



## Holy Trinity: El Greco

### Week 1 - The Trinity

Inspiring Vision: Prayer and Trinity

Diocesan Lent Course

**FOR YOUTH**



**YEAR OF PRAYER 2018**

# Week 1 - The Trinity

## Inspiring Vision: Prayer and Trinity

### Aim

To explore the Trinity, how we relate to each part, Father, Son and Holy Spirit. We will be unpacking how the Trinity inspires our prayers and how the different persons of the Trinity guide us in our spiritual lives.

### Learning outcomes

Each young person should have an understanding of what the Trinity is, who are the three parts of the Godhead and how can we relate to them in prayer. The session is designed to be experiential and not focus too heavily on knowing lots, but more about being equipped to pray. Feel free to mix up the sections and drop parts if they don't fit with your group or if there's not enough time.

### Materials needed

- Video clips
- Screen to watch clips and speakers for sound
- Sandwich making ingredients and cutlery
- Pens, paper and ink for fingerprinting
- Thread and coloured beads
- Father's love letter - one per young person
- Optional notebook for prayer journal
- Printout of El Greco's Holy Trinity (cut out into a puzzle)
- "This I believe (The Creed)" by Hillsong Worship - ready to play

Any videos or downloadable resources needed in this session can be accessed from:

[youth.chichester.anglican.org/lent](http://youth.chichester.anglican.org/lent)

Alternatively; from the Diocesan youth website navigate to 'Year of Prayer' then 'Lent Course for Youth'

## Breathe...Pray...Let's begin...

#### For a relaxed start

As young people arrive you may want to have a printout of the painting for this week :: El Greco - Holy Trinity :: cut up into pieces for the young people to put together.

# Video

Start by using this brief introduction video. You can find it on YouTube here: <https://www.youtube.com/watch?v=0HMryr1ZlxQ>

Or at [youth.chichester.anglican.org/lent](http://youth.chichester.anglican.org/lent)

This video explains clearly what the Trinity is and how we should understand it...in about three minutes!



# Icebreaker

## **Sandwich making!**

2 players try to make a sandwich without too much mess...or control!

Player 1 sits at the table with ingredients and tools in front of them with their hands behind their back.

Player 2 is blindfolded and stands behind player 1. They place their arms through player 1's (or over their shoulders), so as to become the arms of player 1.

Now they must communicate and work together to make a sandwich. Peanut butter and Jam, cheese and marmite, chocolate spread and marshmallow fluff...For extra credit player 2 must feed the sandwich to player 1.

**You can decide on ingredients according to your group and any allergies.**

TIP—have a cloth and a drink of water for Player 1 afterwards.

# Creative Prayer Ideas

## **Part of God's family**

Draw around your hand and cut it out—get some ink and decorate it with your fingerprint. Put your name somewhere on your cutout hand and then hang onto a Family Tree.

## **The Good News bracelet**

An opportunity to make a bracelet with coloured beads which will help each young person to remember what Jesus has done for us and help them to tell their friends.

The colours represent:

*Purple* - He is the King of Kings. *Black* - We have sinned. *Red* - Jesus shed blood. *White* - We are clean/forgiven. *Blue* - For our baptism. *Green* - We are constantly growing. *Yellow* - For eternal life and the brightness of heaven.

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## Prayer Journal

Provide some small notepads for your young people to start a prayer journal over the next few weeks, either writing letters to God or putting down ideas and thoughts when they pray. They can take some time to personalise the journal and write an opening prayer to God about how they want Him to help them use the journal to pray

# Reflection

Listen to "This I believe (The Creed)" by Hillsong Worship. This song is based on the Apostles Creed and is a unifying and bold declaration of our Faith in Father God, Jesus the Son and The Holy Spirit.

Whilst it's playing show the image of El Greco's Holy Trinity. Either on a screen or print out a large copy of it so that everyone can see it. If you used the relaxed start then you may even want to use the puzzle version of the image that was used at the beginning.



**When the song has finished ask the young people:**

What do you **think** is being depicted in the painting?

What did you **feel** whilst listening to the song and examining the painting?

What captures your **imagination** in this image?

How does this inform the way you understand who God is?

# Game

## Blind Draw

Get 2 players to sit back to back, give Player 1 a pad of paper and a pencil.

Give Player 2 a word without player 1 seeing what it is - make sure not to say it out loud!

Examples; cat, tree, house, sunshine, star, sandcastle, phone.

Player 2 now has to describe the word so that player 1 can draw it. Player 2 must not use the word but instead explain using shapes and lines and other directions.

*POINT*—we need to communicate and can communicate—even when we can't see who we're communicating with. We can't see God, but he is listening.

# Bible Reading

## 1 Thessalonians 5: 16-23

Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. Do not stifle the Holy Spirit. Do not scoff at prophecies, but test everything that is said. Hold on to what is good. Stay away from every kind of evil. Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again.

## Discussion

### How often should we pray?

The Bible passage says to never stop praying. See if the young people picked up on this. Draw out what they think this means. Is it easy? What can we do to remind us to pray more often and consistently?

### What ways can we pray?

We've looked at some creative ways of encouraging one another to pray. What other ways do people find help them to pray? Alone, in groups, journalling, post it notes, meditation, song writing, art, in nature etc... See what ideas people come up with and in discussion draw out how they work and when.

### How does God speak to us in prayer?

Have people in the group ever heard God speaking to them? God is speaking to us all the time and we need to learn to listen. Sometimes we are so busy talking to God in prayer that we forget to listen.

### Who do you pray to?

Who do the young people speak to when they're praying? Is it Father God, Jesus or the Holy Spirit? Perhaps at different times they pray to one over the other. Perhaps they don't think about it directly. What are their thoughts relating to the Trinity and prayer

*Spend some time praying and listening to God before moving on*

## Takeaway

- If the young people made the bracelets they can take them away, challenge them to talk to one person this week about its meaning.
- If they made prayer journals encourage them to start using it, writing and doodling their prayers to God.

Print off a copy of the Father's Love Letter and place it into an envelope for each of the young people with their name on it.

<http://www.mediafire.com/file/oqpmre1eo4vujto/2017-Fathers-Love-Letter-A4.pdf>