



Trinity

Matthew 28:16-20

Welcome to 'Together, Apart', free intergenerational resources to help us be church together while we cannot meet.

All the sections explore the same Bible passage in a range of creative ways. Choose whichever parts work best for you, and remember that 'All Age' does not mean 'only for the kiddies'!

You can find lots more free resources like this at www.reflectionary.org

Here is what you will find in each resource pack:



A Word in Your Ear

A Bible passage that we can all learn from together, whatever our age.



Food for Thought

Aimed at adults and teens, some thoughts and questions on the passage.



Inner Space

A blank space for you to record your thoughts, whether that is worries, dreams or a shopping list.



Looking Closer

A creative and interactive look at the Bible passage. Great for older children and anyone who likes a creative approach.



I Wonder...

An imaginative style of Bible study, perfect for younger children and those who like to immerse themselves in the Bible world.



Take a Break

A chill-out zone, with meditative colouring for adults and children, and links to audio recordings of the passage so that you can listen while resting your eyes.



Creation Station

A craft for children (or young-at-heart adults!)



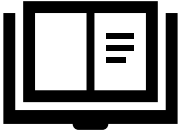
All Together Now

Suggestions for activities throughout the week that link with the Bible passage.



High 5

Suggestions for spending time with God.



A Word in Your Ear

Take your time reading this extract from our Bible passage. Ask God to help you hear. You can decorate the space around the words if you like.

Matthew 28:16–20

The eleven followers went to Galilee to the mountain where Jesus had told them to go. On the mountain they saw Jesus and worshiped him, but some of them did not believe it was really Jesus.

Then Jesus came to them and said, “All power in heaven and on earth is given to me. So go and make followers of all people in the world.

“Baptize them in the name of the Father and the Son and the Holy Spirit. Teach them to obey everything that I have taught you, and I will be with you always, even until the end of this age.”

(NCV)



Food for Thought

Check out [this talk about Trinity in words of just one syllable](#). (Mike Higton)

Plus, bonus resources from my blog, [The Reflectionary](#):

- [Learning To See – a reflection on Isa 6 and John 3](#) with Rublev's 'Trinity'
- [Reflection on Psalm 8 and Rom 5](#) with galaxy stones craft

In our technological world, it can be easy to think that we have answers to every question and that science has done away with mystery. But not so! Ask any scientist and they will tell you that science is more about asking questions than getting answers, and there is plenty in science (anything in quantum mechanics for a start) that boggles the brain quite as much as the concept of Trinity!

For many of us, it can be uncomfortable to have a part of our faith that we cannot easily explain. Sometimes we try to simplify the image by splitting God in to three parts (as an egg is shell, yolk and white, or a shamrock has three leaves) or three aspects (as water is solid, liquid, gas, or I am mother, sister, daughter), but these lose the integral *paradox* of Trinity.

Q: How do you feel about the paradox of Three-in-One and One-in-Three? Why? Does Trinity make sense? Does that matter?

Christians do not have to be like the Red Queen from Alice through the Looking-Glass and believe six impossible things before breakfast! Faith does not require us to dismiss rational thought (God invented our brains, after all), but in many areas of life, we lose out if we limit ourselves to merely that which we can feel, taste, touch and reason.

A sunset is just scattered photons. A story is a sequence of words. Music is a bunch of frequencies. True, but so much more than that. Each has the power to engage our emotions, to transport us to different worlds, to inspire awe and give us a glimpse beyond ourselves. Reason and wonder work together to give us a full picture.

Q: Which aspects of God can we best delve into with our rational minds, and which are better explored with our senses of wonder? Do you find reason or wonder the more useful? What could you gain by engaging with the other more?

I find Anselm's phrase "*faith seeking understanding*" helpful as a way of combining what we understand with our heads and what God reveals to our hearts. Each needs the other. Neither blind faith rejecting reason, nor icy logic discounting wonder serve us well, but "*an active love of God seeking a deeper knowledge of God*" will reveal riches, with his help.

Q: How does the *mystery* of Trinity help you to worship? How does the *knowledge* of Trinity help you to worship?



Inner Space

What's going round your head? Here is a space for you to put your thoughts on paper. You can write, draw ... whatever you like. What will you put here?



Looking Closer

One of the main Christian teachings is that God is Trinity, or Three-in-One. This can be pretty tricky to get our heads around! One or Three? Or both? Or what?

It's good to think about things and to use our brains to understand, but it's also OK to say, "I don't really get it." Jesus' first disciples often didn't get things, and we, his disciples now, can be the same.

Jesus told his disciples to baptize people "in the name of the *Father and the Son and the Holy Spirit*".

**What did they think Jesus was talking about?
What do you think he meant?**

A large, empty rounded rectangular box with a double-line border, intended for a student's reflection on the Trinity text.A large, empty rounded rectangular box with a double-line border, intended for a student's reflection on the Albert Einstein text.

Some things are hard to understand. The scientist Albert Einstein worked out some complex maths called Relativity, which talks about time running at different speeds for different people. It seems crazy, but my mobile phone needs to use it to work correctly, so I guess it's true.

I can use my phone even if I don't 'get' Relativity (which is a good thing) and we can be friends with God even if Trinity boggles our brains a bit.

It's OK if God is bigger than our minds. (In fact, that's a good thing. A god who would fit in my brain is a bit naff!)

What things about God do you find hard to understand? Is God OK with that?

Jesus told his followers to make more followers, and these new followers were to make more, and they were to make more ... all the way to now!

It's like a line of dominos, with each one setting off the next.

Where are you in the line of dominos?

A large, empty rounded rectangular box with a double-line border, intended for a student's reflection on the dominos text.



I Wonder...

Read or listen to the passage and let it sit in your mind for a while.

Which words, phrases or ideas jump out? What rings a bell or what have you noticed for the first time? Why do you think that might be?

I wonder what is the most important part.

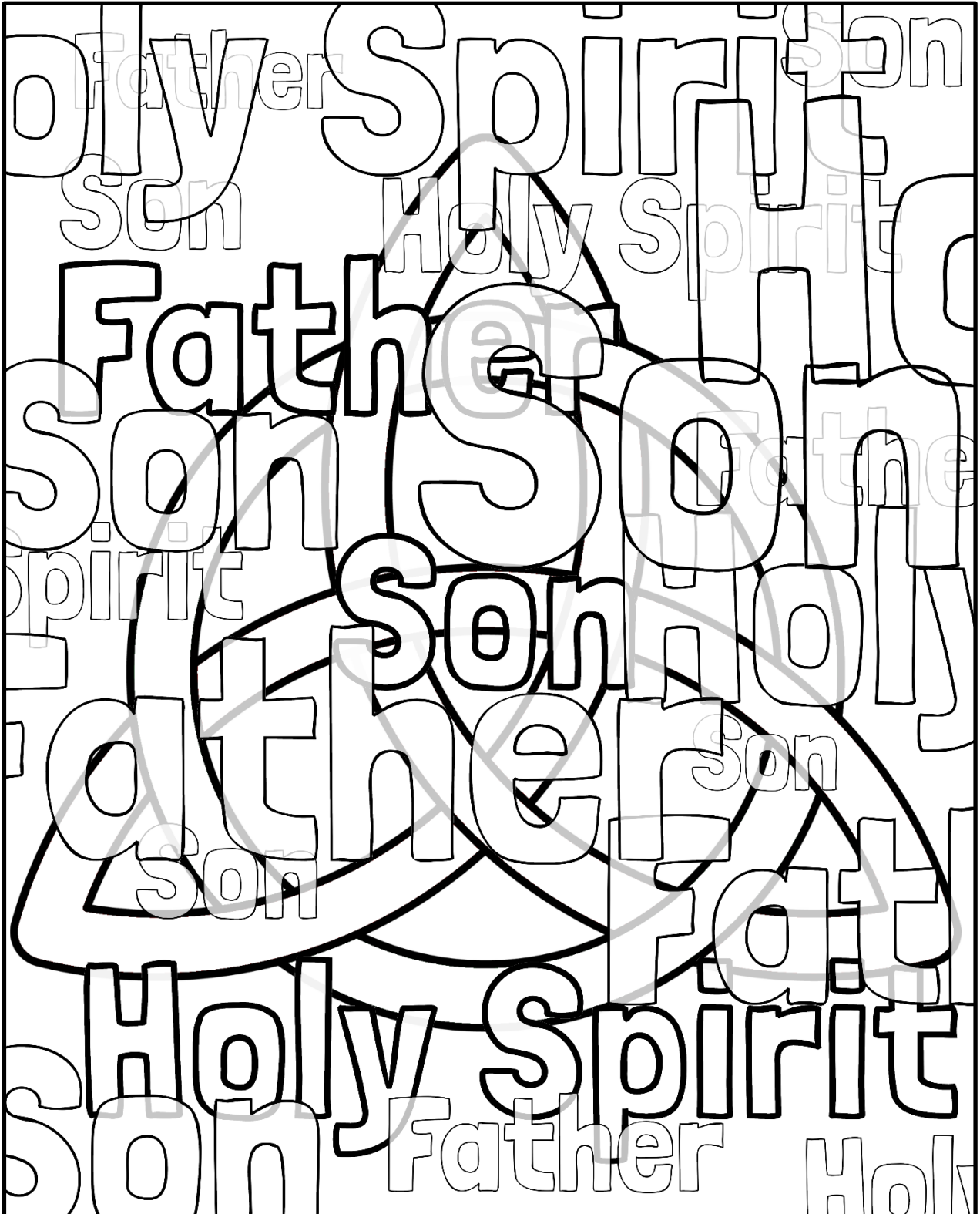
I wonder what God is saying to you today.

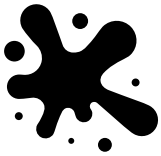


Take a Break

Put on some music, or listen to the passage being read out while you simply sit and be. You can colour the picture below, or fill it with zentangles, or you can just spend the time breathing.

Matthew 28 on Bible Gateway audio [ESV](#) – [Message](#) – [NIV \(Dramatised\)](#) – [NIV \(Suchet\)](#)



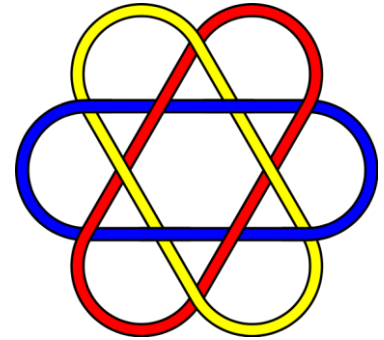


Creation Station – Trinity Rings!

Ponder the wonders of Trinity with these intriguing rings – that which seems impossible can still be true!

Look at these rings. Check that the **yellow** loop is above the **red** one. It's not joined, just lying on top. OK? Now check that the **blue** loop is lying on top of the **yellow** one. Still OK?

So that's **red** at the bottom, **yellow** above that, and **blue** on top. Yes? So how come **blue** is *under* **red**?



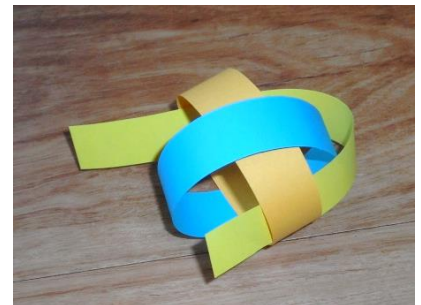
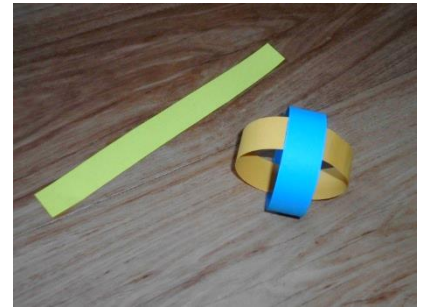
These are called Borromean Rings, and they're a famous mathematical paradox. No loop is joined to any other, yet they are all joined together. Each ring is on top of and below every other. It doesn't make sense, but it is still true. It's a bit like Trinity. How can God be three *and* one? It doesn't make sense, but it is still true. You can make your own set of Borromean Rings to ponder the paradox.

You will need:

- Paper in three different colours
- Scissors
- Sticky tape or glue

What to do:

1. Cut three long strips of paper. I've used the width of A4 x 2cm. (You could also use glow sticks with joiners.)
2. Write some of God's qualities on the strips of paper, such as 'God is good', 'God is merciful', etc.
3. Join two strips into loops with sticky tape or glue. Leave the other strip for the moment.
4. Place one loop inside the other, at right angles. Do not link them. (first picture, orange loop inside blue.)
5. Then take the third strip (yellow) and thread it **inside** the **inside** loop (inside the orange), then **outside** the **outside** loop (outside the blue), then back **inside** the **inside** loop and join the ends **outside** the **outside** loop.
6. You now have three loops all joined together although, strangely, no loop is joined to any other. Don't believe me? Try breaking one of the rings. The other two come apart, because they are not linked. Lose any part of God's nature, and God is not God.
7. If you use thinner strips (last picture), you can flatten your rings out to make a classic symbol for the trinity. Do you have one in your church?





All Together Now

I will be with you always, even until the end of this age

Here are some ideas for activities you could try during the week.

- Make a chain reaction to think about when Jesus told his followers to make more followers who make more followers, who make more ... You could have books falling over, which knock a can, which rolls into a slinky, which lands on a ruler, which flings a packet of polos, which hits a toy car, which knocks over some books ... Check out [Joseph's Machines](#) for some crazy ideas!
- Play the One-Bit Word Game. Read out a Bible passage, or try to explain about the Trinity, or tell the story of Jesus using only single-syllable words (one-bit words). If you slip up, the person who spotted your error takes over. The person speaking at the end is the winner for that round.
- Make a giant timeline by sticking sheets of paper end-to-end. Mark years along the bottom, starting from when Jesus was born, right up to now. Draw a stick figure of Jesus at one end and add famous Christians along the line, such as St Paul, Francis of Assisi, Evangeline Booth, Martin Luther, Charles Wesley, Florence Nightingale, Dwayne 'The Rock' Johnson, Michael Faraday, Mother Theresa, Corrie ten Boom, Billy Graham, Rosa Parks, Novak Djokovic, Nic Jonas etc. Fill in the gaps with more Christians, and add yourself near the end. What a great family we are part of!
- Make three large loops of yarn or string and lay them on the floor as overlapping circles. Then find things around your house that represent God the Father, God the Son and God the Holy Spirit. Place them in your circles where you think they fit best.

What else can you think of?

My ideas:

Which will you do this week?



High 5

Spend five minutes talking and listening with God. Here is one way:

Trinity Prayers

God our Father

Think of three things that a perfect father is like and use them to make a prayer.

Father God,

.....
.....
.....

Amen.

God our Brother

Think of three things that Jesus has done for you, and use them to make a prayer.

Lord Jesus,

.....
.....
.....

Amen.

God our Helper

Think of three ways that the Holy Spirit helps you, and use them to make a prayer.

Gentle Spirit,

.....
.....
.....

Amen.