

Talk Trinity 2026 2 Cor 13:11-end and Matthew 28:16-end

Does anyone here like dancing? What kind of dancing do you do? Do you have lessons?

When I was at school, when the weather was really terrible and it was too wet to play hockey in our canvas boots, we sometimes did country dancing. Although I liked sport, I was never very good at it, so I really liked the chance to do something a bit different which I was able to do reasonably well. The dances we did were ones you might have done if you have ever been to a ceilidh or a Barn Dance. Square dances, where there are four couples in a square and dances were everyone is in long rows opposite their partner such as 'Strip the Willow'. In those dances people weave in and out of each other, sometimes moving a little closer, sometimes moving away from each other, sometimes linking arms and spinning round with your partner.

The Holy Trinity, God the Father, God the Son and God the Holy Spirit who we are thinking about today on this Trinity Sunday is sometimes compared to a dance – the fancy Greek term is perichoresis. It describes the loving life shared by the Father, the Son and the Holy Spirit: each making room for the others, each giving and receiving love, each completely united, yet still distinct just like three dancers dancing a complicated dance always making room for each and paying attention to the others so that no one gets left behind (unlike a ceilidh where sometimes the dance ends in complete chaos when people have got completely lost despite the best efforts of the caller to ensure everyone knows what they are doing). God the Father, Son and Holy Spirit never get lost, there is never chaos, but the comparison of a dance is a good description of God who is full of movement and joy and love.

God as Father and Son and Holy Spirit sounds complicated – well that is because it is complicated, and don't worry if it is too complicated – adults struggle to understand the Holy Trinity and so do curates and vicars too! The picture of the dance is not a perfect description but it helps us to understand just a bit more.

You see the Bible doesn't have a neat answer to help us understand the Holy Trinity

In our first reading from Paul's second letter to the people in Corinth, we hear Paul blessing the church with the grace of Christ, the love of God, and the fellowship of the Holy Spirit. In our gospel reading we hear Jesus in Matthew sending his disciples out in the name of the Father and of the Son and of the Holy Spirit. Instead of a nice sorted out explanation of the Holy Trinity the Bible shows us God at work: creating, saving, blessing, sending, loving and drawing us in.

Today on Trinity Sunday we could spend a lot of time thinking about all the complicated arguments Christians have used to think about the Trinity and there are lots of huge books written on the subject. As we have discovered there is no simple description in the Bible. It took quite some time for the Church to come to a formal declaration of the Trinity. Trying to describe the Trinity can sometimes tie us up in knots which is why the sermon on Trinity Sunday is often given to the poor unsuspecting curate – something has clearly gone wrong this year!

Humans especially post-enlightenment humans want to define things, to have precise answers and we want to define God; to describe exactly what God is like.

We would do better to take time today learning from what we know about God and learning how to live as God's children. God is love and God shares that love, within the three persons of the Trinity, Father Son and Holy Spirit but also with humans. And if God shares love with us then our lives should reflect that love.

If God makes room, just like a partner does in a dance, then we can make room. If God does not cling tightly but gives generously, then we can learn to be people of generosity, kindness and welcome. In our families, in our schools and colleges, in our workplaces, in our friendships, in our church, in our communities—wherever we are—we are invited to join the dance of God's love.

So how can we join in God's wonderful dance? By noticing if someone is left out in the playground and inviting them to join you. Maybe by standing up for someone who is being bullied or ignored.

Perhaps by listening, really listening not thinking about what we want to say on the subject, but listening with patience, speaking with gentleness, forgiving when it is hard, and helping where there is need. Churches can join that dance by becoming places where strangers become friends, where questions are welcome, and where love is not just talked about but practised.

Of course, there will still be mystery. We will never fit God into our heads as if God were a problem to be solved like a maths question. We might say we try to put God in a box. But how can we really understand God who is larger, greater, more loving than we can ever imagine.

So today we do not need to pretend we understand everything, I know I don't! We simply need to trust the God who has made us, come to us in Jesus, and stays with us by the Spirit. And at the centre is love – perfect love; love flowing between Father, Son and the Holy Spirit, and that love reaches out to us. We are not standing at a distance, watching. In Christ, by the Spirit, we are invited in. We are welcomed into the life of God. We are invited to join the dance – so let's join in!