

# The Holy Trinity

Catholics believe that there is only one God. This God, however, contains three persons or aspects: the Father, the Son, and the Holy Spirit. This is what is known as the Holy Trinity. Though they are united as one, each part contains a special purpose. To Catholics, faith in the Holy Trinity is the pathway to salvation. This belief is summed up in the Athanasian Creed (written between 434 and 440 CE):

“And in this Trinity none is before or after the other; none is greater or less than another; but the whole three Persons are co-eternal together, and co-equal; so that in all things the Unity in Trinity, and the Trinity Unity is to be worshipped. He therefore that will be saved must think of the Trinity.”

## God the Father

God is not created  
or born but everlasting  
and eternal.

All things come from God.

## Christ the Son

Jesus Christ came forth from God the Father. Through his life, death, and resurrection, he became united in God. By following Jesus' example, Catholics can discover their spiritual identity.

## The Holy Spirit

The Holy Spirit (or Holy Ghost) is the divine love that unites and proceeds from the Father and the Son.

### Extension:

Compare the Holy Trinity to the Hindu Trinity on pages 136-139.