

Faith at Home for families

Activity 7 – Trinity Sunday



Hello again from St Mary's Church!

It's lovely to be with you again. We hope you are all keeping well.

Maybe some of you are starting to go back to school?

Maybe some of you wish you were, so you could see your friends?

Whatever you are doing and wherever you are, don't forget you can pray to God anytime and he will be listening!

Your Prayer Treasure Box can help, and today we'll choose something else that you can put into your box which will help you think about God and talk to him.

This week – the Trinity!

This week we are looking at one of the great mysteries about God. It's called the Trinity. Have you heard of it? You won't find this word 'Trinity' in the Bible, and there isn't one story in the Bible that explains it, which makes it quite tricky to explain and understand!

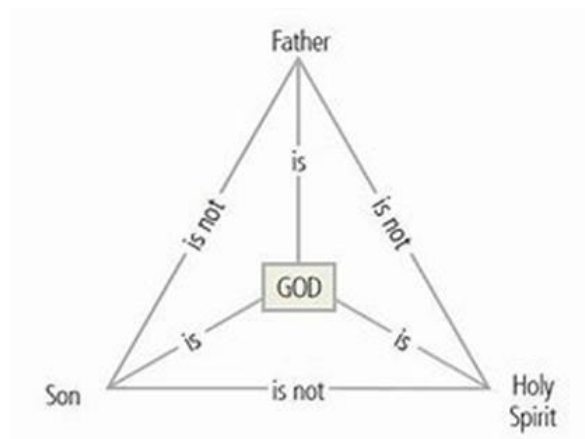
- But first a question, how many Gods are there?

The Bible tells us that there is **one** God, and this one God is made up of three 'persons'

- God the Father
- God the Son (that's Jesus!) and
- God the Holy Spirit

So you could say that God is three in one – see I told you it's a mystery!

Or should I say, 'Mr Three'!! *(Did I hear you groan?)*



Today's Bible reading is from Matthew chapter 28, verses 16-20. You might like to read it in a Bible you have at home, or look it up online, or you can read it at the bottom of this sheet.

- It describes how Jesus meets his friends after he has risen from the dead (remember the Easter story?)
- He tells them to go and tell other people all over the world about him so that they will want to follow him too.
- And when they do this, they must baptise them in the name of the Father, and of the Son, and of the Holy Spirit.
 - Have you ever been to a baptism?
 - If you have, you will have heard the Vicar say these words over the baby or person being baptised.

Ways of trying to explain the Trinity

There are lots of ways people have come up with trying to explain how God can be one God but three persons - the Trinity.



Some people use a *three-leafed clover*

- Here's a picture of some clover. Can you see the three heart-shaped leaves?
 - They're joined together in the middle and grow from one stem.
 - I wonder if you have seen clover in grass?
- Have a look next time you are sitting in a field or the park, or in your garden.

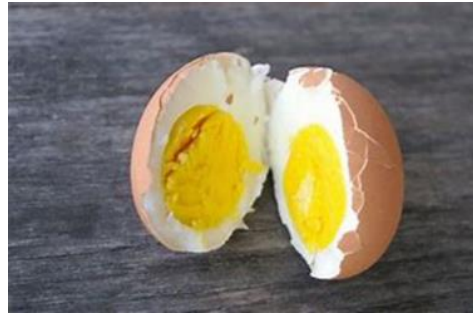
Three leaves, but one clover



Other people talk about a *hard-boiled egg*

- It's one egg but it's made up of three parts
- The shell
- The white and
- The yellow yolk.

I like a hard-boiled egg in a picnic!



But for me, the Trinity is about *how I meet God in my life.*

I don't have a picture for it but I'll do my best to describe it, and if I were with you, I'd be doing actions!

Here's my description:

- *I have an 'outside' God,*
- *I have a 'beside' God and*
- *I have an 'inside' God.*

It's the same God, but I meet him in different ways:

- *The 'outside' God is God the Father who made the world*
 - We can point up to heaven to think about God this way
- *The 'beside' God is God the Son, who is Jesus*
 - We can hold our hands to one side of our bodies to think about God this way
 - 'Beside' is another word for 'next to' and today's Bible reading tells us that Jesus is next to us, or with us, all the time
- *The 'inside' God is God the Holy Spirit.*
 - This is God inside us, in our hearts, helping us to follow him every day.
 - We can hold our hands over our heart on our chest, to think about God this way
 - Can you feel your heart beating when you do this?

I wonder how you will meet God this week

Prayer Treasure Box – Idea 7

We thank God that we have the mystery of the Trinity
which helps us think about God
and the different ways we can meet him.

- Try and find something for your Prayer Treasure Box that reminds you of the Trinity
- It could be the number three
- or something with three sides, like a triangle
- Maybe you can draw a picture of you meeting God
- Perhaps you could make a three leafed clover like this one.



A prayer you might like to say

This is a special prayer Christians call 'the grace' and it is often said when Christians meet together.

May the grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit,
be with us all, ever more.

Amen.

Other Trinity activities!

TRINITY TREASURE HUNT

- Have a treasure hunt in your house or garden where you have to bring back three of something, like three feathers, or three socks!

THREE IN ONE PICTURE

- Using only the number 3 and the number 1 create a picture with as many objects or people in it as you can
- A number 3 on its side can be a bird in the sky!
- Here's mine, but I'm sure you can do better!



Bible Story

Matthew chapter 28 verses 16-20

Jesus tells his disciples what they must do

Then Jesus' eleven disciples went to Galilee. They went up the mountain where Jesus had told them they would find him. On the mountain they met him and worshipped him. But some of them weren't sure it really was Jesus!

Jesus told his disciples, "I have been given all authority in heaven and earth! Go to everyone in the world and make them followers of me. Baptise them in the name of the Father, the Son and the Holy Spirit. Teach them to do everything I have told you.

I am with you always, even to the end of the world."