

Trinity Explained (Simply)

God is 3 in 1: God the Father, Jesus the Son, and Holy Spirit.

I recently heard this explained, and it's something I've been thinking for years, but it had a little extra bit on it that I felt was good, so here goes, and it's simple, of course (not that God is simple)...

God made us in his image. We're made to reflect the same way he is. I think this helps us relate to who he is. We have 3 parts, our body, our soul, and our spirit. God does, too:

- Jesus is the body
- God the Father is the soul
- and Holy Spirit is the spirit

Just like our body is us, our soul is us, and our spirit is still us, it's the same with God.

- Our body can't do what our spirit or soul can.
- Our soul can't do what our body or spirit can.
- Our spirit can't do what our soul or body can.

It makes sense. God is the same way, in principle.

Again, God is way more complex than we are, but if you want a simple way to think and understand more about the Trinity of God, then maybe use that.

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