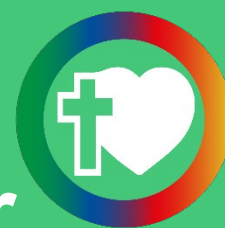




# Faith Adventures for Children Together



*Committed to URC Children Together:  
enabling everyone to grow more like Jesus  
together in the home, church and beyond.*

For guidance on the purpose of the resource and how to use it as a launch pad for your engagement with children and families, please use this link:  
<https://urc.org.uk/wp-content/uploads/2023/01/FACT-how-to-sheet.pdf>

## John 14:16-17 – God is...Three in One

Theme: Exploring the trinity and what it means in our faith journey.

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### Introduction: What would be helpful to know in my planning?

For this session it is important that you have a good understanding of what you understand Trinity to mean. There may be some challenging questions from those joining in as to what they believe to be true; do not be dismissive of this but instead explore their thoughts together and if we are not sure about something, be honest and open to exploring it further. There are no right answers! As this Bible passage does not directly use the word trinity, you may find it useful to look at other areas of trinity in the Bible. Or look at this website <https://kids.kiddle.co/Trinity>

John 14 comes within Holy Week in the Bible. The few verses this session focuses on is within a passage about the Holy Spirit. However, you will see that the line *Then I will ask the **Father** to send you the **Holy Spirit** who will help you and always be with you.* It is suggestive of three people. This session aims to look at the relationship of the three as one. Be aware of how the language used in the passage may trigger some young people who have not had a good experience with father figures and for those who perhaps struggle with the concept that often Father, Son and Holy Spirit might be referred to as he. While Jesus lived as 'he', God and Spirit are not bound by gender – indeed often God can be referred to as mother and the Holy Spirit is often equated with wisdom who is addressed in Proverbs as she!



# Together

How do I help my group to come together and get started with the theme?

## Gathering prayer

### Jesus, our friend

(use alternate index fingers to point and tap the middle of opposite palms)

### Be with us today

(two hands, palms up in front of you, move up and down twice)

### As we share together,

(two hands, palms up in front of you, move one forward and one back and alternate twice)

### Pray together,

(hands together, palm against palm, as though praying)

### Play together,

(hands to each side, palms up, make two small circles outwards)

### And get to know you better,

(point up with one hand)

### As children together in your family

(one hand out, palm down in front of you, move it sideways and up in three 'steps' as though to indicate children of three different heights)

## AMEN

(Two thumbs up, and bring fists slowly together to meet in front of you)

OR

**Thank you, God, for bringing us together today.**

**Help us to grow closer to you in all we do.**

**Help us to speak and to listen, to learn and to grow together,**

**Adventuring together with you wherever we may go.**

**Amen**

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## In-person game – Traffic lights

The Trinity is made up of three things that are separate but work together as one. This game is a fun way to think of traffic lights being made up of three separate colours for different purposes. The players should run around the room (being careful to avoid any crashes!) and then follow the instructions as the different colours are shouted out. The instructions could be altered for each colour as you see fit. The familiar instructions for each colour are Red – Stop, Orange – Change direction, Green – Go.

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## Alternative game – different clothes

### Clothing Challenge

Split into teams and provide each team with three items of clothing. (Eg jacket, scarf and shawl). Team members take turns to put on the clothing items, but these must be worn in a different way each time. Which team can come up with the most ways to wear the items? What is the most creative way that they can be worn?



## Experience

For this story we recommend using the Contemporary English Bible

<https://www.biblegateway.com/passage/?search=john+14%3A+16-17&version=CEV>

### Where can I find the story online?

Under Fives: God is with us by Saddleback Kids

<https://youtu.be/XOgKAAuEpcE?si=zcsg9K0loC98RuTg>

Over Fives: What is the Trinity? What's in the Bible?

<https://youtu.be/4YXOgyx9Jvk?si=MMTT7Q417MotU7ok>

### Songs to support the story

Under Fives: Father I adore you by GoKidz Asia

<https://youtu.be/Ve2FywY1qCg?si=C3i70ZTZQTsd-fjp>

Over Fives: Trinity Roll Up by Father's Heart Kidz

<https://youtu.be/yIFergp2Gvc?si=wS-iYkcbxw9oBKrv>

## Explore

Ideas and activities to explore this week's Bible passage together

### A new way to explore the passage – Thinking about the Trinity through a reflective story

In the Bible passage, Jesus is talking to his friends the disciples and tells them that, through him, they are able to know God. Jesus tells them that when he has returned to be with God, God will send a helper in the Holy Spirit. Most Christians believe that the hidden face of God was made visible on earth as Jesus, and that the life of God the Son is felt as the Holy Spirit, who is the invisible God living inside us.

*You will need:*

- three large circles of felt, or you could draw circles in a sand tray
- something to represent the world eg a small globe
- three small wooden figures
- a battery candle
- baby Jesus from a nativity set or a small peg doll
- shepherd and sheep
- a small cross (a holding cross works well)
- a small jug of water and a bowl
- a dove – this could be a picture or just a white feather
- a flame cut out of felt or card
- a heart

Do not worry if you do not have the items as you can use pictures instead.

Have all your items in a box beside you. As you tell the story keep your focus on the items and say each phrase slowly and add the items with care.



## Reflective story:

Today with this box we are going to explore the wonder of God; Father, Son and Holy Spirit. God being one in three and three in one, we call it the Trinity.

*Take the lid off the box*

*Place the first circle down in front of you*

This circle is for God, God who created the world;

*Place your globe or world in the circle*

God who created dark and light and separated the land from the sea;

*Place the dark and light circle down and pour some water into the bowl*

God who made us in his own image.

*Place a person figure in the circle*

*Place a second circle down slightly overlapping the first*

This circle is for God's son, Jesus, who rescued the world;

*Place a figure in the second circle*

Jesus, God's son, who was born as a baby.

*Add your nativity Jesus or small peg doll to the circle*

Jesus said, "I am a light in the world that can never be put out."

*Add a battery candle to the circle*

Jesus said, "I am the good shepherd who looks after his sheep."

*Add the shepherd and sheep to the circle*

Jesus died on the cross to save each one of us.

*Add a cross to the circle*

*Place the third circle down overlapping the other two so that it looks like a venn diagram.*

This circle is for the Holy Spirit.

The Holy Spirit came as a dove when Jesus was baptized.





*Place your feather or dove in the circle*

The Holy Spirit came as wind and as tongues of fire at Pentecost.

*Add the flame shape to the circle*

The Holy Spirit whom God sent to live in us, who gives power and comfort to the people of God.

*Add a figure to the circle Pause...*

*In the center of the circles, where they overlap, place a heart.*

God who loves us and made us;

God the Creator,

*Move the figure in the God circle to the center and place it on the heart*

God the Son,

*Move the second figure to the center and place on the heart*

God the Holy Spirit,

*Move the third figure to the center and place on the heart*

*Make a circular motion around the center figures with your finger and say:*

God loves us: Three in one and one in three

- I wonder what symbols you might want to add to the circles?
- I wonder what do the symbols mean to you?
- I wonder which symbol means the most to you – if you had to choose one to represent what God means to you, which would it be?

Continue to explore the children's thoughts about the Trinity. Allow the children to think about their relationship with God, Jesus, the Holy Spirit.

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## Modern parables

Jesus used stories to help people understand the things of God, even though they weren't necessarily overtly Christian stories. Lots of children's books can be used in a similar way as a conversation starter on the week's theme. Examples are shared here but you may think of others too.

### Herman the Helper by Robert Kraus

Read by Story time with Miss Hayden

<https://youtu.be/ozPdEyA-ULs?si=LZOyTgZ-4CoxlawX>





## Talking together: How might we talk about the story together?

- How is the helper (God's spirit) with us always and how do we know?
- Do things have to be seen to be believed?
- I wonder what it means for the helper, the spirit to live in you?
- Is any of the three – God, Jesus, Holy Spirit – more important than the others?
- Do you have to believe in all three to be a Christian?

## Wondering together: suggested questions to use during activities

- I wonder who helps you? And how?
- I wonder what the helper (God's spirit) helps us with?
- I wonder if you can think of three things that go together?

## What's in the box (for under fives)

Use the special box or bag and sing "What's in the box/bag? What's in the box/bag? Let's see, let's see, what's in the box/bag" (to the tune of The Farmer's in the Dell). You could tap the top of the box twice after the word 'box'. Pull out the things one by one and then let the children play with them, talking about the theme or the story in simple terms.

This week's box could include:

- Apple – Look at a whole apple and an apple that has been cut in half. Look for the three separate parts that make up the whole apple: the skin, the flesh and the seeds.
- Play people – Use play people, or natural objects such as pebbles or sticks, to help re-tell and explore the story together.
- Torch – Open the torch to look at the separate parts – the bulb, the batteries and the case – talk about the three parts working together to make a light shine.
- Playdough – Start with three separate colours of playdough. Can you make a new colour by mixing the dough together?
- Triangle shapes – (or paper and crayons to draw triangles) Talk about the three sides, linked together to make one shape.
- Reversible dolls – the sort that has a head at either end of the doll but has a skirt covering one of the heads. Use this to discuss all that God can be, kind, helpful, loving, etc.

## Express

Praying together: how can you involve the children actively in prayer?

### Rope prayers

*What you need:*

Three pieces of different coloured ribbon/string, one red, one green and one yellow

*What you do:*

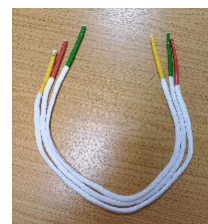
Once everyone is holding their three pieces of ribbon/string, you can begin.

Take hold of the green ribbon/string and say:

God creator of the world, we thank you for all the things and the people you have made.

Tie one end of the green ribbon/string to the red ribbon/string and say:

Jesus, friend to all, thank you for the friendship you offer us.





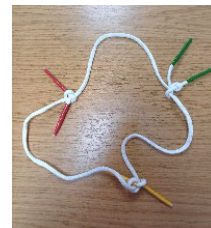


Tie the other end of the red ribbon/string to the yellow ribbon/string and say:  
Holy Spirit, our helper and guide. Help me each day.

Tie the yellow ribbon/string to the green ribbon/string (it should now form a circle) and say:

God, Jesus and Holy Spirit, together you make the Trinity, thank you for all you do for us.

Amen



### Spoken prayer

Dear God,

because of your amazing love,

*(hands on hearts)*

you gave us your Son.

*(open hands)*

We praise you.

*(raise arms)*

You sent your Holy Spirit

to help us live our lives.

*(Spin round)*

Thank you for your incredible gift. *(jump up)*,

**Amen.**

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## Responding together

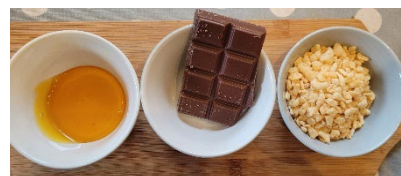
Here are some suggested crafts and activities, and there is a colouring sheet at the end of this resource. You could also use small play toys and/or have a basket of resources available so children can choose their own way to respond. <https://urc.org.uk/wp-content/uploads/2023/01/FACT-how-to-sheet.pdf>

With an online group, plan whether to deliver any resources in advance or how you will encourage them to use what they've got to hand in their response.

However you do it, it is good for the adults to engage in the response too, and all chat together.

### Three Ingredient Cakes

*What you need:*



- Cooking chocolate
- 2 tablespoons golden syrup for each 100g chocolate used
- Cereal of choice, or dried fruit or crushed biscuit – but only one of these
- Melt chocolate and golden syrup together in a microwave for one minute at a time, stirring well after each minute until the mixture is fully combined and melted.
- Slowly add your chosen cereal (or crushed biscuit or dried fruit) to the mixture, stirring slowly, until it the dry ingredient is covered evenly by the chocolate.
- Spoon the mixture into cake cases and leave to set.
- 100g of chocolate should make roughly 10 small cakes.

*You could substitute the cereal for raisins or sprinkles but make sure there are only three ingredients in the cakes to illustrate that three separate things can merge to make one.*



## Oobleck

In this week's passage we read about the Trinity, God in three forms. Each element has a different role to play and engages with us differently in our lives.

In science there are also three states of matter – solid, liquid and gas.

However, some materials known as non-Newtonian fluids are neither a liquid or a solid. They change as a result of the forces and pressures applied to them. Oobleck is a non-Newtonian fluid that can be made using household items.



*You will need* – bowl, sieve, cornflour, water, tray.

- Add 2 cups of sieved cornflour to the bowl.
- Add 1 cup of water to the bowl and mix together
- Pour it onto a tray

Play with the Oobleck and see how it reacts. If you quickly hit and move the oobleck then it will feel hard and solid. Try rolling it into a ball in your hands. If you allow it to sit in your hand, then it will behave as a liquid and run through your fingers.

## Everyday with Jesus – Walking the Way

What could we do this week to carry on what we've learned? Maybe members of the group could come up with a suggestion. If not, get them to choose from these two challenges:

- Take a walk around your home or local area looking for triangles, each time you find one, share something about the Trinity. If you need some prompting here is a website with some suggestions: <https://kids.kiddle.co/Trinity>
- Create some s'mores this week, here is a recipe: <https://realfood.tesco.com/recipes/easy-bbq-smores.html>. While melting the marshmallows and chocolate and sandwiching them between the crackers, think of how each ingredient is wonderful – a bit like our parent God, God in Jesus and God the Holy Spirit are each wonderful – but together the smores are amazing, just as the Trinity is too.

We hope you enjoyed exploring **The Trinity** with us.

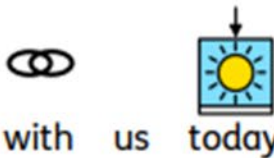
Please let us know what you liked or what you would find useful by emailing [lorrainewebb@urc.org.uk](mailto:lorrainewebb@urc.org.uk)

Why not have a look at next month's resource on **Homes**

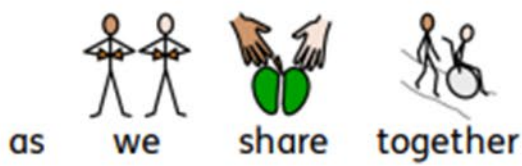




Jesus our friend,



be with us today



as we share together



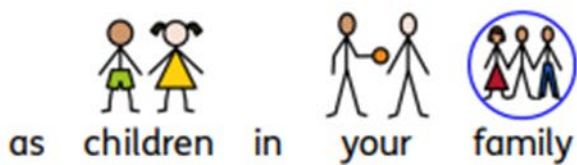
pray together



play together



and get to know you better



as children in your family



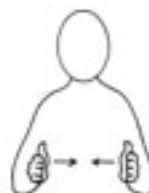
Amen



Right middle finger touches centre of other palm, repeat with left hand



Alternate hands back and forth

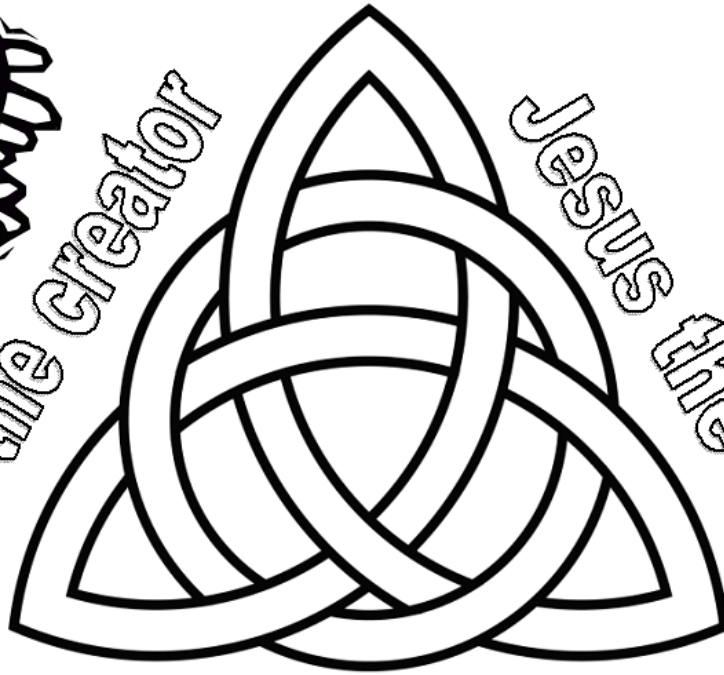




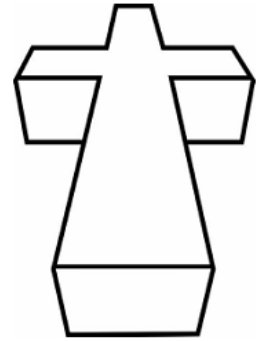
# Trinity - three in one



God the creator



Jesus the son



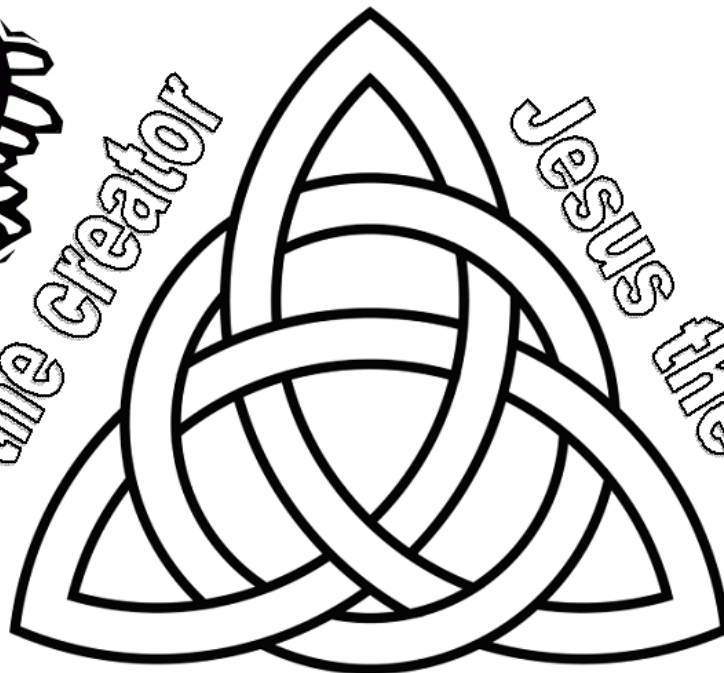
The Holy Spirit our helper



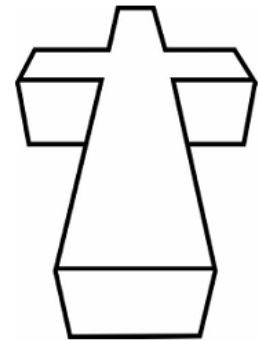
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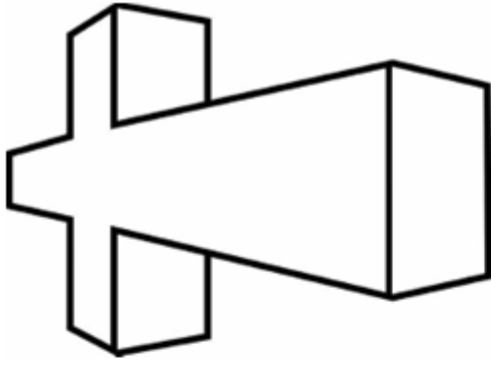


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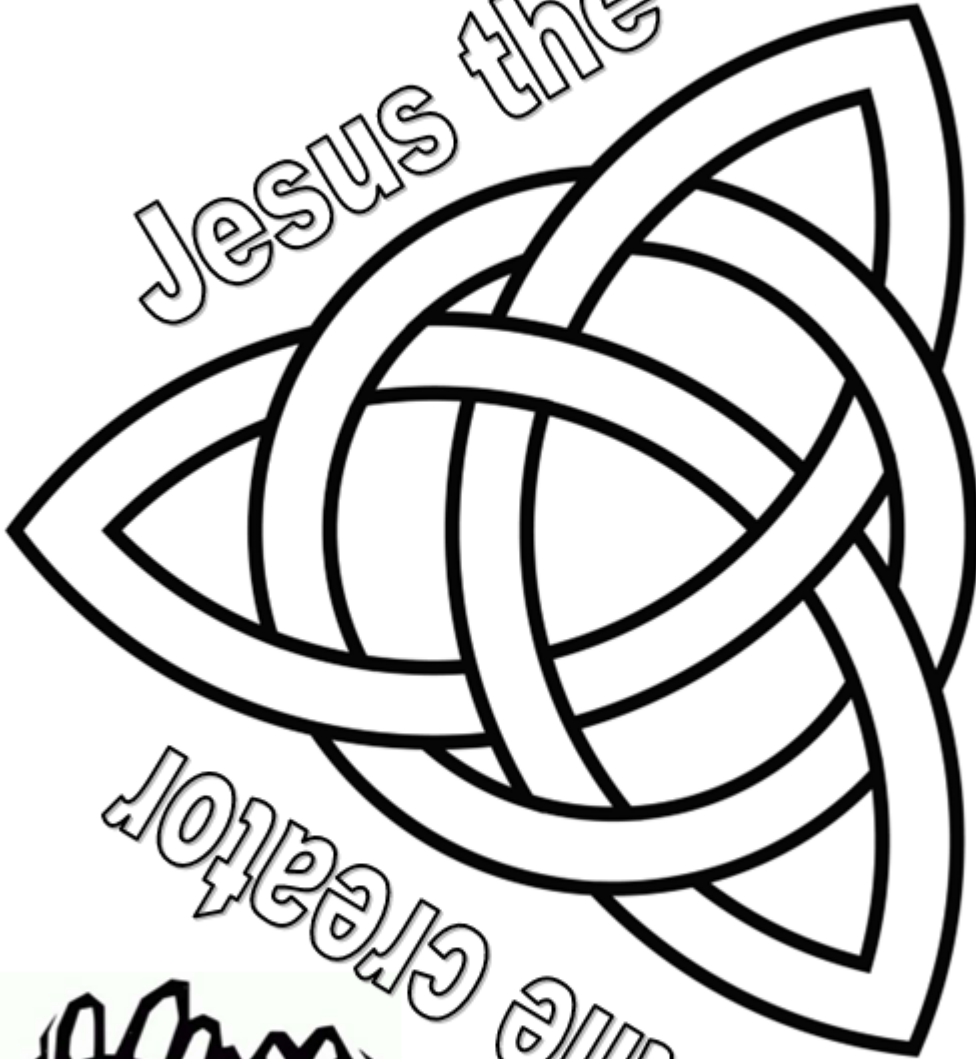




Trinity - three in one



Jesus the Son



God the Creator



The Holy Spirit our helper

