

Trinity Sunday

By Jolene Roehlkepartain



Learn more about Trinity Sunday, the first Sunday after Pentecost and how it impacts your faith.

For
Teen Family

Season
Summer

Needed

YouTube clip: <http://www.youtube.com/watch?v=OAnYUKyDUTQ>, Bible, a piece of 8 ½-inch by 11-inch white paper for each family member, washable markers

Prepare in Advance

- Queue up the YouTube clip
- Mark your Bible to 1 John 5:7 (or see text below)
- Gather a variety of washable markers and a piece of white paper for each family member

Activity Plan

1. Say this prayer aloud to begin.

God, guide us as we explore the holy trinity. Open our eyes and our hearts to your mystery. Amen.

2. Explain that the first Sunday after Pentecost is called Trinity Sunday.
3. Ask someone to read aloud 1 John 5:7 “For there are three that testify.” (You can also read the Scripture readings for Trinity Sunday. Here’s a link to the [Revised Common Lectionary](#).)
4. Watch at least the first 2½ minutes of the YouTube clip. Invite family members to share their thoughts and feelings about the YouTube clip.
5. Have family members design their interpretation of the Holy Trinity design using the paper and markers. When finished have family members show each other their trinity design.
6. Ask questions, such as these:
 - How do you make sense of the holy trinity?
 - What do you find confusing about it?
 - Which aspect of God (the father, the son, or the Holy Spirit) do you relate to best? Why?
 - Which aspect of God (the father, the son, or the Holy Spirit) seems most distant to you?
 - How does the trinity affect your faith?
7. Close your time together by praying.

God, thank you for this time we’ve spent together as a family. Bless us. Amen.

