



# Faith Adventures Youth Resource

*Embedded in Faith Adventures: Children Together, this youth resource is intergenerational in nature and designed to foster God-connection in church, home 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/Faith-Adventures-How-To-FAYR.pdf>

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

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

### Contents:

- [Introduction](#) ..... 1
- [Together](#) ..... 2
- [Experience](#) ..... 2
- [Explore](#) ..... 2
- [Express](#) ..... 5
- [Handouts](#) ..... 8

### Introduction: What would be helpful to know before we begin?

The Trinity is a difficult concept to understand so you may find this website helpful in explaining it. <https://kids.kiddle.co/Trinity> You may want to approach the session as an exploration of the idea of Trinity and what it means to those present (including yourselves).

John 14 comes within the events of Holy Week in the Bible. The few verses this session focuses on are within a passage about the Holy Spirit. The line ‘*Then I will ask the **Father** to send you the **Holy Spirit** who will help you and always be with you*’ is suggestive of three peoples – the Trinity. This session therefore aims to look at the relationship of the three as one. Be aware of how the language used in the passage may trigger some who have not had a good experience with father figures and for those who find it difficult to relate to Father, Son and Holy Spirit when they are each sometimes referred to only as he.

## Together

Let's start our time with God and each other well

If used in a mixed-age group, then young people can support younger ones in using the gathering prayer in Faith Adventures: Children Together. If used in a youth group, you could use this opening prayer or encourage young people to open the session with a prayer of their own.

*All mighty God,*

*Be with us as we learn more about you through stories and people in the Bible.*

*Help us to walk in your way and follow your path.*

*Be with us as we make decisions that affect our lives, and the lives of those around us.*

*Amen*

### In-person - Object Improvisation

From a range of different objects (eg broom, cushion, newspaper, water bottle), take turns to pick up an item and use it in a way that is different to its intended use. Get creative and see how many ways you can come up with to use the objects.

See this week's Faith Adventures : Children Together for other suitable games for this theme.

## Experience

Research different versions of this reading on <https://www.biblegateway.com/>  
Recommended versions to try are NRSV, Easy-to-read, The Message, NIRV

**Watch:** The promise of the Holy Spirit by Kids and Youth SJW church  
<https://youtu.be/0HtJDIUh8Vs?si=IxB21-xsjtKXz08C>

### Questions for discussion

- This video shows more of the Bible passage than we had already looked at.....does hearing more help you to understand the verses any better?
- I wonder why Jesus spoke in riddles rather than using straight forward language?

## Explore

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

### A new way to explore the theme

You may wish to use the explore section from this week's Faith Adventures: Children Together to guide your exploration of the theme this week.

Alternatively:

## 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 - the Holy Spirit. Christians believe that the hidden face of God was made visible on earth as Jesus, and that God continues to be with us as the Holy Spirit.

*You will need:*

- three large circles of felt or you could draw circles in a sand tray
- something to represent the world e.g. 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 which could be a picture or a white feather
- a flame cut out of felt or card
- a heart

Do not worry if you do not have the items - 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.*

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 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 makes a Venn diagram.*

This circle is for the Holy Spirit,

The Holy Spirit came as a dove when Jesus was baptised,

*Place your feather or dove in the circle*

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

*Add the flame to the circle*

The Holy Spirit who 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 centre of the circles where they cross, place a heart*

God who loves us and made us:

God the Creator,

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

God the Son,

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

God the Holy Spirit.

*Move the third figure to the centre*

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

God loves us:

Three in one and one in three.



- I wonder what symbols you might add to the circles?
- I wonder what do the symbols mean to you?

Continue to explore the children's thoughts about the Trinity. Allow the children to think about their relationship with God and to have time exploring their thoughts about God.



### Modern parables

This section includes references to TV programmes, films, books, TED talks, TikTok etc aimed at this age group that will have been widely seen, or where a clip is available to use as a stimulus for discussion. You may also enjoy the picture book recommended for Faith Adventures: Children Together and explore the relevance of the story to the theme of the session in more depth – young people and adults are often well tuned in to the deeper meanings in materials aimed at younger people and the authors are often very aware of the adults reading the books to or with younger ones.

[https://youtu.be/gHJwn\\_JEazA?si=EoNoY3sRPJIGtdNG](https://youtu.be/gHJwn_JEazA?si=EoNoY3sRPJIGtdNG) The Shack

- What are your initial thoughts about what the Trinity might mean after watching this clip?
- I wonder why McKenzie was surprised when he was greeted by name?



### Talking together: Going deeper

- I wonder what you know already about the Trinity?
- I wonder if you have ever found it hard to believe in something that is hard to prove?

### Conversation starters

- When we start a prayer with Dear God, are we talking to Jesus and the Holy Spirit too?
- If there is a Holy Spirit, is there an unholy spirit?
- The word Trinity means three things in one. The bible passage describes Spirit as the helper. What names would you give to the three elements of the Trinity?

## Express

How do we respond to what we've discussed and express our faith personally?

### Praying together

**Prayer** Respond to the theme by writing or saying a short prayer. Alternatively use the creative prayer from Faith Adventures: Children Together for this session, or use the prayer activity below.

Alternatively light a candle and play some music while you listen and talk to God together.

### Spoken prayer.

Thinking about all the names and images there are for God, Jesus and Spirit, encourage everyone to think of their own words and add them to this prayer.



God, Almighty, Creator, Father, Mother, ...  
You created us and love us. One in three and three in one, we praise you.

Jesus, Shepherd, Friend, Light of the world, Guide, ...  
You heal us, teach us and show us the way. One in three and three in one, we thank you.

Holy Spirit, Counsellor, Comforter, Encourager, Dove, Flame, ...  
You inspire us and fan the flame within us. One in three and three in one, be with us always.

We see you in so many ways but we know that you are our God and we are your children.  
We give you thanks and praise. Amen

---

## Responding together

This is an opportunity for a social justice challenge, some research, craftivism, or a craft or STEM activity. You may have a specific activity chosen but free choice is also an option. Here are some suggestions for this week's theme. See Faith Adventures: Children Together for a craft and a STEM activity which may also be appropriate. Choose whatever will work best for your group.

### Fire Triangle

*You will need –*

- A candle
- Matches/lighter
- Candle snuffer
- An adult to supervise

Light the candle and encourage the group to think about the three things that are needed for the flame to keep burning.

- Fuel – wax and wick
- Oxygen – from the air
- Heat – from friction of striking match

All three of these things are needed for the flame to continue burning, if one is removed then the flame will go out. This is known as the fire triangle.

Ask the group to think about ways that they could stop the candle burning by removing one part of the fire triangle. (Demonstrate by blowing and snuffing out the candle)

What is removed by the following actions:

Blowing out candle – heat

Putting water on candle – heat

Covering flame with candle snuffer – oxygen

Candle has no more wax – fuel

Father, Son and Holy Spirit are also three elements which would not be whole and could not work in our lives as God intended if one were taken away or ignored.





### Challenge:

Discipleship doesn't stop when you walk out of the church door – it is a part of everyday life. Take a challenge with you and try to make it part of your week.

You may think of your own suggestion of what you as an individual or a group might do in the coming week in response to what you have explored today? If not here are some suggestions:

- 
- Use one of the “conversation starter” questions or the question below to talk with someone of a different generation or from a different setting and share your questions, thoughts, insights together. **I wonder where your help comes from?**
  - Research something suggested by JPIT, [Resources \(jpit.uk\)](https://www.jpit.uk) Commitment For Life [cforl.co.uk](https://www.cforl.co.uk)
  - As you start each new day take some time to pray a triangle prayer. With each step you take, prayer to God the Father, God the Son and God the Holy Spirit. If you do not have room to physically do this you could imagine it in your mind or draw it on paper.
- 

Thank you for exploring the **John** passage with us.

Please let us know what you liked or what you would find useful by emailing [children.youth@urc.org.uk](mailto:children.youth@urc.org.uk) or by sharing it on [https://bit.ly/FACT\\_FB](https://bit.ly/FACT_FB)

