

Year A - Feast of the Most Holy Trinity

John 3:16-17

Three in one movement



Background

We learnt in the scriptures today that God is three-in-one (Father, Son, and Holy Spirit). We call this the Trinity. It can be hard to imagine how three can also be one, so today's activity will help give us a little picture of what that unity can look like.

Instructions

In teams of three, work out some synchronised movements that the group will do together (moving as one) to go from one side of a room to the other. They must move as a single unit and try to include as many different types of movements as possible.

Debrief

- Great job, everyone! You just completed a challenge that asked your team of three people to move together as one unit. You had to stay connected, pay attention to each other, and move in harmony. Even though there were three of you, the group moved as if it were one.
- This activity gives us a little picture of something very special about God.
- Christians believe in the Holy Trinity—that God is Father, Son, and Holy Spirit.
- Three persons, but still one God.
- That can be hard to understand, but your movement activity gives us a helpful way to imagine it:
 - You had three people in your team.
 - But to move across the room, you had to work as one.
 - If one person was off-beat or too fast, the whole group felt it.
 - When everyone was connected, you moved smoothly together.
- In a way, this activity shows us what the Trinity is like. The Father, Son, and Holy Spirit are different, just like each of you is different.
- But they work together perfectly, in total unity. They always move with the same heart, same purpose, and same love.

