



Father, Son, and Spirit

The Holy Trinity

Pillar 1 – Session 6
SESSION LEAD SHEET

SCRIPTURE FOCUS

Psalm 51:10-12, John 3:33-35, & John 1:32-34

CORE REFERENCES

Y4K 14, 25, 27, 138 & **Y** 30, 33, 35-39, 475, 477

FOR PARENTS & ADULTS

CCC Paragraphs 199-202, 214-221, 232-267, 2598-2616



STEP 1: PREPARATION - ATTENDING TO THE SOIL

1. Welcome!

2. Wonder

Curiosity Sparker: A three-strand braided cord and a glass pitcher of water.

Display the question: *A mystery of unity?*

3. Proclaim

Read: Psalm 51:10-12 – “Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your holy spirit from me. Restore to me the joy of your salvation, and sustain in me a willing spirit.”

(or use [Proclaim Slide](#))

Pray & Praise

Pray together: The Our Father and the Apostles’ Creed

Sing: “Praise God from Whom All Blessings Flow” CBW III #579B



STEP 2: PROCLAMATION - PLANTING THE SEED

1. Recap

Ask: “Last session, we learned that our faith is something we are called to live each day. What was one moment this week when your family had the opportunity to stand for your faith?”

2. Scripture Proclamation

Invite families to listen for a word or phrase that stands out as the Scripture is read.

Read: John 3:33-35 & John 1:32-34

or use: [The Holy Trinity Scripture Proclamation Slides](#)

Invite time for brief sharing.

3. Joyful Proclamation & Witness

Proclaim: “In our Scriptures today, we hear that the Father loves the Son and gives us the Holy Spirit—God invites us into that same relationship, not just to believe in him, but to live with him, through him, and in him.”

Witness: Give a short personal testimony.

(*Prompt:* Remember, a time when your family faced an important decision and didn’t know what to do. You prayed together, asking God for guidance. Looking back, you saw the Father’s loving care, Jesus’ peace through those around us, and the Holy Spirit’s courage to move forward. You learned that the Trinity isn’t just a mystery we believe in—God truly walks with us every day.)



STEP 3: EXPLANATION - HELPING THE PLANT GROW

1. Guided Explanation

Return to the Curiosity Sparker:
See *Curiosity Sparker Reveal* p.3

Diving Deeper

Discuss: **Y4K** & **Y** questions for Profession of Faith Pillar and Prayer Pillar, see *YOUCAT Pillars* p.4

Pray: Use the Trinity Encounter prayer, see *Prayer Experience* p.5

2. Family Reflection

Ask: “When have you experienced God’s love as a Father who cares for you? How have you experienced Jesus walking beside you during a joyful or difficult time? Where might the Holy Spirit be inviting your family to trust God or to show his love to others this week?” Invite families to share.

Show “[What is the Holy Trinity?](#)” video.

3. Saint Highlight: St. Patrick

“St. Patrick was a missionary who helped bring the Christian faith to Ireland. To teach people about the Trinity, it is said that he used a simple shamrock, which is like the three-leaf clover, to explain how God can be three Persons—Father, Son, and Holy Spirit—

yet still one God. He showed that even a great mystery like the Trinity can be shared in simple ways.”

“St. Patrick reminds us that even though we cannot fully understand the Holy Trinity, we can know God personally because he has revealed himself to us. Like St. Patrick, we are called to share God’s love in simple ways with those around us.”

“St. Patrick is the patron saint of Ireland and missionaries. His Feast Day is March 17.”

Praise

Sing together.



STEP 4: APPLICATION - GROWING ROOTS

1. Family Discussion

Ask: “How does your family experience God as Father, God as Son, and God as Holy Spirit in daily life? How does knowing that God is a loving relationship of persons change the way we pray or treat others?” Invite families to share.

2. Practical Challenge & Mission Action

“Until next time, choose ONE way to become more aware as a family of the Holy Trinity, for example: pray the Apostles’ Creed together each day, slowly and attentively, noticing the words ‘Father, Son, and Holy Spirit’; each family member chooses one Person of the Trinity to focus on this week—Father, Son, or Holy

Spirit—and shares where they experience him, do one intentional act of love each day as a family, remembering: ‘God is love, and we reflect him.’”

3. Creative Response

See directions for activity options on *Creative Response* p.6

- 1 - Stained Glass Trinity Window
- 2 - Recognizing the Trinity in Everyday Life
- 3 - Three-Strand Trinity Bracelet

(Find more **Y4K** & **Y** and Family Activity resources on *Creative Response* p.6)



STEP 5: CELEBRATION - BLOSSOMS AND FRUITFULNESS

1. Mission Sending

“Remember: this week, watch for moments when you can recognize the Father’s love, when you walk with Jesus, and when you respond to the guidance of the Holy Spirit. Every day is an invitation to grow closer to the Trinity and share God’s love with others.”

Provide families with a copy of the *Family Handout*.

2. Gratitude & Sharing

Invite families to share one moment this week where they noticed God’s presence (Father, Son, or Holy Spirit), one blessing from God for which they are thankful today. Invite spontaneous prayers of praise.

Say simple kerygma together: “Jesus Christ loves you...”

3. Closing: Pray & Praise

Pray: Together pray “Glory be to the Father...”

Say: “Let us go and see Jesus in everyone we meet this week.”

All respond: “Thanks be to God!”

Praise: Sing together.





RETURN TO THE CURIOSITY SPARKER: BRING ATTENTION BACK TO THE DISPLAY

3-Strand Braided Cord and Water Pitcher Reveal

For this Reveal, you will need some ice and a kettle of hot water brought in by another person part way through the teaching. Begin by pointing to the Curiosity Sparker—the cord, the pitcher, and the written statement.

“At the beginning of our session today, we saw these things and read the phrase: ‘A mystery of unity?’ Now we’re going to explore what that might reveal about who God is—which is not something we can understand on our own, but something God has revealed to us.”

The Three-Strand Braided Cord

Hold up the braided cord. If possible, gently separate the strands so families can see the three distinct strands, then bring them back together.

“What do you notice?”

Invite a few responses.

“There are three distinct strands, yet together they form one strong cord. They are not three separate cords but one. This image helps us glimpse something of the mystery of the Holy Trinity. We believe in one God in three Persons—the Father, the Son, and the Holy Spirit. They are not three gods but one God, perfectly united in love.”

“But this cord is only a symbol, a poor example, because God is not made of parts. Each Person of the Trinity is fully God, equal in majesty, and perfectly one. But the cord helps us a bit with understanding the mystery!”

Pitcher of Water

Have someone bring in the ice, and kettle of steaming hot water. Pick up the pitcher of water.

“Here we have water in its liquid form. Now look at this—”

Point to the ice.

“—Ice. Is this water? Yes... But it feels very different. It’s solid, cold, and hard. Even though it is still water, we experience it differently.”

Bring attention to the steaming kettle.

“Now look at the steam. Is this water? Yes—but again, it feels very different. It moves through the air, it’s hot, and we can’t hold it the same way. Even though it is still water, we experience it differently. So ice and steam and water are the same substance, but they appear different and are experienced in different ways.”

“This example helps us see how something can be the same yet experienced differently. But God is not like water changing forms. The Father, Son, and Holy Spirit are not one Person appearing in different ways. They are three real and distinct Persons, co-equal who exist together in unity as one Divine Being, as God.”

“However, in our lives, we may come to know God in different ways—through the love of the Father who created us, through Jesus the Son who shows us how to live and saves us and gives himself to us in the Eucharist, and through the Holy Spirit who is with us, guiding and strengthening us. So while God is always one, we can experience his presence in different ways.”

“The Holy Trinity is one God in three Persons—Father, Son, and Holy Spirit—living in a perfect communion of love.”

“In today’s Scriptures, we heard the Father speak, the Son reveal the Father, and the Holy Spirit promised to remain with us. This isn’t something people invented; it is how God has chosen to reveal himself to us through Jesus, and this is good news!”

“The Trinity is a mystery—not because it isn’t true, but because God’s greatness is beyond our full understanding. Yet God has revealed himself so that we can truly know him, trust him, and live in relationship with him. The more we encounter the Father, the Son, and the Holy Spirit, the more we discover the perfect love into which God invites us.”



DIVING DEEPER

Present **Y4K** & **Y** questions for Profession of Faith Pillar & Prayer Pillar for family discussion.

Profession of Faith Pillar:

Faith Focus 1: One God Who Is Love

Give **Y** and **Y4K** questions for families to read and discuss.

Y 30 Why do we believe in only one God?

Y 33 What does it mean to say that God is love?

Y4K 14 Who is God?

After families had time to read and discuss the YOUCAT questions, invite sharing with the large group reflection on the following questions:

“What caught your interest, surprised or challenged you as you read these questions and answers?”

“In what ways do we live as if there are many gods instead of only one God, and what should it mean to me that there is only one God?”

Faith Focus 2: The Mystery of the Trinity

Give **Y** and **Y4K** questions for families to read and discuss.

Y 35 Do we believe in one God or in three Gods?

Y 36 Can we deduce logically that God is Triune?

Y4K 27 What is the Trinity?

Y 39 Is Jesus God? Does he belong to the Trinity?

Y4K 25 Is Jesus Christ really God?

After families had time to read and discuss the YOUCAT questions, invite sharing with the large group reflection on the following questions:

“What caught your interest, surprised or challenged you as you read these questions and answers?”

“The Holy Trinity is a mystery but why do you think God chose to reveal himself as Father, Son, and Holy Spirit?”

Faith Focus 3: Living in Relationship with the Trinity

Give **Y** and **Y4K** questions for families to read and discuss.

Y 37 Why is God Father?

Y 38 Who is the Holy Spirit?

After families had time to read and discuss the YOUCAT questions, invite sharing with the large group reflection on the following questions:

“What caught your interest, surprised or challenged you as you read these questions and answers?”

“Which Person of the Trinity do you find easiest to talk to in prayer? Why?”

Prayer Pillar:

Give **Y** and **Y4K** questions for families to read and discuss.

Y 475 How did Jesus pray?

Y 477 What does it mean to learn from Jesus how to pray?

Y4K 138 Why do people pray?

After families had time to read and discuss the YOUCAT questions, invite sharing with the large group reflection on the following question: “From what you learned today, how will your prayer be different?”

*Move into Trinity Encounter, see **Prayer Experience** p.5.*



TRINITY ENCOUNTER

In this prayer experience, families are invited to enter into the loving relationship of the Holy Trinity. Rather than trying to understand the mystery of the Trinity, families experience speaking personally to God the Father, Jesus, who is God the Son, and God the Holy Spirit, discovering that the one God lovingly draws them into his life through prayer.

Invite families to gather quietly around the prayer space. Dim the lights. Light one candle.

Introduce

“Today we have learned that there is one God in three Persons: Father, Son, and Holy Spirit. Although this is a mystery beyond our full understanding, God has revealed himself because he wants us to know him personally. Prayer is one of the ways we enter into that relationship. This is a mystery of perfect love, and God invites your family into that love right now.”

Invite everyone to close their eyes. Take a slow breath. Pause.

God the Father

“Think about someone who loves and cares for you.”

Pause for a moment..

“Now, think about God the Father, who loved you before you were even born, who Created you and the world around you out of his perfect love.”

Pause, then, leading the families, pray the following prayer together:

“Please pray with me: Father, thank you for loving me...”

Pause, allowing families to repeat the line.

“and caring for me every day...”

“Help me to trust you.”

Pause.

Jesus, God the Son

“Think about someone who loves you and can share in your joys and sorrows.” *Pause for a moment.*

“Now, think of Jesus, who became one of us. He knows what it is like to be happy, sad, relaxed, tired, tempted, to have fun, and to be misunderstood. He understands everything we go through, and because he is God, he is always ready to help us.”

“Think of one moment this week when you needed Jesus’ help.”

Pause, then, leading the families, pray the following prayer together:

“Please pray with me: Jesus, thank you for walking with me...” *(pause)* “Help me to follow your example every day.”

Pause.

God the Holy Spirit

“The Holy Spirit is always with us, even right now. He helps us pray. He helps us choose what is good. He gives us courage. He comforts us when we are afraid.” *Pause for a moment.*

“Now, think of a time when you felt his presence.”

Pause, then, leading the families, pray the following prayer together:

“Please pray with me: Holy Spirit, thank you for guiding and strengthening us each day. *Pause.*

Living in the Trinity

Invite everyone to hold hands with their family.

“The Father, Son, and Holy Spirit live in perfect love. God invites our family to share in that same love. Let’s quietly thank God for being with us.”

Allow few moments of silence. Then, leading the families, pray the following prayer together:

“Please pray with me: Father, thank you for creating us...” *(pause)*

“Jesus, thank you for saving us...” *(pause)*

“Holy Spirit, thank you for staying with us...” *(pause)*

“Help our family grow closer to you and to one another each day...” *(pause)*

“Amen.”



FAMILY ACTIVITY SUGGESTIONS

Stained Glass Trinity Window

What You'll Need: One Trinity Window template (see link below) printed on tracing paper (or vellum) per family, markers or pencil crayons, one sheet of black cardstock (8½" × 11") per family, scissors, glue stick or double-sided tape. Optional: Hole punch and ribbon or string for hanging.

Instructions: "As a family, color the Trinity Window together. As you work, discuss each section of the window:"

"God the Father – Created me and the world around me. Where do you experience the Father's love and care?"

"God the Son, Jesus – Is always by my side. When have you experienced Jesus walking with you or helping you?"

"God the Holy Spirit – Comforts and guides me. Where do you need the Holy Spirit's guidance or strength?"

"To create your window, carefully cut out the finished window. Then cut a square opening from the center of a sheet of black cardstock, leaving a wide border to create a window frame. Glue or tape the window behind the opening."

Conclusion: "You can hang your finished Stained Glass Trinity Window in a sunny window at home. As the light shines through it, let it remind your family that the Father created you and loves you, Jesus is always by your side, and the Holy Spirit comforts and guides you each day. Just as stained glass reflects light in beautiful ways,

God invites His love to shine through your lives. As you grow in your relationship with the Father, the Son, and the Holy Spirit, may others come to see God's love through you."

Recognizing the Trinity in Everyday Life

What You'll Need: One Recognizing the Trinity in Everyday Life activity sheet per family (see link below), one pencil or pen per family.

Instructions: "As a family, read each everyday situation together. Talk about which Person of the Trinity this situation especially reminds you of."

"Choose together, then write F (Father), J (Jesus), or HS (Holy Spirit) beside each situation. Some situations may have more than one good answer—and that's okay! Listen to one another's ideas before deciding."

Optional sharing: After everyone has finished, families may be invited to share some of their answers and explain why they chose them.

Conclusion: "Did you notice that some situations could remind us of more than one Person of the Trinity? That's because there is only one God. The Father, Son, and Holy Spirit always work together, yet each Person reveals God's love to us in a unique way. As we grow closer to God, we begin to recognize his loving presence in every part of our lives."

Three-Strand Trinity Bracelet

What You'll Need: Three strands of embroidery floss or yarn (different colors) for each family member, scissors, tape or clips to hold the strands while braiding.

Instructions: Give each family member three strands of different coloured embroidery floss or yarn.

"As you begin to braid the three strands together, remember the three Persons of the Trinity: God the Father – Created me and the world around me. God the Son, Jesus – Is always by my side. God the Holy Spirit – Comforts and guides me."

"As your family braids, discuss with each other:"

- "When do you especially notice the Father's love?"
- "When have you experienced Jesus walking beside you?"
- "When have you felt the Holy Spirit comforting or guiding you?"

Conclusion: "Tie the bracelet around your wrist as a reminder of the beautiful mystery of God the Holy Trinity who is always with you. Although these three strands do not explain the Trinity, they remind us of the one God who has revealed himself as Father, Son, and Holy Spirit. Whenever you see your bracelet, remember that the Father created you and the world around you, Jesus is always by your side, and the Holy Spirit comforts and guides you."

Supplemental Resources:

YOUCAT: [Y4K Painting and Praying the Trinity](#)

Family Activities: [The Holy Trinity Creative Response Family Activities](#)

SCRIPTURE FOCUS Psalm 51:10–12, John 3:33–35, & John 1:32–34
CORE REFERENCES Y4K 14, 25, 27, 138 & Y 30, 33, 35–39, 475, 477
FOR PARENTS CCC Paragraphs 199–202, 214–221, 232–267, 2598–2616

THE HOLY TRINITY

God is the loving Creator of heaven and earth, who made everything out of love and continues to care for all he has created. Although God is greater than we can fully understand, he is not distant. He has revealed himself as one God in three Persons—Father, Son, and Holy Spirit—so that we can truly know him and live in relationship with him. The Father lovingly created us, Jesus reveals the Father’s love and walks beside us each day, and the Holy Spirit lives within us to comfort, guide, and strengthen us. As St. Patrick helped people understand, the Trinity is a mystery—not something we can completely explain, but a beautiful truth we can believe because God himself has revealed it.

Knowing God changes the way we live. Through prayer, Scripture, and the sacraments, we grow closer to the Father, through the Son, in the Holy Spirit. As our relationship with the Trinity grows, we learn to trust God more deeply, put him first in our lives, and reflect his love in the way we care for others. The Trinity is not simply a mystery to understand—it is the perfect communion of love that God invites every family to share in, now and forever.

Family Prayer: Father, Son, and Holy Spirit, thank you for inviting our family into your perfect love. Help us to share your love with everyone we meet. Amen.

MISSION ACTION

Until next time, invite families to choose ONE:

- Pray the Apostles’ Creed together each day, slowly and attentively, noticing the words “Father, Son, and Holy Spirit.”
- Each family member chooses one Person of the Trinity to focus on this week (Father, Son, or Holy Spirit) and notices where they experience him.
- Do one intentional act of love each day as a family, remembering: “God is love, and we reflect him.”



St. Patrick, the patron saint of Ireland, was not Irish himself. He was born in Scotland and was captured by Irish pirates; after he escaped, he eventually returned as a missionary.

The Sign of the Cross is one of the oldest prayers of the Church. Every time we make it, we proclaim our faith in the one God—Father, Son, and Holy Spirit—and remember that we belong to him.

