

Three in One

By Erin Davis Gibbons



The Trinity—the unity of Father, Son, and Holy Spirit—is central to Christian faith and worship. It's also challenging to understand. Using symbols can help family members grow in understanding the Trinity.

For
Teen Family

Season
Spring

Needed
The Trinity worksheet (see last page), pens

Prepare in Advance
Make a copy of The Trinity worksheet (see last page) for each person.

Activity Plan

1. Say this prayer aloud to begin:

*God the Father, we see in you our Holy Parent, the one who creates and loves us.
God the Son, we know you suffered and died to give us forgiveness and mercy because you love us.
God the Holy Spirit, we feel you move our hearts and minds as you lead us in your way, because you love us.
Holy God, blessed Trinity, help us feel your presence and your love every day in many ways. Amen.*

2. As a family, list words you've used and heard used to describe God. Comment that each spring many churches celebrate Trinity Sunday in honor of the Holy Trinity, the name for the unity of God the Father, God the Son, and God the Holy Spirit.
3. Give a copy of The Trinity worksheet to each person. Read about the Trinity symbols given on the worksheet. Discuss:
 - Which symbol makes the most sense to you? Why?
 - How do the words we've heard used to describe God fit into these ideas about the Trinity?
4. Invite each family member to design a new symbol for the Trinity and draw it at the bottom of the worksheet, or work as a group to design one. What is the meaning of your symbol? Consider showing your symbols to your priest, pastor, or minister.
5. Pray aloud:

Holy God, Three-in-One, Father, Son, and Holy Spirit, you are a mystery to us. We may feel your presence and hear your voice, but we know we will never understand you fully in this life. Thank you for showing us your love each and every day. Inspire us to extend your love to others. Amen.



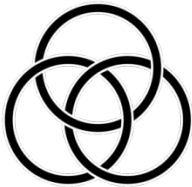
The Trinity



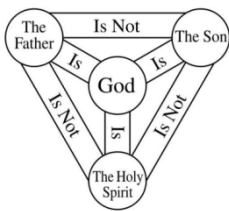
The equilateral triangle was one of the first symbols of the Trinity. The three persons of the Trinity—Father, Son, Holy Spirit—are equal and connected to each other, but they are not the same. Sometimes a circle is added around the triangle to represent how God encompasses the Trinity.



This symbol is called a triquetra. It has three separate points that are made using one continuous line. There are three parts to this figure and are all connected through loops that cross over each other. This shows that the three persons of the Trinity have unique characteristics, but that they exist as one God.



This symbol is called the Borromean Rings. It contains three rings that are connected with each other. There are three separate rings. They share a unique overlapping space between each other, as well as a space shared among all three. This shows that the three persons of the Trinity cannot be separated from unity in God.



This symbol is called the Shield of the Trinity. It shows how Father, Son, and Holy Spirit are related, as described in the Nicene Creed. ([The Nicene Creed](#)). All are God, but all are not the same. God is the Father. God is the Son. And God is the Holy Spirit.

Design Your Own Trinity Symbol:

