

## Follow-up Session 9

# Module 3: Inspired by the Trinity (Lesson 1)

### Preparation and Materials Needed

No special preparation or materials are needed for this session.

### Check-in (10 minutes)

1. Welcome everyone back to the group, reminding them that this is a safe place to be themselves and to ask honest questions. Use the following questions for group check-in, inviting the young people to share as they are comfortable doing so. What is one quality you really admire in your closest friend? If you had to give your friend a color, what would that color be and why?
2. What is one quality you think your closest friend really admires in you? Why?
3. What is one quality you really like about yourself? Type your quality into the chat, so we can create a list. *(The young people may be more comfortable typing it into the chat than sharing it aloud.)*
4. What has been your best experience in being a part of a community such as a team, class, club, or committee? What made it a good experience? How did you feel valued and like you belonged?

### Discussion (15 minutes)

1. Use the following questions and points to review the information about the Holy Trinity:
  - This lesson talked about the Holy Trinity. What were some things about the Trinity that you learned and that made an impact? *(Actively listen and affirm their responses. The Catechism of the Catholic Church describes the Trinity as such: (1) The Trinity is One, (2) the three Divine Persons (Father, Son, and Holy Spirit) are really distinct from one another, and (3) the Divine Persons are united by relations of love. The Trinity is a communion of Persons who perfectly love and support one another, who share one divine nature, and who are inseparable from one another.)*
  - How would you describe the Trinity? What symbols or examples would you use to describe the Trinity?
  - Which person of the Trinity do you relate to most? Why?
  - The Catholic Church recognizes that the Trinity is a profound mystery. What is meant by a religious mystery? *(A religious mystery is something revealed by God that is beyond full human understanding. It is a truth that is so big and profound that no human being can completely know or understand it.)*
  - Can you think of any other mysteries within our faith that go far beyond human reason and understanding? *(Some examples are Christ's Incarnation, the Paschal Mystery, the Eucharist, the virgin birth of Jesus.)*



- The Israelites believed in one God, and that belief continues to be a central part of the Jewish faith today. As Christians, we also believe in one God, presented as three distinct Persons, yet one and inseparable. The belief in one God is called monotheism. There is a time within Sunday Mass where the entire assembly stands and professes together this faith in one God, following the Homily. Do you remember what the profession of faith is called? (*It is called either the Apostles' Creed or the Nicene Creed, which begins "I believe in one God . . ."*)
- Can you think of a time in the New Testament where we encounter Father, Son, and Holy Spirit? (*The Baptism of Jesus and the Ascension, when Jesus commands his Apostles to "Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit, teaching them to observe all that I have commanded you" [Matthew 28:19–20].*)

2. Conclude with the following:

- We are each called to become a part of the love and communion that the Trinity enjoys and shares. Here are some points to remember:
  - The more we spend time with God in relationship, the more we become transformed into people who live for others.
  - The closer we become to God, the more we reflect and become like God; our hearts and wills become one.
  - The love and closeness we have with God leads us right into a relationship with our neighbor.
  - The more we become people who live for others, the more our relationship with God deepens.

## Learning Activity (20 minutes)

*This activity offers some fun for working both individually and together to create one story. It also helps the young people listen to one another and cooperate as a team. These collaboration and listening skills are the building blocks for good communication that builds trust, harmony, and respect for each person's individuality. The story of "Stone Soup" will further enhance this.*

1. Create a "virtual circle" on the video call by assigning who will go first, second, third, and so on. Explain to the group that you will begin an imaginative story with one or two sentences, stopping with an incomplete sentence. The next person must add onto the story, completing your sentence and adding one or two new sentences before stopping with an incomplete sentence. Encourage the young people to make the story fun and creative. The goal is for everyone to have a turn or two, returning to you to complete the story.
2. Begin the story with your opening sentence or two, stopping with an incomplete sentence. Here's an example you can use if you'd like: *"Erik and his family had been planning and anticipating this tropical vacation for months. As they were enjoying the splashes of salty water against their skin, their interest was piqued when they saw, off in the distance . . ."*
3. Name the next individual to complete the previous line of the story and to add a sentence or two, stopping with another incomplete sentence. Then name the next person to continue the story. Continue like this until everyone has had a turn. Aim to develop a comprehensive story structure by the end of the game. When the story comes back to you after a first round, determine whether to continue this story or begin a second story line, if you have time.
4. When the story is complete, ask the group what made the activity fun. What would have happened if one person didn't contribute their story lines? Remark that working together builds harmony and a cohesiveness in creating one, complete story. Each person's own imagination and creativity contributed to the success of the story. Every person's part was needed.



5. Share your screen to watch together the animated story of “Stone Soup” found here: <https://youtu.be/BZf60cb3Th8>. This story is another example of where people’s individuality contributes to the health, happiness, and unity of the community. The video is under 8 minutes.
6. Ask the following questions to process these story experiences:
  - What does “Stone Soup” teach us about the importance of what we bring and can offer as individuals?
  - What were the outcomes for the community in everyone coming together and contributing what they had to make the stone soup? (*Answers could include health, unity, harmony, happiness, respecting differences.*)
  - What does the story teach us about the importance of coming together as a community? Why might a faith community be important in one’s life? (*Answers could include support, encouragement, understanding, a place to belong and be respected as you are, a safe place, people to grow with who believe as you do.*)
7. Conclude by making the following points in these or similar words:
  - In the First Letter to the Corinthians, Saint Paul reminds the community of believers that the diversity among them is celebrated, valued, and needed for the community to thrive, just as we saw in the story “Stone Soup.” However, Saint Paul also reminds them that no one person—or their gifts, skills, or talents—is of lesser value than another. He tells us that there are many parts to the body, but the body is one. He reminds us that “the eye cannot say to the hand, ‘I do not need you’” (*1 Corinthians 12:21*). Each of the different parts of the body make up the one body, and each part is valued and needed. So it is with the community. So it is with God.

## Prayer (15 minutes)

1. Pray together using the prayer service on pages 5–6.
2. Invite and assign up to nine young people in the group to read a line of the prayer service. Share your screen, so they can follow along and read from the screen.
3. Be prepared to continue to share your screen accordingly for the profession of the Nicene Creed.
4. After the prayer, end your time together with any announcements, encouragement, and enthusiasm for the next session.



## Options for Gathering in Person

### Check-in

- OPTION 1: Arrange the young people into small groups of no more than six, for optimum engagement. Consider having an adult facilitator for each small group.
- OPTION 2: Create a graffiti wall. Post newsprint to a large wall with the questions, and provide a variety of colored markers. Invite the young people to write responses to the questions on the newsprint, as they arrive for the session. Review the wall as you begin the session, and share some of the responses with the whole group. If you have time, invite the young people to share within their small groups the responses they wrote on the wall.

### Discussion

- Keep the young people together in the large group as you present the various points. Invite volunteers to respond after you ask each review question.

### Learning Activity

- Conduct the learning activity in groups of no more than six, for better engagement and sharing. Having an adult facilitator will be helpful. Provide a sheet of newsprint and a marker, and ask each group to record their group story.
- Bring the focus to the large group by inviting a few small groups to read their full stories.
- Project the animated version of *Stone Soup* on a large screen, as provided via the link, or obtain a copy of the original book, by Marcia Brown (New York: Aladdin, 1997), to read to the large group.
- Conclude by sharing and discussing the questions and points from steps 6 and 7 in the large group.

### Prayer

- Prepare a prayer space, decorated with the themes of the session, the liturgical season, and symbols of our Catholic faith.
- Prepare nine readers prior to the session. Provide a handout of the reading for each of them, assigning each their line or lines.
- Invite the small groups to sit together for the sharing that follows the reading.
- Provide the Nicene Creed as a handout for each person or project it on a large screen for all to see and follow.

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# Praying as Many, Though One

**Leader:** As we bring our session to a close, let us remember that we are in the holy presence of God.  
*(Pause for a brief moment.)*

**Leader:** We believe in one God, revealed in three Persons who are distinct from one another, yet united in perfect love and support of one another, making this Trinity of Persons one God. The power of unconditional love shared between the Father, Son, and Holy Spirit invites us into their perfect communion to transform and to be transformed. Let us open and unite our minds and hearts to God's Word.

**Leader:** *(1 John 4:7–16)* A reading from the First Letter of John:

**Reader 1:** Beloved, let us love one another, because love is of God; everyone who loves is begotten by God and knows God.

**Reader 2:** Whoever is without love does not know God, for God is love.

**Reader 3:** In this way the love of God was revealed to us: God sent his only Son into the world so that we might have life through him.

**Reader 4:** In this is love: not that we have loved God, but that he loved us and sent his Son as expiation for our sins.

**Reader 5:** Beloved, if God so loved us, we also must love one another.

**Reader 6:** No one has ever seen God. Yet, if we love one another, God remains in us, and his love is brought to perfection in us.

**Reader 7:** This is how we know that we remain in him and he in us, that he has given us of his Spirit.

**Reader 8:** Moreover, we have seen and testify that the Father sent his Son as savior of the world. Whoever acknowledges that Jesus is the Son of God, God remains in him and he in God.

**Reader 9:** We have come to know and to believe in the love God has for us. God is love, and whoever remains in love remains in God and God in him.

**Leader:** The Word of the Lord.

**All:** Thanks be to God.

**Leader:** *(After a brief moment of silence, allow 2–3 minutes for the students to reflect on the following question.)*

What is the message you heard in this reading, and how might you put this message into action in your life this week?

*(If you have time, share your screen and show the video of the song "We Believe," by the Newsboys: <https://youtu.be/WjZ01FcK0yk>. Invite the group to share by listing in the chat one thing they believe in when it comes to their own faith in God.)*

**Leader:** *(Invite the group to stand and profess the Nicene Creed. You may want to share your screen so that all can see the words of the Creed.)*



**All:**        **I believe in one God,**  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

**I believe in one Lord Jesus Christ,**  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.  
For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
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.

**I believe in the Holy Spirit,**  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified,  
who has spoken through the prophets.  
I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.

**Leader:**    May God the Father bless and keep us safe. May Jesus the Son teach us and guide us.  
May the Holy Spirit move us to unite as one, in you, and to never be a part of causing or  
promoting division.

We make our prayer in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

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