



Sunday Q&A

Your Faith in Focus

THREE-IN-ONE DEFINES US

Are Catholics Christian?

This is a great question to ask on Trinity Sunday because the answer has to do with the central belief of Christianity: the Trinity. Michael Gormley explains the answer to this question in this adapted transcript from one of his Ascension Presents videos.

The answer is yes, Catholics are Christians. But what does it mean to be a Christian? That's an interesting question. A lot of confusion comes in when you talk to people whose denominations don't have a liturgical tradition. For example, if you take charismatics or Pentecostals into a Catholic Church with the smells, bells, robes, statues, and all the rest, the Liturgy often puts people off. They might say, "This doesn't seem Christian; it seems like witchcraft." But if you take a

The Trinity is uniquely Christian, and Jesus is no "one-calorie cola." Jesus is God, the real "thing."

Lutheran, a Presbyterian, or an Anglican into the Catholic Mass, they're more likely to say, "Yeah, what's the big deal? It's liturgy."

So, what do we mean by "Christian"? First, people who call themselves Christian must believe in the Trinity. Jesus Christ—when he came in the fullness of time, "born of woman, born under the law" (Galatians 4:4)—says he revealed to us that he is the Son, and thus, he

revealed to us the Father. He promised us the Spirit of the Father and the Holy Spirit, which will reveal all things to us. The Trinity is uniquely Christian. Jesus fulfilled the Jewish monotheism but revealed the deeper hidden truth of the very nature of God as three Persons in one God. So all Christians have to believe in the Trinity.

Second, Christians must believe that the Word of God, the Second Person of the Trinity—God the Son—became flesh, took on a full human nature, and united it to his one Divine Personhood. He is fully human and fully divine. These are the basics of the Nicene Creed and the Apostles' Creed. We pray these prayers that Jesus is "God from God, Light from Light, true God from true God." You cannot be a Christian if you do not believe that Jesus Christ is the eternal Son of God who, at one point in time, took onto himself a full human nature. Some religions say Jesus is not God, but in Scripture, he tells us he is God, and we Christians—we Catholics—believe him. He is no "one-calorie cola." Jesus is God, the real "thing."

We acknowledge not only that God, in his innermost mystery, is not alone; he's a communion of Persons, Father, Son, and Holy Spirit, but also, the Second Person of the Trinity, the Son, entered into the human story. These are the things that true Christians believe.

Ponder and Pray

- How do I understand God as a Trinity?
- How do I see myself as a Catholic in relation to Christians in other denominations?
- What questions about my Catholic faith do I want to research further?



Make It Your Own

To help you answer the last question in “Ponder and Pray,” make a list of questions that you have about your Catholic faith and use the *Catechism of the Catholic Church* (or the library of videos and articles at ascensionpress.com) to do further research and find answers.

Dive Deeper

To watch the full video about the Trinity, scan the code



or visit the URL:

<https://media.ascensionpress.com/video/are-catholics-christian-feat-michael-gormley/>

Michael “Gomer” Gormley preaches the Gospel to pew-sitting and lapsed Catholics alike. He holds three degrees from the Franciscan University of Steubenville: a bachelor’s in philosophy, a bachelor’s in theology, and a master’s in theology and Christian ministry. Michael has worked in parish and youth ministry for decades. He co-hosts *Every Knee Shall Bow*, a seasonal podcast on Catholic evangelization, with Dave VanVickle.

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