on this week's content.

Take It to Prayer

God our Father, we know that you are truth and we believe that you are love. Come meet us, sustain us, and guide us with your truth. Come lead us more deeply into your heart and love. Be with us this day and every day that we may never walk away from your truth, that we may never run away from your love. We pray through Jesus Christ, our Lord. Amen.



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The Catechism in a Year is a daily podcast produced by Ascension and hosted by Fr. Mike Schmitz. It helps us understand what it means to be Catholic by reading the entire *Catechism of the Catholic Church* and allowing those truths to shape our lives. This bulletin was adapted from the books that complement the podcast: *The Catechism in a Year Companion* by Petroc Willey, Fr. Mike Schmitz, and Matthew Doeing.