



Trinity Sunday – 30th May 2021

Read John 3.1-17

You may like to use this material as a basis for discussion in your family.

A man called Nicodemus came to talk to Jesus one night. He wanted to ask Jesus some questions. He said to Jesus that he knew Jesus must be sent by God because he could only do the amazing things he was doing with God's help. Jesus said that no one could see the kingdom of heaven unless they were born again.

Nicodemus was confused – babies were born, but how could old men be born again? Jesus explained that everyone can be born again with water and the Spirit.

What do you think Jesus meant by being "born again"? Does this mean that we are born into God's family? If you met Jesus, what questions would you want to ask him?

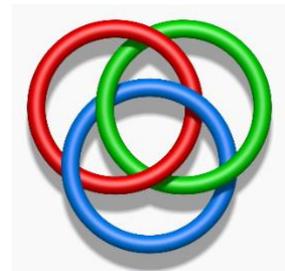


Today is Trinity Sunday when we think about the Holy Trinity; the three aspects of God. It is hard for us to understand that there is one God but there are three aspects to God, or three "persons" of God. They are God the Father, God the Son (Jesus) and God the Holy Spirit. Saint Patrick explained this by using a shamrock, which has three leaves on one stem. Find a picture of a shamrock. Do you think this is a good way to explain the Holy Trinity? Can you think of any other ways of explaining it?

There are many things about God that we cannot understand – this is the mystery of God. There are many other mysteries in our world that we do not fully understand. Scientists are constantly trying to find answers to questions about our world and the universe. We can try to understand the mystery of God a little better by reading the Bible and praying to God. But there are no experts on God. Nicodemus was an expert in the Jewish religion and thought that he knew God, but he still asked Jesus questions and found it hard to understand his answer. Even though we don't fully understand God, we are still a part of God's family and we know that we are loved by God.

Activity

- Collect together three pipe cleaners. Make one into a circle, twisting the ends together. Loop a second pipe cleaner through the circle and twist the ends together. Thread the third pipe cleaner through both circles and twist the ends together. You should have three interlinked circles. This is often used as a symbol of the Holy Trinity.



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- Take three pieces of paper labelled, God the father, Jesus, and the Holy Spirit. Draw or write on each how you would describe this aspect of God. How you picture them, how they are different, how they help you.
- Find some pictures or symbols of the Holy Trinity on the internet. Which ones do you think are good ones? Which ones help you to feel close to God?

Prayer

Be present, Father God, as we bring you our praise.

Be present, Lord Jesus, our Saviour and Friend.

Be present, Holy Spirit, to support us and guide us.

Be with us, Holy Trinity, God Almighty,
Father, Son and Holy Spirit. Amen.