

# Trinity Kool-Aid

By Julie Filby



This simple activity will help illustrate the concept that God the Father, God the Son, and God the Holy Spirit—while three persons—come together to form one God, which we call the Holy Trinity.

**For**  
Young Family

**Season**  
Summer

**Needed**  
Clear pitcher, cups, water, sugar, powdered drink mix, spoon, ice (optional), snack (optional), Apostles' Creed (see next page)

## Activity Plan

1. Start by saying this prayer together:

*Glory be to the Father, to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.*

2. Gather the supplies: a clear pitcher, water, sugar, drink mix and a spoon. Explain to your children that you are going to make a drink from three ingredients.
  - Hold up the sugar and ask: "Is this the drink?"
  - Hold up the sugar and drink mix and ask: "Is this the drink?"
  - Allow the kids to respond and ask them to explain how they think the drink should be made.
3. Then mix the powder and sugar with the water in the pitcher; hold it up and say: "See how it took all three ingredients to make one drink."
4. Discuss how each ingredient contributed to the drink. For example, the powder adds flavor and color, the liquid makes it drinkable, and the sugar makes it sweet. Emphasize that each ingredient had a unique, yet equally important, role.
5. Compare this analogy to the explanation of the Trinity: While God is one God, there are three distinct persons: God the Father, Jesus the Son, and the Holy Spirit. Each is holy, all-powerful and eternal.
6. Discuss some of the distinct roles of each person of the Trinity: God the Father lives in heaven and He created the world. He sent his Son, Jesus, to earth to show us what He is like. When Jesus was on earth, he was both God and man. Variation: If your kids are appropriately mature, explain that He died on the cross for us. The Holy Spirit is a friend who lives in our heart, tells us right from wrong, and helps us make good choices.
7. Pour everyone his or her own cup of Kool-Aid and toast to each person of the Trinity. Variation: Toss in a snack, like some cookies, as well. Optional: end with a recitation of the Apostles' Creed (see next page).



## 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 saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting. Amen.

