

# Solemnity of the Most Holy Trinity



St. Charles Catholic Church  
Liturgy of the Word with Children  
Family Reflection for  
June 4, 2023 Holy Trinity Sunday

## Family Prayer:

Loving Father, guide us always with Your Holy Spirit so that what we do, what we think, and what we say brings glory to You. Amen

Gospel Reading: John: 3: 16-18

*God sent his Son into the world to save the world.*

## Reflection:

Today is Trinity Sunday. It is a day when we honor God in three Persons: God the Father, the Son Jesus Christ, and the Holy Spirit. The Father creates, the Son saves, and the Spirit helps us to pray and keeps us on a path of holiness. As three persons, God acts always as a God of love; he does not condemn the world but acts to save it. The Holy Trinity is the central mystery of the Christian faith. Like all mysteries, it can never be fully understood by the human mind. The best way to think about the Holy Trinity is an unbroken circle of love. Even though the Trinity has only been known after the birth of Christ, it has always been the nature of God.

Whenever we make the Sign of the Cross, we are confessing our faith, remembering our Baptism, and identifying ourselves as disciples of Christ.

The first verse of today's Gospel is one of the most popular verses in the whole Bible. In one line John is able to express the lengths to which God shows how much he loves us and wants us with him. God gave his Son, knowing that he would be misunderstood, an outcast, poor, and then painfully crucified like a criminal. Why would a father allow this? For love. He knew his love would not only save his Son but also us. God's grace is a free gift of love for us; we don't have to earn it. When we celebrate the sacraments, we receive a special kind of grace that helps us feel loved and blessed and part of God.

## Family Activities:

\* Memorize John 3:16: "God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life." Why is this verse important to keep in your heart?

\* Create a family poster showing all the ways in which your family experiences God's great love. Use symbols, pictures, and words to show how you have seen God at work in your family life. Pray together, thanking God for his gift of love.

\* Add some dramatic fun with this pantomime activity. In groups of three, parents and children each take on the role of one person of the Trinity. Together, each family member acts out his or her part. The other family members try to guess who is God the Father, the Son Jesus Christ, and who is the Holy Spirit.



## Discuss these questions as a family:

\* Who are the people in your life who love you? How do they show you that they love you?

\* Recall the times you have experienced God's love.

\* Which person of the Trinity do you relate to most: Father, Son, or Holy Spirit?