



# Doug's Reflection

**05-31-26 HOLY TRINITY SUNDAY**

The Most Holy Trinity seems to be a difficult concept for many to wrap their heads around. Dr. Henry Morris can help in that regard. He notes that the entire universe is Trinitarian by design. The universe consists of three things: matter, space, and time. Take away any one of those three and the universe would cease to exist. But each one of those is itself a trinity. Matter consists of mass + energy + motion. Space is made up of length + height + breadth. And time consists of past + present + future. To this I add: Even atoms are 3 in 1! They contain protons + neutrons + electrons. We are Trinity because we are made of mind, body & spirit (soul). And by the way - - - I believe you don't have a soul. You ARE a soul. You have body and mind. Sacred Scripture is full of descriptions of the Trinity. Sounds like a good Bible study to me!