



A Lesson for All Ages
June 7, 2020

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What is Trinity Sunday?

Trinity Sunday is celebrated the Sunday after Pentecost. It is the Sunday where we acknowledge God in all three forms — Father, Son, and Spirit.

On Ascension Day we learn that Jesus has left us on earth and ascended to Heaven to be with God.

On Pentecost we learn that Jesus sent the Holy Spirit to be here among us, to inspire us and guide us everyday.

On Trinity Sunday we celebrate God in these three forms —now here with us always.

This year Trinity Sunday is on June 7!

What is the Trinity?

The Trinity is God in three forms!

We experience God in three different ways.

God the Creator, God the Father

God as Jesus, God the Son

God as the Holy Spirit

Yes! All three are God! Jesus tells us in Scripture;

“The Father and I are one.” - John 10:30

And

“But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you.”

-John 14:26



Let's Learn About Trinities!

We can see the Trinity all over! There are many ways in which the Trinity is shown to us! In nature, in art, even in buildings. Let's look at a few pictures that show us different kinds of trinities.



This piece of artwork can be found in many Catholic prayer books and shows God on the right, Jesus on the Left and the dove as the Holy Spirit coming down from above.

This three leaf clover shows us three parts can be one just as God, Jesus, and the Spirit are three parts and one at the same time!



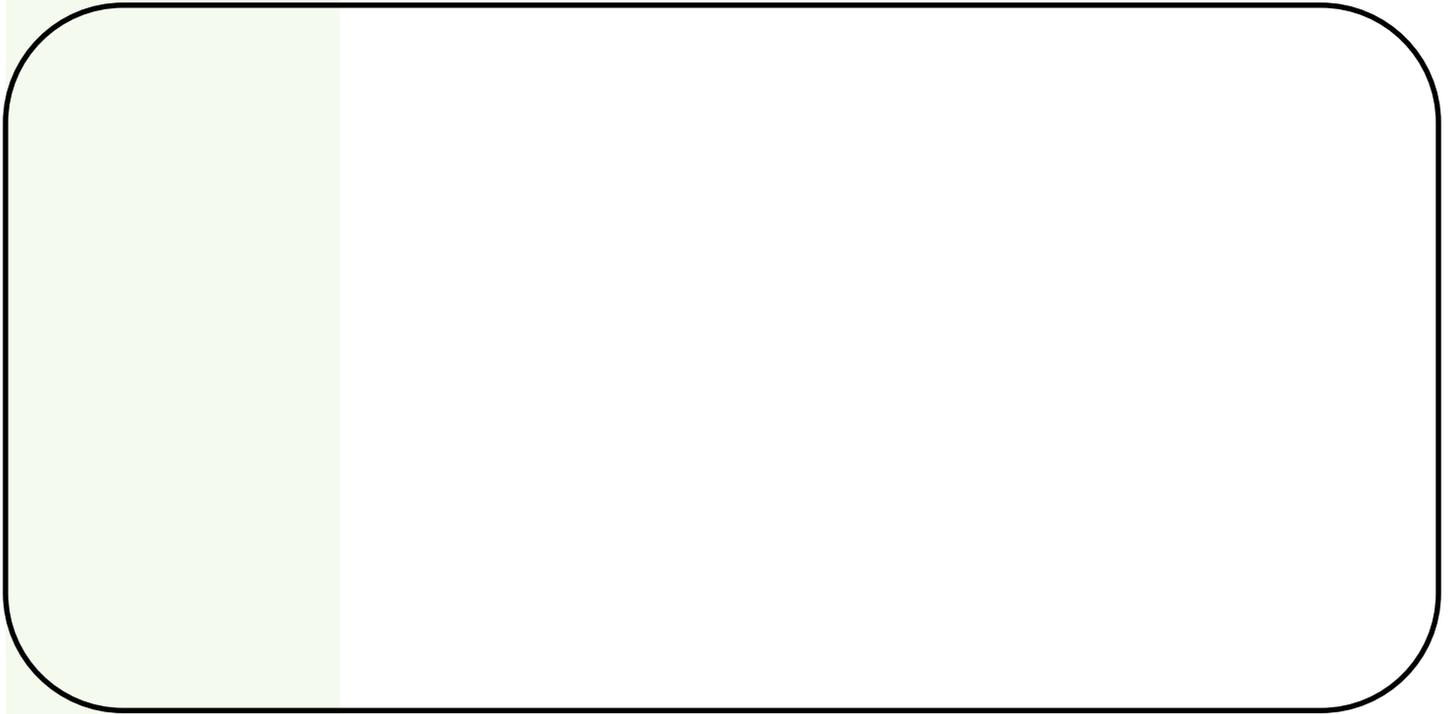
This beautiful stained glass window is in a church in Pennsylvania. It shows God as a hand reaching down for us, Jesus as the cross, and the Spirit as a dove.

Even this simple symbol of a triangle with interlocking circles shows us how God, Jesus, and the Holy Spirit can work together and be one.



Now think of your own...

Make a list of things that come in threes, they can be anything from nature or things you find in your house, get creative!



Read Scripture...

Matthew 28:16-20

The Commissioning of the Disciples

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshiped him; but some doubted. And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age."

Think about it...

Jesus tells the Disciples at the very end of his ministry that his message must go on! How do we do this? We Baptize people and show the world they are a part of our community. Jesus says when we Baptize people we should acknowledge the Trinity! We should Baptize in the name of the Father, the Son, and the Holy Spirit. We do this whenever we have a Baptism at our church today, over 2,000 years after Jesus!

Read more about the Trinity in **Genesis 1:1-2:4a**

Ask some questions...

What is God's job?

What is Jesus' job?

What is the Holy Spirit's job?

How do they work together?

How do we relate to each of them?

You don't have to have the perfect answers for each of these questions! Part of growing in your faith is asking questions, thinking of possible answers, and accepting that you might not ever have a perfect answer. God wants us to keep asking questions like these and wondering what God is like and what God does!

What other questions do you have about the Trinity? Write them down! Keep asking questions!

Close in prayer.

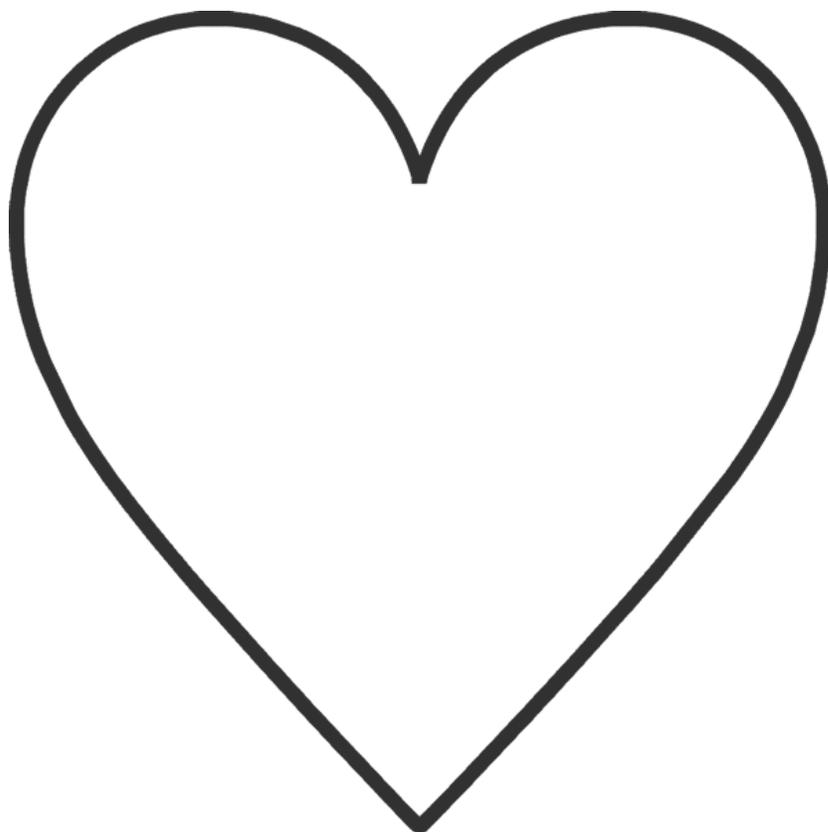
Dear God, thank you for being in my life in so many ways. Thank you for Jesus, who prays for me. Thank you for your spirit, who inspires me. Thank you for your creation and your love. Amen.



A craft you can do.



Cut out 3 hearts from the shape below and one long rectangle (or use a popsicle stick like the picture to the left). Color and label each heart as— Father/Creator, Son/Christ, and Holy Spirit. You can also draw on the hearts a representation of each member of the Trinity.



Another way to study the Trinity

Read the Apostles Creed below.

How does it talk about the Trinity?

What does it teach us about the Trinity?

What are the roles of each member of the Trinity in this Creed?

The Apostles Creed

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord.

He was conceived by the power of the Holy Spirit
and born of the virgin Mary.

He suffered under Pontius Pilate,
was crucified, died, and was buried.

He descended to the dead.

On the third day he rose again.

He ascended into heaven,
and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

I believe in the Holy Spirit,

the holy catholic Church,

the communion of the saints,

the forgiveness of sins,

the resurrection of the body,

and the life everlasting. Amen.