

Our Lady of Perpetual Help Parish  
**Bulletin for Teens**



# The Holy Trinity

Sunday the 31st of May 2026, The Most Holy Trinity Year A

## Gospel: John 3:16-18

Jesus said to Nicodemus, 'God loved the world so much that he have his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved. No one who believes in him will be condemned; but whoever refuses to believe is condemned already, because he has refused to believe in the name of God's only Son.'



The Gospel of the Lord

## The Holy Trinity

Today's Gospel talks about the relationship between God and Jesus, his Only Son. Since Easter we've also heard from Jesus about the role of the Holy Spirit. The Trinity means God is one, but exists as three persons:

- God the Father
- God the Son (Jesus)
- God the Holy Spirit.

Not three Gods but one God in three persons.

God the Father is the creator. He is the source of everything. He created the world and He created you. He loves you like a perfect Father; guiding, protecting, and calling you to live a good life. The Father is the planner and giver of life.

God the Son, Jesus, is God become human. He came to show us who God is and how to live. Through his death and resurrection, He saved us from sin. Jesus is the one who walks with us and shows us the way.

God the Holy Spirit is the helper and advocate. The Holy Spirit is God present within us. He gives us strength, wisdom, courage and peace. He guides us in everyday life and helps us choose what is right. The Spirit is the one who lives in us and empowers us.

How can God be three in one? This is a mystery, meaning we can understand it a bit - but not completely.

The Trinity isn't just a theory, it affects your life. You are created by the Father. You are saved by the Son and you are guided by the Holy Spirit. When you make the Sign of the Cross you say 'In the name of the Father, and of the Son, and of the Holy Spirit.' This is a way of reminding yourself that God is with you - above you, beside you, and within you.

## Reflection questions

Which Person of the Trinity do you find easiest to relate to? Why?

When do you notice the Holy Spirit helping you in your life?

How can you grow closer to God this week?

## Challenge for the week: Experience God as Father, Son and Spirit in your life

Days 1 & 2: Focus on Our Father, the Creator.

- Spend a few minutes outside or in a quiet place.
- Notice creation (the sky, trees, people, your own life)
- Thank God for 3 specific things each day and thank Him for creating and loving you.

Days 3 & 4: Focus on The Son, Jesus.

- Think about how Jesus treated others. You might read a short Gospel passage or two.
- Choose one action where you can act like Jesus for the week.
- Do one hidden act of kindness each day.
- Forgive someone.

Days 5 to 7: Focus on The Holy Spirit, the Helper.

- Before making important decisions, pause and pray: "Holy Spirit, guide me."
- Pay attention to your thoughts and feelings, especially those nudges towards good choices.
- If people or actions come to mind out of nowhere, act on them. Contact that person, pray for them or spend time with them. Do that thing that you have been putting off or never thought you'd do (staying safe of course).

### ***The limitations of the three most common analogies for the Trinity***



The three most common analogies for explaining the Trinity simply are water, an egg, and the sun. H<sub>2</sub>O is still water whether it is liquid, frozen, or steam. A single egg is made up of the yolk, the white, and the shell. The sun is a physical object, but also gives off light and heat. The problem is that the Trinity is not simple. It is a mystery. If you only think about the Trinity in these ways then you could think that God simply changes at different times and under different circumstances (water). Or you could think that the Father, Son, and Holy Spirit are only parts of God (egg and sun analogies). These analogies and ways of thinking don't acknowledge that God is *always* the Father, *always* the Son, and *always* the Holy Spirit. This is the mystery that we struggle to understand, but believe because Jesus tells us it is so.