Father, Son and Holy Spirit

Welcome (7 Minutes)

As the parents/mentors and children arrive, give each a warm welcome. Encourage a young person to help you greet others as they arrive. Begin your group time together by inviting the participants to share by asking, “Where have you seen God at work in your life this past week?” (Acknowledge all responses.)

Say: Last week we learned that Jesus wants us to trust the Bible. Find someone who is not in your family to share with, and briefly tell what you did this past week to make the Bible important.

Use the “M.M.” ball or the “T.A.G.” ball (see Curriculum introduction for instructions) to ask the families about their use of Mentoring Moments for family worship at home OR to ask the participants to share something they have studied or learned during their T.A.G. time.

Goals for this lesson

By the end of this lesson, participants will:
• Know that the Father, Son and Holy Spirit are all one God
• Feel confident in trusting the Holy Spirit as their Helper
• Respond by praising the Father, Son and Holy Spirit

A disciple of Jesus is someone who lives every day to love Jesus and bring others to Him.
The Bridge (10 Minutes)

Activity

Give one length of each color yarn (3 strands) and two pencils to each family group. Instruct them to have two people stand facing each other, holding opposite ends of the three different colored pieces of yarn. Each is to tie their ends of yarn together around a pencil then twist the pencil in a clockwise direction. When the yarn is tightly twisted, an adult pinches the center point of the twisted yarn. Keeping the yarn taut, the two holding the pencils bring their pencils together while keeping the twisted yarn stretched. The one holding the center slowly slackens the grip on the center of the yarn while taking hold of both pencils. As the tension in the yarn slackens, the two halves of the twisted yarn will wind around each other to form one cord. The pencils can then be removed.

Debrief

Ask: What happened to the three pieces of yarn? (They formed one cord.) Do you still see the three separate pieces? (Yes.) How does this activity illustrate the three members that make up our God: Father, Son and Holy Spirit? (Acknowledge answers.)

Prayer: Pray or invite a volunteer to pray for the Holy Spirit to direct this meeting.

You need
- Yarn in three different colors
- Pencils

Ahead
Cut the yarn into 36-inch lengths.
**Into the Word** (25 Minutes)

**Write** this lesson’s *Footprint* on the board:

*Jesus wants us to know the Father, Son and Holy Spirit.*

**Activity**

**Say:** The word *Trinity* is not found in the Bible, but we use this word to describe God the Father, God the Son and God the Holy Spirit.

Divide the class into three groups giving each group one Bible Verse Card. Instruct them to read their Bible verses and create a short skit depicting the event described in their verses. Allow 2-3 minutes for reading and planning. Have each group present then ask the class what event is being portrayed.

**Debrief**

**Ask:** How do we know there are three members of the Trinity? (The Bible clearly teaches that there are God the Father, God the Son and God the Holy Spirit.)

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**You need**
- Bibles
- Pens/pencils

**Ahead**

Write the following verses on separate slips of paper for distribution during the Activity: Genesis 1:1, 2, 26; Matthew 3:16, 17; Matthew 28:19, 20. Write the Bible Discovery verses on separate slips of paper for distribution to the families. Do **not** put reference numbers on them.
**Bible Discovery**
Distribute the Scripture texts to the families. Encourage family groups to assign a student to read the verse to the whole group when called on. After each Scripture is read ask the class to identify which member of the Trinity it describes. Write the role under the correct name. Write the following on the marker board leaving space between each one to write the summary points as listed below.

**Write on the board:** God the Father

**Write on the board:** God the Son

**Write on the board:** God the Holy Spirit

**Say:** Deuteronomy 6:4 says, “The LORD our God is One.” Just as the three strands of yarn we used made one cord, God the Father, God the Son and God the Holy Spirit make One God. Even though this is difficult for us to understand, we do know that each member of the Trinity has a different job to do in relating to us as human beings. Today we are going to look at the different roles each One has.

God the Father texts:
1. Psalm 145:15, 16 **Write on the board:** Gives life to every living thing
2. John 3:16, 17 **Write on the board:** Gave His Son to save the world
3. Psalm 46:1 **Write on the board:** Helps us when we are in trouble

God the Son texts:
1. Romans 5:8 **Write on the board:** Gave His life for us
2. Luke 5:20-24 **Write on the board:** Forgives our sins
3. John 14:2, 3 **Write on the board:** Is coming soon to take us to heaven

God the Holy Spirit texts:
1. 2 Peter 1:21 **Write on the board:** Inspired those who wrote the Bible
2. John 16:8 **Write on the board:** Convicts people about sin
3. John 16:13 **Write on the board:** Guides us into all truth
4. Romans 8:26 **Write on the board:** Helps us pray

**Review/Quiz**
Steps to follow:
1. Review the summary points written on the board.
2. Cover or turn the board around and quiz the class by asking, “What is the role of God the Father? …God the Son? …God the Holy Spirit?”
3. Encourage parents to allow students to answer the questions and assist only if needed.
**My Choice** (5-8 Minutes)

**Activity**

Instruct everyone to stand in a straight line and close their eyes. Wave a piece of cardboard or turn on the fan and let it blow across the back of each person. After you have hidden the cardboard/fan, call for all to open their eyes.

**You need**
- One copy of *My Choice* handout for each family
- Pens/pencils
- A small electric fan or large piece of cardboard.

**Debrief**

Ask: What did you feel? Where did it come from? How do you know? What size was the cardboard/fan? (Acknowledge answers.) Bring out the cardboard/fan and show it to the class. Is this what you thought created that air movement? In what ways is God like the wind? (You can’t see God, but you can feel Him.)

**Leader Share** briefly how knowing and understanding the Trinity has made a difference in your life.

Distribute one *My Choice* handout to each family group.

Say: Parents and mentors, move your chairs into a family circle and follow the instructions on *My Choice* with your child. When you are finished with *My Choice* turn the paper over and continue with *My World*.

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**My World** (5-8 Minutes)

**Leaders:** While the families are working together, the leader and co-leader pray for each of the parents/mentors and children.

If some families finish early, as leader you can: 1) engage those families by asking them about their family circle time or 2) give a time “warning” to the other families such as, “Please finish in three more minutes.” Let them know they can finish their *My World* time together at home.

**You need**
- One copy of *My World* handout for each family
- Pens/pencils
Closing (2 Minutes)

Call everyone back together as a large group.

Say the Footprint together: Jesus wants us to know the Father, Son and Holy Spirit.

Ask: Did you think of an idea to try this week to help you better understand the members of the Trinity?

Grace Point — Say: Next week I will invite you to share the idea you used to help you better understand God the Father or God the Son or God the Holy Spirit.

Close with a prayer or invite a volunteer to pray:
- thanking God the Father, God the Son and God the Holy Spirit for meeting all our needs

Distribute Mentoring Moments and instruct the families to use these at home to build on the concepts developed in this lesson.

You need
- One Mentoring Moments handout for each family
My Choice

1. **Say** the *Footprint* together: Jesus wants us to know the Father, Son and Holy Spirit.

2. Parents/mentors: **Review** your child the points made in this lesson by going over them one at a time and asking, “Do you understand what this means?” or “Do you have any questions about this one?” Clarify any points as needed.

1. God is ONE ................................................................. Deuteronomy 6:4
2. There are three members of the Trinity ...............................Genesis 1:1, 2, 26
   Matthew 3:16, 17
   Matthew 28:19, 20

3. The members of the Trinity have different roles:

   **God the Father**
   Sustains all life on earth....................................................Psalm 145:15, 16
   Gave His Son to save the world .......................................John 3:16, 17
   Helps us when we are in trouble ......................................Psalm 46:1

   **God the Son**
   Gave His life for us ....................................................... Romans 5:8
   Forgive our sins .............................................................. Luke 5:20-24
   Is coming soon to take us to heaven ................................John 14:2, 3

   **God the Holy Spirit**
   Inspired those who wrote the Bible ............................. 1 Peter 1:21
   Convicts people about sin ................................................. John 16:8
   Guides us into all truth .................................................... John 16:13
   Helps us pray ................................................................. Romans 8:26

3. Parents/mentors: **Share** briefly something special you have experienced in your relationship with one of the members of the Godhead: Father, Son or Holy Spirit. Share the difference it makes in your life to understand the Bible truth about the Trinity.

4. **THE CHOICE — Ask:** Would you like to know each member of the Trinity better? If your child says “Yes,” affirm his/her decision. If your child is not sure or says “No” or “Not now,” **Say:** It’s all right if you need time to think about this or want to wait. **Ask:** Can you tell me why? Is it okay if we talk about this next week?

5. **Pray:** Form a family prayer circle and ask God the Father in the name of Jesus Christ and through the power of Holy Spirit to help you understand and experience each member of the Trinity more fully.

   *A disciple of Jesus is someone who lives every day to love Jesus and bring others to Him.*
My World

1. **Ask:** Which member of the Trinity do you find it easiest to understand? Why do you think this is so?

2. **Review** with your child the points made in this lesson by going over them. Refer to the summary sheet and **Ask:** What could you do this week to connect to the other members of the Trinity? **Brainstorm** for ideas to help connect with and understand each member of the Trinity. **Select** one idea from your chart to do as a family this week. Circle it.

   **Ideas to know God the Father:** (Search the Bible for specific characteristics of the Father; spend time in nature talking to the Father, etc.)

   **Ideas to know God the Son:** (Search the New Testament for things Jesus did; Make a list of the names of Jesus, etc.)

   **Ideas to know God the Holy Spirit:** (Search for texts about the work of the Holy Spirit; make a list of words to describe the Holy Spirit such as wind, light, etc.)

3. **Ask:** Why do you think it is important for us to understand each Person in the Trinity?

   **Grace Point** — Next week you will be invited to share the idea you used to help you better understand God the Father or God the Son or God the Holy Spirit.

   **Next week** Parents/mentors, you will be asked to briefly share: 1) why it is important to take care of our natural world, 2) an experience you have had with your family that was meaningful, and 3) a time when the Sabbath was a special delight to you.

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Father, Son and Holy Spirit

Mentoring Moments for Lesson 8

*Mentoring Moments* are meant to extend the lesson you studied with your small group. Each *Mentoring Moment* choice contains a Scripture, an activity, discussion questions, and a prayer point grouped around a particular topic. They are perfect for use in family worship. If time does not permit the completion of the activity, using just the Scripture and discussion questions can provide a *Mentoring Moment* anywhere, even in the car.

**Choice One**
Scripture: 1 Corinthians 13:12

**Activity:** Make a list of five things you would like to know about God.

**For Discussion:** Michael, a fifth-grader, shared this: “One day my friend Ray asked me where God lived before He created Heaven. I told him that I didn’t know and he said, ‘That’s ok.’” How do you feel when you have questions about God that nobody can answer? Do you ask your friends questions about God? Why or why not? “I don’t know” is the perfect thing to say when you really don’t know the answer to a question. What else could Michael have said to his friend that would have been helpful?

**Prayer Point:** Confess to God that sometimes it’s frustrating when you don’t know everything about Him. Thank Him for revealing enough about Himself for our salvation.

**Choice Two**
Scripture: Matthew 3:16, 17

**Activity:** Experiment with ice, water and steam. What happens when you mix them? Make a list of ways that ice, water and steam are like the Trinity. Which is most like whom? Why?

**For Discussion:** Do the three persons of the Godhead appear more often in the Bible together or apart? Why do you think that is so? Couldn’t God have done everything in one person? Why or why not?

**Prayer Point:** Ask God to help you understand Him more clearly. Ask Him to help you tune in to the differences in His persons and to help you love Him more.
Choice Three  
**Scripture:** Matthew 28:19, 20

**Activity:** Use a concordance to help you look up the words you brainstormed during this lesson.

**For Discussion:** What are you learning about the Trinity? What would you still like to know? With whom can you share what you are learning?

**Prayer Point:** Pray about one of the things you would like to know about God. Ask Him to lead you to the answer.

Choice Four  
**Scripture:** Psalm 19:1-3

**Activity:** Spend time with your mentor in a quiet place out in nature under the stars. Identify things you see, hear, smell and feel.

**For Discussion:** In what way are these things different at night? Example: The stars are always in the sky but in the daytime we do not see them. In what ways does this remind you of God?

**Prayer Point:** Praise God for His creation and for what it shows us of Him.

Choice Five  
**Scripture:** John 16:13

**Activity:** Talk with your family about one or more ways the Holy Spirit has guided you or someone in your family into truth.

**For Discussion:** Did you know you were outside of truth at the time? How did the Holy Spirit guide you? What has the result been?

**Prayer Point:** Thank God for helping you understand the truth about the Trinity. Ask Him to give you the opportunity to share your faith with at least one person this week.