

The Trinity Isn't a Contradiction, It's Just Misunderstood

One Being, Three Persons, and What This Taught Me About Truth and Health

By Robert Ferguson

Introduction

I am a clinical nutritionist.

Most of the time, I write about health, weight loss, and how to improve your life through better nutrition.

But this article is different.

In this article, I share my personal spiritual beliefs.

I was sitting with a dear friend, and we were talking about many things. We talked about why I believe most people struggle to get their health right. There is so much confusion about nutrition, supplements, and medications.

As we talked, I realized something.

The confusion people have about health is very similar to the confusion many people have about the Trinity.

Both are talked about often.

Both are important.

But in both cases, many people cannot clearly explain what they believe or why they believe it.

At the same time, there is an important difference.

When it comes to nutrition and health, even though there is confusion, we still have facts.

We have science.

We can test things.

We can measure results.

We can look at blood work, insulin levels, and other markers and see what is actually happening in the body.

But when it comes to the Trinity, we are dealing with something different.

We are dealing with God.

There is faith involved.

There are things we believe based on Scripture and understanding, not something we can test in a lab.

So, while nutrition is grounded in measurable facts, the Trinity includes faith.

But here is the common thread.

In both cases, understanding matters.

And more importantly, being able to explain what you understand matters.

That is what helped me understand the Trinity.

And that is why I am writing this article.

Because I believe that what helped me can help you.

So, let's slow down and walk through it together.

A Note to Readers

Before we go further, I want to say something important.

You may be reading this and not believe in the Trinity.

You may be Jewish, Muslim, an atheist, or have a different belief about God.

I respect that.

This article is not about trying to change your beliefs.

It is about explaining how I think.

It is about showing how clear thinking and understanding helped me make sense of something that once seemed confusing.

If you choose to keep reading, my goal is simple:

To help you understand what the Trinity means, even if you do not agree with it.

Because understanding something and agreeing with it are not the same thing.

And in both health and life, being able to understand different ideas clearly is a powerful skill.

In my experience, many of the biggest breakthroughs, in both health and understanding, come when we are willing to listen before we decide.

What Is the Trinity?

Let's start with what most people hear first.

The Trinity is the belief that God is three persons:

- The Father
- The Son (Jesus)
- The Spirit

Many people stop right there.

But if we stop there, it can sound like three separate gods.

That is not what the Bible teaches.

So now let's think a little deeper.

One Being, Not Three Gods

The Trinity also teaches that God is **one being**.

There is only one God:

- "The Lord our God, the Lord is one" (Deuteronomy 6:4) [1]

So now we have two truths:

- God is three persons
- God is one being

At first, this may feel confusing.

It may even sound like a contradiction.

In some ways, it reminds me of what I teach in nutrition.

I have helped thousands of people eat many of the foods they love and still lose weight.

When people first hear that, they often think, “That does not make sense.”

One doctor I worked with, Dr. Bernadette Anderson, lost 165 pounds.

She once said, “When I first saw Robert Ferguson on television saying I could lose weight by eating the foods I love, I thought that did not make sense. Eating the foods I love is what got me to nearly 400 pounds.”

But once she understood how the body works and how to pair foods properly in the right portions using my Diet Free Life methodology, everything changed.

What once seemed like a contradiction was not a contradiction at all.

It just needed to be understood correctly.

The same is true with the Trinity.

Why This Is Not a Contradiction

A real contradiction would be:

- God is one being and three beings

That cannot be true.

But that is not what we are saying.

We are saying:

- God is one in **being**
- God is three in **person**

These are two different categories.

Understanding the Difference

A **being** answers the question:

What are you?

A **person** answers the question:

Who are you?

For example:

I am a human being, that is what I am.

Who I am includes:

- A father
- A nutritionist
- A person who cares about helping people

Humans are:

- One being
- One person

But God is:

- One being
- Three persons

What the Bible Says About the Trinity

The Bible teaches that there is **one God**:

- “The Lord our God, the Lord is one” (Deuteronomy 6:4) [1]

The Bible shows that the **Father is God**:

- “Grace and peace to you from God our Father” (Romans 1:7) [1]

The Bible shows that **Jesus (the Son) is God**:

- “In the beginning was the Word, and the Word was with God, and the Word was God” (John 1:1), from the Gospel of John [1]
- “My Lord and my God!” (John 20:28) [1]
- “For in Christ all the fullness of the Deity lives in bodily form” (Colossians 2:9) [1]

The Bible shows that the **Holy Spirit is God**:

- “You have not lied just to human beings but to God” (Acts 5:3–4) [1]
- “The Lord is the Spirit” (2 Corinthians 3:17) [1]

The Bible also shows they are **distinct persons**:

- At Jesus’ baptism, the Father speaks, the Son is baptized, and the Spirit comes down (Matthew 3:16–17) [1]
- Jesus says He will send the Spirit from the Father (John 14:16–17) [1]

All three are named together:

- “In the name of the Father and of the Son and of the Holy Spirit” (Matthew 28:19) [1]

Connecting the Dots

When we put this together, we see:

- There is **one God**
- The **Father is God**
- The **Son is God**
- The **Spirit is God**
- They are **not the same person**

This is why we say:

God is **one being and three persons**

A Simple Analogy

Think about **time**:

- Past
- Present
- Future

They are different, but they are all time.

This is not a perfect example, but it helps us understand how something can be one and still have distinctions.

Important Clarification

When we say:

- Jesus is God
- And God is Jesus

We mean:

Jesus is fully God.

But Jesus is not the Father or the Spirit.

They are different persons, but they share the same divine being.

What This Taught Me About Health

The same confusion I see in the Trinity, I also see in health.

People say:

- “Carbs are bad”
- “Fat is bad”
- “Calories are all that matter”

But they do not explain why.

Calories measure energy.

But they do not explain:

- Hormones
- Insulin
- Inflammation
- How the body responds to food

This is the difference between:

- What something is
- And how it works

Faith vs Evidence

The Trinity involves faith.

It is about God, and we cannot fully measure God.

But health is different.

We can measure:

- Blood markers
- Insulin
- Inflammation
- Omega-6 to omega-3 balance

We can see results.

We do not need faith.

The evidence is clear.

Conclusion

The Trinity is one being and three persons.

Not one and three in the same way.

That is why it is not a contradiction.

Learning to think clearly about this helps us think clearly about everything else.

Including our health.

When you understand what something is and how it works, you stop guessing.

And when you stop guessing, you get better results.

Index

Being – What something is

Person – Who someone is

Trinity – One being, three persons

Rational discourse – Clear thinking and logic

Nature – What something is

Role – Function or position

Calories – Measure of energy

Insulin – Hormone that affects blood sugar

Inflammation – Body's response to stress

References

1. The Holy Bible, New International Version. (2011). Deuteronomy 6:4; Romans 1:7; John 1:1, 14:16–17, 20:28; Matthew 3:16–17, 28:19; Acts 5:3–4; 2 Corinthians 3:17; Colossians 2:9.
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