

THE HOLY TRINITY

A discussion using the Holy Trinity Gazing Prayer cards

Preparation: Lay out the cards where they can be easily seen by everyone, for example, on a table in the centre of the group.

Opening Prayer

Holy God,
faithful and unchanging:
enlarge our minds with the knowledge of your truth,
and draw us more deeply into the mystery of your love,
that we may truly worship you,
Father, Son and Holy Spirit,
one God, now and for ever. Amen.

The Collect for Trinity Sunday, from Common Worship

Discussion

- When you hear the word 'Trinity' what is your reaction - curiosity, confusion, intimidation, fascination, something else? Why do you think that is?
- Look at the images. Together, make a list of characteristics of God the Trinity, that are revealed by the images.
- Look at the images. Choose one picture that helps you to understand God, the Trinity better? Why?
- Look at the images. Choose one picture that confuses you or challenges your understanding of the Trinity? Why?
- What does it mean to you personally to believe in a triune God?

Closing Prayers

Hold a moment of quiet or listen to a piece of music, for example:

- Trinity Song (Sandra McCracken) [Trinity Song](#)
- Trinity (Ruth Wilhelmine Meyer) [Trinity](#)
- Song to the Trinity (Bouce and Stanley) [Song to the Trinity](#)

Invite people to join in a responsive version of the Nicene Creed.

We believe in one God,
the Father, the Almighty,
**maker of heaven and earth,
of all that is,
seen and unseen.**

We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
**God from God, Light from Light,
true God from true God,**

begotten, not made,
of one Being with the Father.
Through him all things were made.

For us and for our salvation he came down from heaven,
was incarnate from the Holy Spirit and the Virgin Mary,
and was made man.
**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.**

On the third day he rose again
in accordance with the Scriptures;
**he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

We believe in the Holy Spirit,
the Lord, the giver of life,

who proceeds from the Father and the Son.

With the Father and the Son he is worshipped and glorified.

He has spoken through the prophets.

We believe in one holy, catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

**We look for the resurrection of the dead,
and the life of the world to come. Amen.**

Responsive version of the Nicene Creed from Common Worship

A concluding prayer:

Almighty and eternal God,
you have revealed yourself as Father, Son and Holy Spirit,
and live and reign in the perfect unity of love:
hold us firm in this faith,
that we may know you in all your ways
and evermore rejoice in your eternal glory,
who are three Persons yet one God,
now and for ever.

Post-communion Prayer for Trinity Sunday, Common Worship