

Sunday 30th May 2021  
The Feast of the Trinity



### Gather Together...

Take time together as a family, find a quiet space, perhaps play some music, light a candle and sit comfortably.

Make the Sign of the Cross

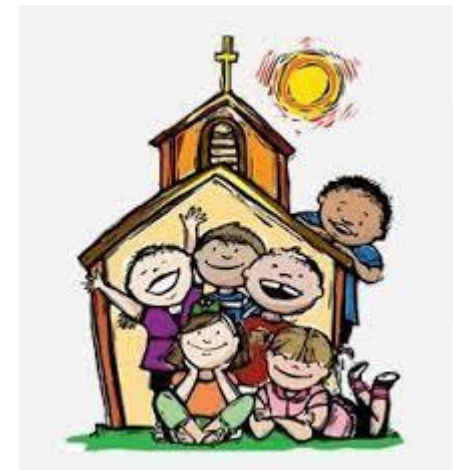
### Listen Together...

Listen to this week's scripture, from the Gospel according to Matthew...

Jesus appeared to his disciples on a hillside where they had arranged to meet. When they saw him they fell to their knees and he said to them, 'All power in Heaven and on earth has been given to me and I am sending you out into the world to make disciples of all peoples. Baptise them in the name of the Father and of the Son and of the Holy Spirit and teach them to obey all the commandments I have given to you. Remember that I will always be with you, to the very end of time.'

### Respond Together...

- Do you know what Trinity means and what we are celebrating this week at Mass? Trinity means something that is made up of three and today we give thanks for the three persons of God.
- This can be a very hard thing to understand. Even adults struggle with understanding how one thing can also be three things! When we think about the Holy Trinity we think of:



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1) God the Father - he created the world and everything in it. He loves us all so much and he sent his only son, Jesus, to save us from our sins.

2) God the Son - this is Jesus who was made man. We know of his love for us all through the stories we read about in the bible. He tells us how we should live our lives and by doing this he shows us the path to Heaven.

3) - God the Holy Spirit - the Holy Spirit is in invisible force but he fills us with God's life and gives us courage to tell others about God.

- So there are three person but only one God. If we find this hard to understand that's ok. The Holy Trinity is what we call a MYSTERY that we cannot fully understand. This is where our faith comes in. We can't really understand it but we because we believe in God we know that he can do anything. The Holy Trinity is just a part of our faith that we believe.

Pray Together... 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.

