

Lesson Four Preparation: Matthew 28:16-20

The Trinity: Father, Son, and Holy Spirit

Lesson Supplies

Catholic Children's Bible with table of contents page marked (page 3)

Journal for each family member and writing supplies

Videos cued up on your device

Objectives

- The Holy Trinity is one God in three Persons: Father, Son, and Holy Spirit.
- Each Person is fully and completely God.
- We can only distinguish between the Persons by their relationships to each other.

Read

From the Bible

Matthew 28:16-20

From the *Catechism of the Catholic Church*

By the grace of Baptism "in the name of the Father and of the Son and of the Holy Spirit", we are called to share in the life of the Blessed Trinity, here on earth in the obscurity of faith, and after death in eternal light... Now this is the Catholic faith: We worship one God in the Trinity and the Trinity in unity, without either confusing the persons or dividing the substance; for the person of the Father is one, the Son's is another, the Holy Spirit's another; but the Godhead of the Father, Son and Holy Spirit is one, their glory equal, their majesty coeternal" (*Catechism of the Catholic Church*, paragraph 265-266)

From the *Compendium to the Catechism of the Catholic Church*

Read questions [44-49](#). This will take five minutes.

Watch

[What Is the Trinity?](#) (1:27)

[Trinity Song](#) (2:06)

[Christian Trinity Explained in 3 Minutes](#) (3:55)

Reflect

The Trinity is hard to wrap your mind around. There is one God, but there are three Persons in God, but there is one God. When God tells us that he is Trinity, what is he saying? He is saying that God is community, he is relationship, he is love.

We were made in God's image and likeness. That's why we all long for real relationships. It's imprinted on our very being! We want to be united to other people in meaningful relationships.

Your family is meant to be a living image of the Holy Trinity. Your family is a communion of persons united in relationship and love. In your home, you are meant to reflect God's unity, his self-sacrificial love, his mercy and forgiveness, and his joy.

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Lesson Summary

God created the world on purpose out of love.

God created you for friendship with him, which will make you truly happy.

God will always love you and gives you the freedom to love him.

Pray

1. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
2. Who or what would you like to pray for today?
3. Our Father (*Catholic Children's Bible* page 1992)

Read

Matthew 28:16-20 – Jesus Appears to His Disciples

- Read the passage slowly and out loud at least three times, maybe taking turns.
- Pay attention for a word or phrase that sticks out to you.
- In your journal, write about that word or phrase. Use some of the suggested journal prompts if you need help.

Reflect

God told us that he is a Trinity, a union of three Persons in one God. That can be hard to understand.

St. Patrick used the image of a shamrock to teach the Irish about the Trinity: there are three leaves on the shamrock, but together they form only one leaf.

That idea can be helpful, but we also have to remember God the Father is not one part of God. He is fully God. God the Son (Jesus) is also fully God, not just a part of God. And God the Holy Spirit is fully God, and not just a part of God.

The Sign of the Cross is a helpful reminder of who the three Persons in the one God are: Father, Son, and Holy Spirit.

Watch

- [What Is the Trinity?](#) (1:27)
- [Christian Trinity Explained in 3 Minutes](#) (3:55)
- [Trinity Song](#) (2:06)

Discuss

- What do you picture in your mind when you bless yourself? What image comes to mind for Father, Son, and Holy Spirit?
- When you pray by yourself who do you pray to: the Father, the Son, or the Holy Spirit?
- How do you choose which Person to pray to?

Salvation History

Sometime this week, read **God Saves Noah's Family (Genesis 6:9-9:17)**, pages 34-35 in the *Catholic Children's Bible*.

This is the story of how God cleansed the world and re-created it by working through Noah's family.

Live

- Name one way that you can obey God today. Why would this please God and your family? Make a plan and do it!
- Think about someone who is suffering. Ask Jesus to be with them in their suffering. Do something to ease their suffering: make a card and send it, call them to talk, cheer them up, pray for them.
- Name something in your life that you are nervous about. Ask the Holy Spirit to come into the situation to give you strength and courage to do God's will.

Lesson Four Supplemental Materials

The Trinity: Father, Son, and Holy Spirit

Doctrinal Summary Statements

1. Person answers the question WHO someone is. A person can know, has an intellect, and love/choose has a will.
2. Nature or Substance answers WHAT a thing is. You have a human nature. You are a human and can do human things.
3. The Trinity is the Mystery of 3 divine persons with 1 divine nature. 3 Divine persons in 1 God: Father, Son, and Holy Spirit
 - i. 3 Divine Persons in 1 God: Father, Son, and Holy Spirit
 - ii. 3 divine persons who know and love distinct from each other
 - iii. Having 1 divine nature, Divine and does divine acts
4. Each Person of the Trinity is God whole and entire. They do not share a Divine Nature. Each possesses the whole Divine Nature
5. Each Person is distinct from each other. The Father is not the Son, the Son is not the Father, the Holy Spirit is not the Father or the Son. But all three persons are God whole and entire
6. The three Divine Persons are relative to each other. This is what makes them distinct from each other.
 - i. The Father generates the Son; The Son is generated by the Father; The Holy Spirit proceeds from the Father and the Son
7. The Persons have one Divine Nature, so they all participate in any action
 - a. Creation is attributed to the Father. However, the whole trinity creates
 - b. The Holy Spirit resides in our souls. The whole trinity resides in our souls
8. Bottom Line: Trinity = (1) One God in (2) Three coexisting eternal persons. (3) Each person is fully God

More Resources to Answer Your Questions

Videos

- [The Trinity Lifeteen](#) 4:10
- [what is the trinity Bishop Barron](#) 2:24
- Bishop Barron [Catholicism Trinity](#) 8:16
- [what is the mystery of the Trinity](#) 4:10
- [Why do we believe in the trinity?](#) 1:25

Websites

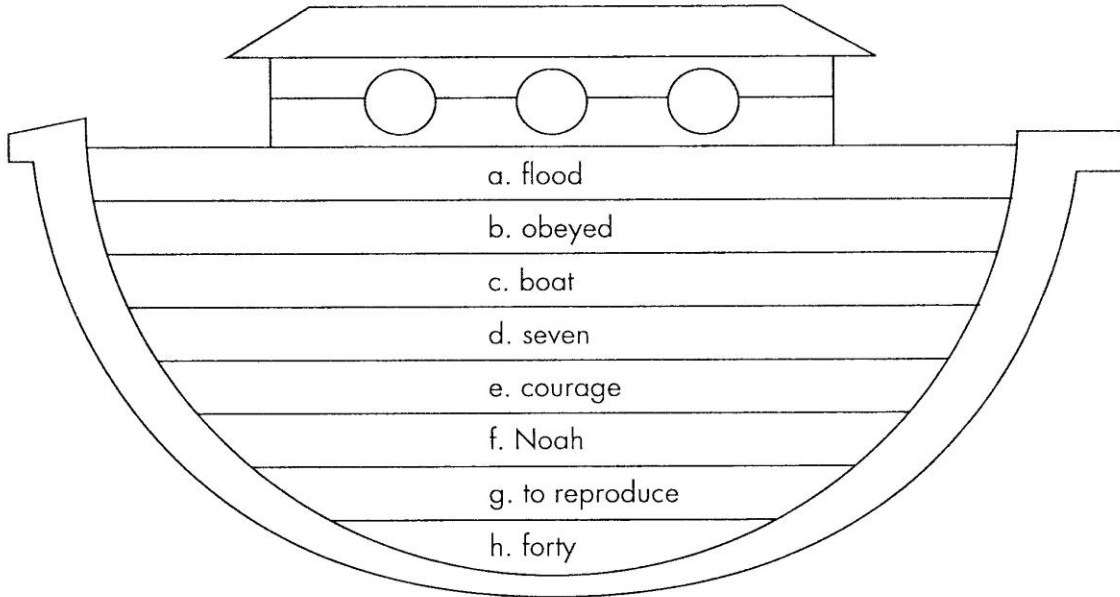
- [Catholic Answers](#)
- [Credible Catholic](#)
- [Formed.org](#)



Name: _____

Keeping Afloat

Use your Bible (Genesis 6:9–22, 7:1–5). Help Noah build his boat. Find the word that best answers each question. Write the letter next to the question, and color the wood plank.



- How many days and nights did it rain? _____
- How many pairs of every bird were put on the boat? _____
- How did God punish the world? _____
- How were Noah's family and animals kept safe? _____
- Whom did God ask to build an ark? _____
- What did Noah do when everyone sinned? _____
- What did Noah need to be different? _____
- Why were every kind of bird and animal kept alive? _____



Seek and Find: Look at pages 34 and 35 of your Bible. How many people are working on the ark?

Name: _____

Obeying Saves Noah from a Terrible Flood

Noah always made the right choices in life. Choose and check the answer that finishes the sentence correctly.

1. God saved Noah because he was
 - an excellent carpenter
 - the only good person on earth
 - the strongest man on earth
2. Noah had three
 - daughters wives sons
3. God directed Noah to build
 - a tower a boat an underground shelter
4. God promised to
 - make a covenant with Noah feed the animals make Noah wealthy
5. What Noah built had
 - a patio a roof and a side door a large dining room
6. Noah saved
 - only tame animals every kind of animal only male animals
7. It rained for
 - forty days and nights three months seven days and nights
8. When the Flood came, Noah was
 - 21 years old 50 years old 600 years old
9. God also saved Noah's
 - family and friends neighbors family
10. The Flood did not cover
 - the highest mountain
 - some people and animals outside of the boat
 - what God had Noah build



Seek and Find: Look at pages 34 and 35 of your Bible. What colors are the wings of the two parrots in the picture with Noah?