

# FATHER, SON & HOLY SPIRIT

## Aim

To guide the young person in exploring the concept of God.

## Resources

### Leaders:

- Catholic Youth Bible
- Prayer cloth, cross, candle – set up a prayer space
- Prayer card – Our Father
- Electronic device – laptop/tablet for YouTube links
- At Home with God's People

### Young People:

- Catholic Youth Bible
- Journal
- Fuel – The Daily Catholic App

## Preparation

### for the Catechist

Spend some time in prayer for the catechumen.

Reflect on your image and understanding of God.

Think of your own stories and be ready to share these.

## Background

### Information for the Catechist

This session focuses on who we think God is – for each of us. We also look at the Trinity – the Father, Son and Holy Spirit – through scripture and artwork.



## Reflection

As we gather, we light a candle to remember that Jesus is the light of the world.

Sit quietly and listen to the guided meditation. Think back over your day and the week since we last met.



## Video

“Quietly” - A new Instrumental Piano Album from Scripture Lullabies: [https://youtu.be/e06\\_n9m9jbA](https://youtu.be/e06_n9m9jbA)

Video **Link 1.1**



Thinking back over your day, is there something you would like to pray about? You can pray out loud or in your own mind.



## Follow up from last session

Would you like to share your experience of the Rite of Acceptance?

For those already baptised, would you like to reflect on the ritual of welcoming?

What do you remember most?

What did you experience during the rite?

We have looked previously at how we know God and God's love.

Does anyone have any questions?



## Exploring (Part A)

In your own mind how do you think of God?

For example: It could be God the Creator, God is everything – father, mother, and friend.

What does it mean to be part of a community?

Think about the word 'communion'. What does it mean for you?

Communion is when we experience oneness with each other. As a Christian, 'communion' means to be one with God and all people in the world.

What do you know about the Father, the Son, and the Holy Spirit?

What have you heard about the Trinity?

The Trinity includes the Father, Son and Holy Spirit who together are One God. God is a Holy Trinity, a communion of love between these three persons, a communion which invites us in. God is oneness and we are invited into this oneness.

Let us look at what the Trinity means.

## Activity

On the next page is an artwork, an icon of the Trinity painted around 1410 by Andrei Rublev.

What do you see in this picture, this icon?

The icon reveals the Trinity in the form of three angels, symbolising the equality of all three persons, staffs showing their divine power. It shows God the Father, the Creator on the left blessing the Son in the middle. The Son, who was sent to serve, blesses the cup on the table. On the right is the Spirit with his hand resting near the cup, showing he is with the Son on his mission.

There is room at this table for each of us. This icon encourages us to sit at the table with the Lord.

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The three angels sit in a circle – representative of the unity of the Holy Trinity. The circle is not closed off, but remains open – an invitation for us to enter into the conversation.

Behind the Father, is a house that represents Abraham's "tent" as described in the Genesis account (18:1); the open-doored house of the Father, the goal of our journey.

The Holy Spirit is clothed in green and blue hues: the colours of the Earth.

The Son is clothed in bright red cloaked in blue, representing the Divine (red) and human (blue) natures.

Above him is the oak of Mamre. Representing the tree of life a common symbol of the Cross, from which Jesus would be hung.





## Exploring (Part B)

Let us listen to a reading from Matthew which refers to the Trinity.

 **Matthew 3: 16-17**

*A reading from the holy Gospel according to Matthew.*

 **Glory to you, O Lord.**

When Jesus had been baptised, just as he came up from the water, suddenly the heavens were opened to him and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, “This is my Son, the Beloved, with whom I am well pleased.”  
The Gospel of the Lord.

 **Praise to you Lord Jesus Christ.**

At his Baptism, Jesus saw the Spirit of God descending like a dove and heard God’s voice telling him he was God’s beloved Son.

At your Baptism, you will be baptised by name – “In the name of the Father, and of the Son, and of the Holy Spirit” – as a beloved child of God.

Do you know **how** to make the Sign of the Cross?

Do you know **why** we make the Sign of the Cross

- It reminds us of our Baptism
- It reminds us of the Trinity
- It reminds us to whom we belong



## Scripture and Prayer

Listen closely to the following music and scripture.

We begin with the sign of the Cross:

 **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

## Music

Choose one of the songs from the songs list:

As It Is In Heaven - Matt Maher

<https://youtu.be/BGAZVASoUv4>

Song **Link 1.2**



God of this City - Chris Tomlin

<https://youtu.be/cEFGGr1S8SkA>

Song **Link 1.3**



## Scripture

Use the Gospel from the following Sunday.



A reading from the holy Gospel according to ...



***Glory to you, O Lord.***

*(At the end of the Gospel)*

The Gospel of the Lord



***Praise to you, Lord Jesus Christ.***

Following a couple of minutes of silence to reflect on the scripture, invite the young person to share a word or two from the passage that was particularly meaningful for them.

What is one important message for you in this scripture passage?

How can you respond to this scripture passage in the coming week?

## Prayer



***Glory be to the Father, and to the Son, and to the Holy Spirit,  
as it was in the beginning, is now  
and ever shall be, world without end. Amen.***

Let us offer each other the Sign of Peace.



## Living it out in the everyday

### Journal Activity

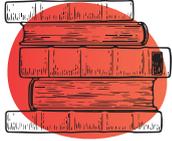
In your Journal write / draw / create your image of the Baptism of Jesus.

Baptism was the beginning of Jesus' mission. Your Baptism will be the beginning of your mission as a disciple of Jesus.

### Challenge activity

What are some things you could do as part of your mission as a disciple of Jesus in your family, parish, school or community?

This week pick one of these areas and put your mission into action. For example, in your school talk to someone who looks like they need a friend.



## For those who want to know more

We are now going to look at some more scripture passages that refer to the Father, Son and the Holy Spirit – the Trinity. The word trinity doesn't appear in the Bible however in some passages we see where the Father, Son and Holy Spirit are linked.

Ask someone to read one of the following Bible passages slowly for the group.



John 14:9

Jesus said to him, "Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How can you say, 'Show us the Father'?"



John 14:26

But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you.



Matthew 28:19-20

Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age.

Following a couple of minutes of silence to reflect on the scripture invite the young person to respond with a word or phrase that struck them from the passage.