



## Growing in Faith - Step 1

### Father, Son and Holy Spirit

#### Aim

To explore the nature of God and the important role the Holy Spirit plays in the journey of faith.

#### Resources needed

Leaders

- *Crossroads Catechumenate 1 Notes*
- *Catholic Youth Bible*
- *Electronic device for video clips*
- *Additional resources*  
*AHWGP - ch 5 /Call & Response - ch 13*  
*/WWM – Kerygma 4*

For Young People

- *Activity Book (pp11-12)*

#### Prayer Focus

Expressions of our belief

**Bible** - (*God is with us*)

**Candle** - (*Three wick – sign of the Trinity*)

**Cross** - (*God so loved the world*)

**Image** - (*of the Trinity*)

**Cloth** - (*Appropriate for Liturgical season*)

#### Liturgical Link

Liturgy begins and ends with the Sign of the Cross.

In prayer we call on the Holy Spirit to support and strengthen us.

This happens in a special way during reception of the Sacraments.

#### Overview

- The Trinity
- Baptism – receiving God's Spirit
- The Sign of the Cross
- Clothed in Christ
- Scripture and Prayer

#### Preparation by Catechists

- *Familiarity with content and resources*
- *Readiness to share understanding and experiences of God*
- *Pray for the young people and leaders*

#### Scripture Passages

- Psalm – choose from 'Any Step Psalms' in resources
- Mathew 3: 16-17 Baptism of Jesus
- Galatians 3:26-27 Baptised into Christ

#### Tenets of Faith (Faith Formation)

- Trinity - a mystery
- God, first and last, source of all
- God and humanity united in Jesus
- Spirit spoke through the prophets and brings God's love to our hearts
- In Baptism we are clothed in Christ

## Gathering

### Setting

Create a welcoming environment by having everything in place before the young people arrive, including simple refreshments on arrival and for end of the service.

- Greet each person by name as they arrive.

### Welcome and Introduction

- Welcome the young people back and introduce any newcomers to the group.
- Provide the aim and outline of the gathering.
- See **Crossroads** Catechumenate Session 1 Notes and the adaptations / additions below.

## Introductory activity

### **Rite of Acceptance**

- In pairs invite the young people to share feelings about
  - the last gathering, and in particular, the Rite of Acceptance and Welcome of those already baptised
  - reactions from family members or friends who are aware of or sharing in their journey
  - coming back to begin the next phase of the journey, the Catechumenate
- Allow a few minutes, then encourage each person to share one thing with the whole group.

## Prayer and Reflection

- Building on the initial conversations about who God and God's love for us, today we will explore the Trinity, the three aspects of God.
- We begin by lighting the candle representing the Trinity, acknowledging the presence of the God the Father, Son and Holy Spirit amongst us.
- To begin our prayer we make the sign of the cross, which is an expression of belief in the Trinity, and a prayer in its own right.

Explain to the young people that the Hebrews used psalms, which are songs, to praise, thank or call on God's help.

In the opening prayer the group will offer a psalm asking God to hear the prayers of the group and giving praise through song asking for our hearts to be open to God.

### **The Psalm**

Divide group into two halves and alternate the verses – see 'Any Step Psalms'

### **Song**

Invite the group to listen to the words of the song *Open the eyes of my heart Lord* - Paul Baloché <https://youtu.be/ViBNqNukgzE>

**Reflection**

Invite the group to take a little time to reflect how in the past week they have encountered God.

**Sharing**

Ask the group to share what they are comfortable with from their reflection time. (Catechists be ready to share as well)

**Exploring**

Explain to the young people that trying to understand the Trinity is not easy. It is difficult to grasp the Church's teaching that there are three persons in one God. One way to begin to understand grasp this understanding is to acknowledge that we all have different aspects of our character. Similarly, in God we see three quite different aspects of God.

**Activity**

- Invite three group members to come forward, kneel on the ground facing inwards, then to put arms around each other's shoulders and lean heads forward into a tight huddle.
- Ask the young people to note how this threesome now looks like one being.
- Invite the threesome to stand up, turn to face outward, locking arms and holding heads up high, looking outwards.
- Ask them to comment on how the formation now looks like three distinct beings, yet still closely united.

Explain to the young people how this can help give us some sense of the Trinity – three persons in one

- The **Father** is the creator of all things
- The Son of God, **Jesus**, the Word made Flesh
- The Holy **Spirit**, the power of God, through whom Mary was able to conceive God's Son.
- Invite any questions or comments deal with these as appropriate

Explain to the young people that when we were conceived, God's spirit was born within us. In the Sacrament of Baptism, we receive God's Spirit, the Holy Spirit anew, just as Jesus did when he was baptised in the River Jordan, by his cousin John.

**Read Matthew 3:16-17**

*Set the scene by inviting young people to imagine themselves witnessing the event.*

Invite the young people to listen to scripture passage.

**Leader** A reading from the Gospel according to Matthew

**All** Glory to you, O Lord.

*At the end of the Gospel reading respond with*

**Leader** The Gospel of the Lord

**All** Praise to you Lord Jesus Christ.

Having listened to the reading invite the young people to share what they heard and experienced as the Gospel passage was read.

Explain to the young people that for those being baptised, though they will not see the Spirit in the form of a dove, the Spirit will be present, and though they will not hear the voice of God speak directly to them, they will be baptised in God's name as the priest baptises them with water in the name of the Father, and of the Son, and of the Holy Spirit. At this they will become a beloved child of God.

### **The Sign of the Cross**

Each time we make the Sign of the Cross we reminded of

- our baptism – being welcomed into the family of God, who is Father of all
- the Trinity – God the Father, Son and Holy Spirit, who have always existed, and always will
- that we belong to God, who through the person of Jesus united himself to all of humanity
- the Holy Spirit who has spoken through the prophets and pours into our hearts the love of God

**Activity – *Clothed in Christ*** see ***Crossroads*** Catechumenate Session 1 Notes, p 5 and scripture passage from ***Galatians 3:26-27***

- Ask the young people what they think it means to 'have clothed yourselves with Christ?'

Explain that being clothed in Christ means living the way Christ lived, and has taught us through the Gospels. When we do this the Holy Spirit lives within us, enabling us to develop the characteristics known as the fruits of the spirit.

**Activity** - see ***Crossroads*** - Catechumenate Session 1 Notes, p 6 and use Activity Book / Journal

## Scripture and Prayer

see ***Crossroads*** Catechumenate Session 1 Notes, p 7 Scripture and prayer.

**Alternative** – use a Trinity Song or the prayer below.

**Leader** God, you are the Father of all

**All** Honoured be your name.

**Leader** You gave life to all things

**All** Honoured be your name.

**Leader** Your Spirit has dwelt in the hearts and minds of countless generations

**All** Honoured be your name.

**Leader** May she inspire us to do your will

**All** That your kingdom may come.

**Leader** You sent your Son Jesus

**All** That your kingdom may come.

**Leader** May we too be clothed in Christ

**All** That your kingdom may come.

**Leader** These prayers we make, confident that they will be heard,

**All** In the name of the Father, the Son and the Holy Spirit,  
who live and reign forever. Amen.

## Closing Remarks and Next Step

- Check how group are feeling about today's gathering
- Time, date and venue for the next Stepping Stone
- Encourage personal and prayer support of one another, offer to attend Mass with the accompaniers