

# June Monthly Family Faith Formation from CIDD

## The Trinity

**The Trinity is a mystery that we will never fully understand, but over time, in history in various ways God reveals Himself to us, and He reveals Himself to us as Trinity, One God, but three distinct Persons.**

### 1. Caring Conversations

In terms that each can understand, talk about how God is Father, Son, and Holy Spirit.

- a. We do not really know how God could be three Persons—it's a mystery that shows up throughout the Bible so we trust in it.
- b. Each Person of the Trinity tells us something new about God:
  - i. Father: Creator—source; provides, protects, guides and cares for his creation, which includes each of us
  - ii. Son: Redeemer—the beloved Son, sent by the Father. He becomes (a human) man, Jesus, who shows us how to be children of God. The Son redeems us (forgives our sins) so that we can be God's children, and he sends the Holy Spirit to help us
  - iii. Spirit: Comforter—advocate, breath of life; helps us to pray and to live as God's children, teaches, guides, speaks to our conscience; helps us feel God's love
- c. Parents can use examples from their lives (e.g., "Think about how I love you as your father/mother, then multiply that by a thousand.")
- d. Use the sun as an example: the sun is energy, light, and fire. All three are distinct, yet all three describe the sun.
- e. One of the best images, or icons of the Trinity we have is the family. First of all that it is a communion of love, a love that is self-giving and life giving. The family is one. Yet each member of the family is a distinct person with distinct gifts and roles.

### 2. Family Devotions and Prayer

- a. Pray the Sign of the Cross. This is a prayer that focuses our hearts and minds on our loving God.

*Activity: Have the students glue two Popsicle sticks together and have them write the numbers in the order that we do the sign of the cross. This will remind the students of the sign of the cross and why we do it.*

- b. Pray 2 Corinthians 13:13. Grace (God’s help), love (Jesus caring for us), fellowship (closeness with God). This is another simple prayer.  
<http://usccb.org/bible/2corinthians/13>
- c. For Bible Discussion: John 14:26—The Father gives us the Holy Spirit so that we can stay close to Jesus and his teachings.  
<http://usccb.org/bible/john/14>
- d. For Bible Discussion: Galatians 4:6—The Father sends the Spirit to tell us we are children of God along with Jesus.  
<http://usccb.org/bible/galatians/4>
- e. Find some different images of the Trinity, such as Rublev’s *Holy Trinity* icon, talk about some of the different elements you see in the art . What is shown for the Father, the Son, and the Holy Spirit, and what does that tell us about the Father, the Son and the Holy Spirit? Don’t be afraid to look it up (or have one your kids look it up!) if you’re not sure of the symbolism.
- f. Hymns to teach:
  - “Holy God We Praise Thy Name”  
<https://www.youtube.com/watch?v=m60LAldXjb0>
  - “Holy, Holy, Holy”  
<https://www.youtube.com/watch?v=YIHD40CZY34>
  - “Come, Holy Ghost”  
<https://www.youtube.com/watch?v=jrl0poCLCBo>

### 3. Family Rituals and Traditions

- a. Using the two prayers in the Family Devotions and Prayer section say one or another of them before dinner or bedtime or at some other regular time of the day.
- b. If appropriate, light a candle before saying grace when gathered at the table - as a reminder of the light, warmth, and energy of God.

### 4. Family Service

- a. Write a family letter and **MAIL or deliver in person** to a relative that you have not been in contact with or have had a disagreement with – or perhaps even a neighbor. Remember the Trinity in this month’s lesson - the Father sent the Son to teach us about unconditional love – the Spirit. This could be an opening toward a renewed relationship.