

FAMILY PRAYER

At Home

All Saints
Catholic Academy Trust



Thursday 23rd May 2024

The Most Holy Trinity

This week, we are learning about the Holy Trinity, one of the central and most profound mysteries of our Catholic faith. The Holy Trinity teaches us that God is three Persons in one: God the Father, God the Son (Jesus), and God the Holy Spirit. This concept might seem complex, but it is a beautiful truth about God's nature and how He relates to us.

To help us understand the Trinity, let's think about it in terms of love. God the Father is the source of all love. He loves us and all of creation with a perfect, fatherly love. God the Son, Jesus, is the one who is loved by the Father. Jesus came to Earth to show us the Father's love and to save us through His death and resurrection. God the Holy Spirit is the love that flows between the Father and the Son. This love is so strong and perfect that it is a Person, the Holy Spirit, who lives within us, guiding and helping us every day.

Gather Together

Gather together in a quiet space and make the sign of the Cross together.

To help us understand the Trinity here is a simple video that will help that is based on the readings we will hear at church this Sunday.

<https://www.youtube.com/watch?v=YfgxZ4Hjypl>

Scripture

Matthew 28:19

"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."

When we are baptised we become part of God's Family, and we are loved in the Trinity.



Reflect and Pray

Understanding the Trinity can be a bit challenging, but let's think of it in a fun way: like water! Water can be in three different forms: solid (ice), liquid (water), and gas (steam). Each form is different, but they are all still water. Similarly, the Father, the Son, and the Holy Spirit are three distinct Persons, but they are all one God.

God the Father is our Creator, who made everything and loves us like a parent. God the Son, Jesus, came to Earth to show us how to live and to save us. God the Holy Spirit lives within us, guiding and helping us every day. They are all different, but they are all one God, sharing the same love for us.

Closing Prayer

Dear Heavenly Father,

Thank you for creating us and loving us. Jesus, thank you for saving us and showing us how to live. Holy Spirit, thank you for guiding us and being with us every day. Help us to understand Your love and to share it with others.

Help our family to grow closer to You and to one another. Show us ways to reflect Your love in our daily lives, and help us to be united in Your love, just as You are united as the Father, Son, and Holy Spirit.

Amen

Amen

Prepared by Fr Kim Addison
Parish Priest of Hemel East, Churches
of Our Lady Queen of All Creation &
The Church of the Resurrection