

# **"The Trinity: God is Three in One"**

*Various Scriptures KJV*

*Bible Lesson & Activities for Children*



**THE SUNDAY SCHOOL STORE**

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# The Trinity: God is Three in One

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The Trinity is a challenging concept to understand, even for adults! Attempts to explain or analogize it often dissemble into accidental heresy, even with the best of comparison intentions. It is still important to introduce children to the Trinity, though, and to describe it in terms of how God loves and cares for us. If the “three in one” idea is tough for youngsters to comprehend, remind them that there are some things beyond our total understanding, and that’s okay! God is all the more powerful and amazing because He is mysterious.

**Lesson focus:** In this lesson, students will contemplate the meaning of the Trinity. God is Father, Son, and Holy Spirit, all at the same time and yet distinct in the three persons. Students will consider some common examples that describe the Trinity, as well as Scripture that verifies it. Children will also be encouraged to consider how, despite our efforts, the Trinity is a mystery that we might not fully understand this side of Heaven.

**Passage:** Varied passages to explore

**Target Audience:** Elementary School, but likely works best for older students (3<sup>rd</sup> – 5<sup>th</sup> grade)

**Materials Needed:** Construction paper, decorative materials, apples, eggs, ice, cotton balls, felt, popsicle sticks, Bible (all optional, depending which activities you choose to use—except for the Bible, you need that for sure). Object lesson props can include eggs, apples, triangles, car keys, books, and a printed Bible.

## More Resources Online

- Watch the [video demonstration of the object lesson](#)
- Watch the [video example for the craft projects](#)
- Watch the [explanation “What is the Trinity?”](#) from What’s in the Bible?
- Teachers can watch the [explanation “The Simplest Way to Understand the Trinity”](#) to help prepare
- For more free Bible illustrations, we recommend [Christian Clip Arts](#).

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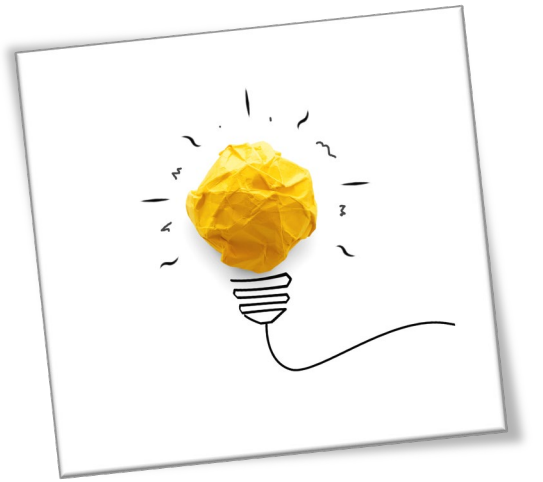
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## Object Lesson (5 minutes)

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*Greet children, and discuss mysteries that are hard to grasp...*

Hello, children of God! Are there things in life that confuse you? Maybe things that you don't quite understand or don't know how to do? For instance, do you know how to drive a car (*hold up car keys*)? Probably not just yet, but you will one day. Meanwhile, you trust that your parents know how to drive and can get you where you need to go. Or maybe you don't know how the inside of a computer works (I sure don't!), but you trust the people that work on them for you. Then there are other things that I don't think I'll ever understand...like, why did God make mosquitoes? Or why do we park in a driveway and drive on a parkway? Mysteries to ponder...

Well, today we are talking about something that can also be tough to understand, even or adults. It's called...the Trinity! Have you ever heard of the Trinity? It comes from a word that means "three" ("tri"), like tricycle, triceratops, triangle... The Trinity tells us how God is three persons in one. That can sound confusing right away. He is one God, but there are three parts to Him—but He's always all of the parts all of the time. There's God the Father, who is the creator of all things, and provides for us and cares for us. Then, there's Jesus the Son. Jesus is God in human form, the image of the God we don't see with our eyes. Jesus is God on Earth, but while He was on Earth, He was still God (that's the kind of confusing part!). Then there's the Holy Spirit. Sometimes He is a little tougher to describe, but the Holy Spirit is God's presence with us, working to continue God's work and helping us to believe in Him. All of these existed from the beginning, and always will be together.

There are some things that people use to try explaining this concept. Unfortunately, it's hard to get one just right, but maybe it will help (*select one or two of the following*).

Sometimes people talk about water: there's liquid water, and then there's solid frozen ice, and then steam or vapor. All three of them are water, but in different forms. However, they can't be ice and water and steam at the same time...then there's an apple: we have the outer skin, the inner flesh, and the core or seeds. That's sort of three in one, BUT it's also three parts that aren't the exact same thing. Then, similarly, we have an egg: shell, yolk, and egg white. It's a little closer, but not quite there.

One of my favorite explanations has to do with the roles that we have. For instance, I often act as a teacher. But sometimes I am a runner, and sometimes I'm a friend or sister or even a baker. I am still me, no matter what else I'm doing. I don't change in who I am, but I do different things. God is always God, whether he's Father, Son, or Holy Spirit.

Here's the key thing to remember, though: the Trinity is difficult to understand. It's important, because through it we see how God loves us and takes care of us. But at the end of the day, we might not fully comprehend what it means...and that's okay! In fact, having some elements of mystery can make God even more awesome and amazing. There are things about God that we will never fully understand this side of Heaven. Sometimes He calls us to trust Him, and rest assured that He loves us and has our best interest in mind, no matter what else comes our way. Someday we might be able to grasp how God can truly and fully be three persons, but one, always and all the time. If we don't get that though, we can still have confidence that the Lord will provide for and take care of us, now and always!

Why don't we say a prayer and ask God to help us trust in Him?

**Prayer:**

(Have kids repeat each line)

Dear God,

You are bigger than anything we can imagine

Thank you for your might and power.

Help us to trust in you

Even with things we don't understand.

Thank you for your love

We love you, God!

In Jesus name, Amen!

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## Game & Activities Suggestions (10 minutes)

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This lesson introduces the concept of the Trinity, sometimes challenging for students to fully understand. Object examples are never perfect but can still be used to open the idea.

Here are some activities to get kids thinking... (select the best ones for your audience and age group):

- It comes in three...to kick off the discussion of the Trinity. Divide the children into groups and have them brainstorm basic items that come in trios (tricycles, triangles, stories with three, etc.). Explain that the term "tri" means "three."
- Count by threes... for older students, have a mini math competition. Have a volunteer count by 3 as high as possible in the span of 30 seconds. Then have another volunteer repeat the feat. For younger children ask your adult helpers to show their math skills instead.
- (Imperfect) examples in nature: look at one of the less than ideal, but still helpful explanations for the trinity, such as water (water, ice, vapor), an apple (core, flesh, skin), or an egg (shell, yolk, white).
- It's a mystery...discuss things that are challenging to comprehend, or questions about life that kids have. Are there things they don't know how to do yet? One day they might. One day (maybe not until Heaven, but someday), we might comprehend the Trinity. Until then, we trust God's love and care for us!

Explain that the topic of discussion today is challenging to understand, even for adults! We are talking about how God is three persons in one...He is Father, Son, and Holy Spirit. But He is always all of those! He's not split up into parts but does things that show us He loves and cares for us. Sometimes kids will say "God AND Jesus..." Well, today we'll look at how those are one in the same, although not the same. It can be tough to understand but reminds us of how amazing and awesome God is! We'll never completely understand Him, and that's okay.

**Ask:** What does the Holy Spirit do? Do you know who the Spirit is?



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## Main Bible Teaching (15 minutes)

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The Trinity is a mystery at the very heart of the Christian faith, and it can inspire us to worship. The very nature of God is beyond our full comprehension.

As always, how you choose to experience the passages will vary according to the ages and abilities of your children (and how many are participating). There are several different passages to look over in this lesson, and there are plenty of others not listed here that could be used, as well. The following passages demonstrate the triune nature of God.

*Genesis 1:26-27 KJV And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. (27) So God created man in his own image, in the image of God created he him; male and female created he them.*

In the very beginning of the Bible, we see God refer to Himself as “us.” The Father, Son, and Holy Spirit existed together from the very beginning!

The next passage views all three parts of the Trinity together at the same time. This took place when Jesus was baptized. God’s voice spoke, and the Holy Spirit came down from Heaven, all while Jesus was in the river being baptized.

*Matthew 3:16-17 KJV And Jesus, when he was baptized, went up straightway out of the water: and, lo, the heavens were opened unto him, and he saw the Spirit of God*

*descending like a dove, and lighting upon him: (17) And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased.*

This is a significant, if still slightly perplexing episode. Jesus is present as He is baptized, and the Spirit appears as a dove. The voice of God the Father is also heard. All three are there, and yet we see them differently. The tricky part is recognizing that they are all the same, though different persons. Here we see the distinctive elements, but the Bible also tells us the three parts have always been together...

*John 1:1-5 KJV In the beginning was the Word, and the Word was with God, and the Word was God. (2) The same was in the beginning with God. (3) All things were made by him; and without him was not any thing made that was made. (4) In him was life; and the life was the light of men. (5) And the light shineth in darkness; and the darkness comprehended it not.*

These verses remind us that the Word (son) was always with the Father, and always will be. Nothing can overcome the power of these three parts together.

*1 John 5:7-10 KJV For there are three that bear record in heaven, the Father, the Word, and the Holy Ghost: and these three are one. (8) And there are three that bear witness in earth, the Spirit, and the water, and the blood: and these three agree in one. (9) If we receive the witness of men, the witness of God is greater: for this is the witness of God which he hath testified of his Son. (10) He that believeth on the Son of God hath the witness in himself: he that believeth not God hath made him a liar; because he believeth not the record that God gave of his Son.*

This verse can be a little more confusing, since it refers to the “water and blood” rather than Father and Son...But speaking of the three components, it’s worth discussing with students just what these three persons do. In general terms, we can describe them as:

- Father: Creator, provider, protector
- Son: The “human element”, God in the flesh; Jesus sacrificed His life to save us and He redeems us and saves us from sin, death, and the devil.
- Holy Spirit: helps us to believe and pray; provides us with God’s presence, comfort, and peace.

You can use the following passage to show the Trinity at work in scripture. Have the students listen carefully and raise their fingers 1-2-3 when they hear the persons of the Trinity named Jesus-God-Spirit.

*Romans 1:1-5 KJV Paul, a servant of Jesus Christ, called to be an apostle, separated unto the gospel of God, (2) (Which he had promised afore by his prophets in the holy scriptures,) (3) Concerning his Son Jesus Christ our Lord, which was made of the seed of David according to the flesh; (4) And declared to be the Son of God with power, according to the spirit of holiness, by the resurrection from the dead: (5) By whom we have received grace and apostleship, for obedience to the faith among all nations, for his name:*

It’s also worth pointing out that the three persons are equal. We might talk about one more than another, but they have the same value and importance. Above all, we see in the Trinity that God loves us and cares for us. He wants the best for us and helps us to come to Him, live in Him, and serve Him. We trust God’s will for our lives, and we trust His care through the persons of the Trinity.

**Ask:** How would you explain the Trinity to someone who was confused? How can you ask God to help you understand things that are challenging like this?

**Close** with a prayer thanking God for His Son and Spirit. Ask for trust and help as we continue to comprehend His awesome mysterious ways and love Him. Ask for strength as we tell others of His work and His amazing love.

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## Craft Activities (15 minutes)

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The Trinity is a challenging concept for children (or even adults!) to understand but is an important thing to communicate. God is Father, Son, and Holy Spirit, inseparable and yet distinct in person and purpose. There is an element of this truth that we may never fully comprehend, and simply take on faith. There are some ideas that we can use, though, to help illustrate the Trinity and hopefully explain it to some extent.

These two crafts aim to share and celebrate God's three-in-one nature. A "Triangle Trinity Model" provides a decorative description of the Trinity. The "I Need S'More Jesus" magnet is a fun and seasonal way to recall that the Trinity has three components in one person.

### **Craft Captions to Consider...**

- *I need "s'more" Jesus! He is three in one...just like a s'mores!*
- *God the Father...Jesus the Son...Holy Spirit—three in one! God is triune.*

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## Craft one: "Triangle Trinity Model"

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### You will need:

- Construction paper or cardstock
- Crayons or markers
- Popsicle sticks (any size)
- String or pipe cleaner
- Scissors
- Glue (tacky recommended)



### Procedure:

1. Glue three popsicle sticks together in the shape of a triangle. Allow to dry completely.
2. Place cut circles on the ends of the triangle, with captions describing the persons of the Trinity (paper element is optional).
3. Place additional verses, captions, and decorations on paper and/or on the sticks between the ends of the triangle.
4. Attach string or pipe cleaner. Hang, contemplate the Trinity, and enjoy!

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## Craft Two: “We Need S’more Jesus” Magnet

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### You will need:

- Construction Paper or cardstock
- Felt or foam
- Cotton balls
- Glue (tacky recommended)
- Scissors
- Magnet pieces
- Markers or crayons



### Procedure:

1. Cut foam, felt, and construction paper (brown or black colors) into squares for the components of the “s’mores.”
2. Glue the “chocolate” to the “graham cracker.” Glue the cotton ball “marshmallows” on before placing the final “graham cracker” on top.
3. Decorate the outside of the “S’mores”, as desired. Attach verses or captions.
4. To make the s’mores a magnet or pin, attach a magnet piece or safety pin. Hang or wear as desired.

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## Matthew 3:16-17 KJV

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*And Jesus, when he was baptized, went up straightway out of the water: and, lo, the heavens were opened unto him, and he saw the Spirit of God descending like a dove, and lighting upon him: And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased.*





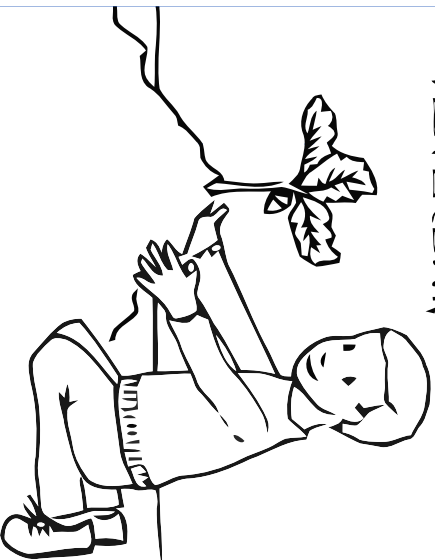


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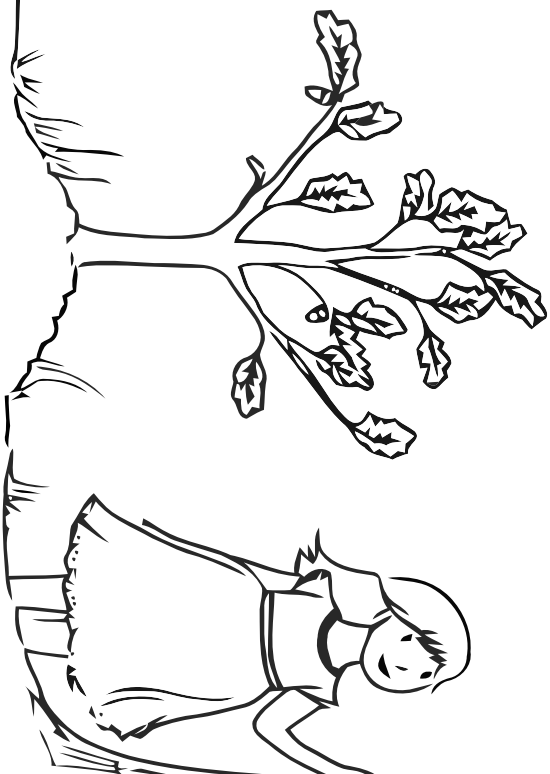


CHRIST IS THE SAME

YESTERDAY,



TODAY,



AND FOREVER.



HEBREWS 13:8

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## Bible Word Search Puzzle

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FATHER – GOD – HOLY – ONE – SON – SPIRIT – THREE – TRINITY

A M R Y U W U T V Z  
U G M I S O U Y V F  
T R I N I T Y A Y F  
J H Q Z M T H C E A  
E S V C A G O R P T  
R P L L J J V F E H  
N I E H G H A X O E  
T R M P O M S O N R  
F I L C D L D K E I  
V T J B R R Y V Y E

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## Word Search Answers

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|---|---|---|---|---|---|---|---|---|---|
| A | M | R | Y | U | W | U | T | V | Z |
| U | G | M | I | S | O | U | Y | V | F |
| T | R | I | N | I | T | Y | A | Y | F |
| J | H | Q | Z | M | T | H | C | E | A |
| E | S | V | C | A | G | O | R | P | T |
| R | P | L | L | J | J | V | F | E | H |
| N | I | E | H | G | H | A | X | O | E |
| T | R | M | P | O | M | S | O | N | R |
| F | I | L | C | D | L | D | K | E | I |
| V | T | J | B | R | R | Y | V | Y | E |