

Family Faith

Chapter 2

The Blessed Trinity

The Blessed Trinity is a perfect communion of love.

Chapter Summary

The Blessed Trinity is God. God is three Persons in one nature: Father, Son, and Holy Spirit (see CCC 253). God is one—one in divine nature and in being. While the three Divine Persons of the Blessed Trinity always act as one, they carry out the divine work in salvation history in ways that are proper to each Person. God the Father is our Creator; God the Son is our Savior; and God the Holy Spirit is our Teacher and Comforter. When we share in the life of the Blessed Trinity, we are truly fulfilled and happy.

More for Parents

Looking at our family lives and the blessings they give us, we may wonder why this life, though sometimes difficult, is so *satisfying*. Watching children grow and learn, we realize that the work we are doing gives us meaning and a sense of lasting happiness. We feel this way because we are made to give ourselves in love to others. We are made in the image of God, who is a communion of Persons who constantly give themselves to one another in love. The Father eternally gives Himself to the Son; the Son eternally gives Himself to the Father; and the Holy Spirit eternally proceeds from the Father and the Son, bringing the love of God to us. We are made for love.

Our Family Prays Together

Dear God, You created us, and You love us. You make it so we can be with You forever in Heaven. Help us love like You. Amen.

Let's Talk about It as a Family

- *Is there one God?* (Yes.)
- *How many Persons are in the Blessed Trinity?* (Three.)
- *What are the names of the Divine Persons of the Blessed Trinity?* (Father, Son, and Holy Spirit.)
- *Is the Blessed Trinity a perfect communion of love?* (Yes.)
- *What do the three Divine Persons of the Blessed Trinity share with us?* (Love.)
- *How do we help God's love grow in us?* (When we love others.)

Let's Live Our Faith

- Talk about ways your family gives love and receives love.
- Talk about how your family can grow in kindness.

Family Faith Activities

Choose one or more of the following to do as a family:

- Make a point to stop at the holy water font before Mass and have your children bless themselves with holy water by reverently making the Sign of the Cross.
- Begin family prayers or prayers before meals with the Sign of the Cross.
- Read and discuss the *Small Wonders* story as a family by going to the parent portal.

For more family faith formation resources, go to the parent portal.