



The Most Holy Trinity

Romans 5:1-5

Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

Some things to think about...

When we find things really tough, we should ask the Holy Spirit to help us, because the Holy Spirit brings gifts to help people, and one of those gifts is love. If we love God, we can offer our sufferings to Him, and they will no longer be too much for us to handle.

God, though only one God, is actually three persons – God the Father, God the Son, and God the Holy Spirit.

Jesus showed us how to live our lives, the Holy Spirit helps us to do this by giving us gifts, and God the Father is our father, who looks after us and who we answer to.

Every time we make the sign of the cross, we are actually making a statement that we believe in God, and that we believe that God is three persons. That in itself can be a prayer, if you can't think of anything else to say to God.

Activity

On the worksheet (overleaf), draw your own images of God the Father, God the Son and God the Holy Spirit at the top and in the bottom corners of the paper.

Come up with, and write in the middle of the paper, your own short prayer to keep and to pray when things get difficult in your life. It could be to the Holy Spirit, asking for help with what you're going through. Or maybe to God the Father, offering up your struggles to Him, for His love and support.

Write it down on a piece of paper and keep it somewhere safe, so that you can say it whenever you feel like you're struggling. If people feel comfortable to share, go around the group and hear what everyone has written.

Teacher's Notes

Christians believe that there is only one God, not three gods. Triune God stresses the fact that within one God there is three-ness. The Trinity highlights the distinctive qualities of each of the three Persons: Father, Son and Holy Spirit but this is difficult to understand and so is called a mystery.

Remind students of the Footprints story, about the man walking along the beach with God – when he looks back he could see that every time in his life when it was really difficult there was only one set of footprints. When he asked God why he left him at the times he needed Him the most, God replied that he hadn't left the man at all – it was the most difficult times of his life that God had carried him, and that's why he could only see one set of footprints. That's how it is with us – we just need to have faith that God will carry us through the difficult times, and remember that we can ask Him for help when we need it. Members of the St Vincent De Paul Society get the opportunity to serve people during such times, as they come to the SVP for assistance or support.

God the Father



God the Son

God the Holy Spirit