

Today we're not going to tell a story!

Today we're going to learn something big!

Can you show me big with your body?

Lead the children in standing and stretching out with their whole bodies.

Even bigger! And bigger!

Impossibly big!

Freeze!

Imagine the biggest thing you can imagine!

God is big!

God is bigger than the biggest thing you can imagine.

Let's sit down for a moment.

God is so big that we can't know all about God.

We can't squeeze God *show hands squeezing*

into our heads or our words.

Sometimes God doesn't make sense. *Shake head*

That means God is a 'mystery'. *Hands out in question*

Can you say 'mystery'?

Mystery!

A mystery is something that's too big *stretch out wide with arms*

to understand all of it.

We're going to learn a song today

That's all about God being so big

That God is a mystery!

It's too BIG to make sense. *Shake head*

Our song starts with counting:

Let's count on our fingers 1, 2, 3 *Count on fingers*

Then we show a shape with three sides.

A triangle!

1, 2, 3, the Trin - it - y! Fa - ther, Son and Ho - ly Spi - rit. 1, 2, 3, the

Trin - it - y! God is One and God is Three! God is a mys - ter - y!

1, 2, 3, the Trin-it-y! *Count on fingers followed by a triangle shape*
1, 2, 3, the Trin-it-y! *Count on fingers followed by a triangle shape*

Either:

The Trinity is: *Count to 3 on fingers in time with the words*
Father, Son and Holy Spirit.

Let's try that 'my turn' *point to self*, 'your turn' *leader's hands out to group*.
And count on our fingers again for each name.

Father, Son and Holy Spirit. *Counting to three in time with the song*
Father, Son and Holy Spirit. *Counting to three in time with the song*

Let's put that all together.

Lead the children in singing:

1, 2, 3, the Trinity! *Count on fingers followed by a triangle shape*
Father, Son and Holy Spirit. *Cross self or count to 3 again*

Then we're going to hold our hands up in the air to show praise!

Let us praise the Trinity

Let us praise the Trinity

Then this is the bit that's impossible to understand.

God is One: let's show one finger with one hand. *One finger*

AND God is Three! *Three fingers*

Let's show three fingers with our other hand at the same time. *Three fingers*

Let's sing that 'my turn' *point to self*, 'your turn' *leader's hands out to group*.

God is One and God is Three! *One hand shows one, the other three*

God is One and God is Three! *One hand shows one, the other three*

Now can you look confused and hold your hands up to show your confused?

God is a mystery! *Hands turned upwards, confused face*

God is a mystery! *Hands turned upwards, confused face*

Let's try singing that all at once.

Sing very slowly and clearly, giving the children the chance to keep up with at least the actions.

1, 2, 3, the Trinity! *Count on fingers followed by a triangle shape*

Father, Son and Holy Spirit. *Cross self or count to 3 again*

Let us praise the Trinity.

God is One and God is Three! *One hand shows one, the other three*

God is a mystery! *Hands turned upwards, confused face*

One more time!

Let's show one finger! *Lead the children in showing one finger*

Number 1 is God the Father!

God the Father made the world!

Can you show me an action for 'the world'?

Let's sing 'God the Father made the world!' and show our world action.

God the Father made the world! *World action*

God the Father made the world! *World action*

God the Father made the world! *World action*

God is One and God is Three! *One hand shows one, the other three*

God is a mystery! *Hands turned upwards, confused face*

So we have . . .

If appropriate see if the children can help you remember.

Number 1: *Show one finger* God the . . . **Father**

Now let's show two fingers. *Lead the children in showing two fingers*

Number 2 is God the Son.

God the Son is JESUS!

Jesus was born as a baby. *Rock baby in arms*

He died on the cross. *Stretch arms out*

And then he burst from the dark cave.

Shall we show a cross for Jesus as we sing. Or maybe you'd like to do another action for Jesus?

Let's sing 'God the Son is Jesus'.

God the Son is Jesus! *Jesus action*

God the Son is Jesus! *Jesus action*

God the Son is Jesus! *Jesus action*

God is One and God is Three! *One hand shows one, the other three*

God is a mystery! *Hands turned upwards, confused face*

Repeat.

So we have . . .

If appropriate, see if the children can join in at the dots.

Number 1: *show one finger* God the . . . **Father**

Number 2: *show two fingers* God the . . . **Son**

Now let's show three fingers. *Lead the children in showing three fingers*

Number 3 is God the HOLY SPIRIT!

God the Holy Spirit came like a dove on Jesus.

Can you show me the Spirit coming down like a dove, a bird?

Lead the children in showing a bird flying down.

Then the Holy Spirit came like fire on Jesus' friends!

Can you show me the fire of the Holy Spirit?

Lead the children in swaying their body like flames.

Now the Holy Spirit lives in you and me! *Point at children then self*

The Holy Spirit makes us strong!
Who can show us STRONG?
What action shall we use for the Holy Spirit?
Let's sing 'God the Spirit lives in us!' and show our Holy Spirit action.

God the Spirit lives in us! *Spirit action*
God the Spirit lives in us! *Spirit action*
God the Spirit lives in us! *Spirit action*
God is One and God is Three! *One hand shows one, the other three*
God is a mystery! *Hands turned upwards, confused face*
Repeat.

So let's count on our fingers, we have . . .
Show one finger God the . . . **Father.**
Show two fingers God the . . . **Son.**
Show three fingers And God the . . . **Holy Spirit!**
Father, Son and Holy Spirit!

So today we celebrate the Trinity!
One finger God the . . . **Father** made the . . . **world.**
Two fingers God the . . . **Son** is . . . **Jesus.**
Three fingers And God the . . . **Spirit**, lives in . . . **us!**
Let's sing our Trinity song again.

1, 2, 3, the Trinity! *Count on fingers followed by a triangle shape*
Father, Son and Holy Spirit. *Cross self or count to 3 again*
1, 2, 3, the Trinity! *Count on fingers followed by a triangle shape*
God is One and God is Three! *One hand shows one, the other three*
God is a mystery! *Hands turned upwards, confused face*

So today we've learned a big mystery about God.
God is too big . . .
Let's show big again! *Lead the children in showing a big shape with their arms*

God is too big to squash into our thinking. *Squeeze with hands*
Or to squeeze into our words. *Squeeze with hands*
God is a MYSTERY! *Hands turned upwards, confused face*

We're going to sing our Trinity Song two more times to finish.
Let's sing the first one really quietly to God.
Then let's stand up and sing the second time really loudly
to let the whole world know about the Trinity!

Quietly, seated:

1, 2, 3, the Trinity! *Count on fingers followed by a triangle shape*
Father, Son and Holy Spirit. *Cross self or count to 3 again*
Let us praise the Trinity! *Hands lifted up*

God is One and God is Three! *One hand shows 1, the other 3*
God is a mystery! *Hands turned upwards, confused face Let's stand up!*

Singing strongly:

1, 2, 3, the Trinity! *Count on fingers followed by a triangle shape*

Father, Son and Holy Spirit. *Cross self or count to 3 again*

Let us praise the Trinity! *Hands lifted up*

God is One and God is Three! *One hand shows 1, the other 3*

God is a mystery! *Hands turned upwards, confused face*