

Trinity: Three-in-One God

Use this activity to explore together the mystery of the Trinity.

1. Brainstorm together a list of words that have the prefix “tri”. Write the words or draw their images on in the space below.
2. Discuss the meaning of the prefix “tri”. For example, discuss how there are three of something in every word that begins with “tri” – a triangle has three angles, a tripod has three feet, and so on.
3. Look at the word below:

Trinity

Use these or similar words to discuss the Trinity: We believe that there is only one God who is three persons: the Father, the Son, and the Holy Spirit. It’s something like a family that has a father, a mother and a child. There are three persons but only one family. The most important thing to remember about God is that God is love, and love always has to be given to someone else, so God can never be alone or there would be no one to love. This is why there are three in God because love must always be shared.

4. The Sign of the Cross

We remind ourselves that God is love every time we begin our prayer with the sign of the cross. Prayerfully pray together the sign of the cross.