

# The Trinity Small Group Discussion Guide

Topic: The Trinity (Celebrating the Lord's Supper)



## Warm Up

- When you hear the word “Trinity,” what comes to mind first?
- Can you think of any everyday examples (imperfect though they may be) people use to try to explain the Trinity? (e.g., water, shamrock, sun, family roles). Do these help, or do they fall short? Why?
- Share about a time when you felt especially aware of God’s presence—Father, Son, or Holy Spirit.



## Know It

**Read John 1:1–3, John 1:29–35, Matthew 28:18–20, Philippians 2:5–11.**

- What do these passages reveal about the relationship between the Father, the Son, and the Holy Spirit?
- In John 1:1–3, how do we see both the distinction and unity of the Word (Jesus) and God?
- In John 1:29–35, how is the Trinity present at Jesus’ baptism and commissioning?
- In Matthew 28:18–20, why is the command to baptize given in the singular “name” of the Father, Son, and Spirit?
- How does Philippians 2:5–11 show both Christ’s humility and his divine glory?

**Read the Nicene Creed aloud.**

- Why was this confession of faith necessary for the early church?
- How does it summarize what Scripture teaches about the Trinity?
- Which line of the creed stands out most to you, and why?



## Share It

- How does believing in the Trinity shape the way we understand salvation? (Think: the Father sends, the Son saves, the Spirit seals).
- Which person of the Trinity do you most naturally pray to or think about? Why do you think that is?
- How can the mystery of the Trinity actually deepen our worship rather than frustrate us?



## Live It

- When you pray this week, intentionally address Father, Son, and Holy Spirit in your prayers. What changes?
- The Trinity is a model of perfect unity and love. Where in your life or relationships do you need to practice this kind of unity?
- As we celebrate the Lord's Supper, how does remembering the Triune God (Father who planned, Son who gave his body and blood, Spirit who applies it to us) make Communion more meaningful?
- What's one step you can take this week to live more consciously in fellowship with the Triune God?