

Children's Liturgy of the Word – Trinity Sunday (Year A)

Theme: The Father, the Son, and the Holy Spirit

Gospel: John 3:16–18

Main Message: God is love, and He wants us to live close to Him.

1. Welcome & Gathering

(Gather the children calmly.)

Leader:

Today is a very special feast called **Trinity Sunday**.

Today we remember:

- God the Father,
- God the Son,
- and God the Holy Spirit.

One God.

Three Persons.

It is a mystery bigger than the whole world.

But Jesus teaches us something simple and beautiful today:

God loves us.

Let us begin with the Sign of the Cross.

In the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.

Leader:

Father in heaven,
thank You for loving us.

Jesus,
thank You for saving us.

Holy Spirit,
help us stay close to God.

Amen.

2. Opening Conversation

Ask gently:

What are some things people do when they love someone?

(Help them answer:
hugging, helping, listening, forgiving, caring)

Then say:

Today's Gospel teaches us something very important:

God is not far away from us.

God loves us.

And God wants us to live close to Him forever.

3. Gospel (Simplified – John 3:16 – 18)

Leader reads slowly and clearly:

Jesus said:

“God loved the world so much
that He gave His only Son,
so that everyone who believes in Him
may have eternal life.

God did not send His Son into the world
to condemn the world,
but so that the world might be saved through Him.”

Leader:
The Gospel of the Lord.

Children:
Praise to You, Lord Jesus Christ.

4. Reflection

Say slowly:

Sometimes people think God is distant,
angry,
or uninterested in them.

But Jesus says something completely different.

He says:

“God loved the world.”

That means:
God loves people.

God loves children.

God loves families.

God loves sinners.

God loves us so much
that He sent Jesus to save us.

And who is Jesus?

God the Son.

Jesus came into the world
to bring us back to the Father.

And who helps us follow Jesus?

The Holy Spirit.

So the Father,
the Son,
and the Holy Spirit
are always working together
to bring us close to God.

Built-In Activity 1: Sign of the Cross

Leader:

What prayer reminds us of the Trinity every day?

(The Sign of the Cross)

Let us do it slowly together.

In the name of the Father...

(Encourage reverence.)

Say:

Every time we make the Sign of the Cross,
we remember:
We belong to God.

Built-In Activity 2: God Is Love

Leader:

When someone is sad,
what can love do?

(comfort/help/listen)

When someone is lonely,
what can love do?

(include them/stay with them)

Then say:

God's love is even greater.

God's love saves us.

Deepening the Gospel

Say:

Jesus says He did not come to condemn the world.

What does condemn mean?

It means:

to push away,

to reject,

to say:

“You are hopeless.”

But Jesus came to save.

That means:

forgive,

heal,
help,
bring us back to God.

That is why Jesus came into the world.

Built-In Activity 3: The Trinity Prayer Echo

Leader:

God the Father loves me.

Children repeat.

Jesus the Son saves me.

Repeat.

The Holy Spirit helps me.

Repeat.

I belong to God.

Repeat.

Quiet Prayer Moment

Leader:

Let us be still for a moment.

Father,
thank You for loving me.

Pause.

Jesus,
thank You for saving me.

Pause.

Holy Spirit,
help me stay close to God.

Pause.

Living the Gospel This Week

Leader:

This week,
remember the Trinity when you:

- make the Sign of the Cross,
- pray,
- come to Mass,
- forgive someone,
- help at home,
- or show kindness.

Because when we love well,
we become more like God.

Built-In Activity 4: Where Do We Meet God?

Ask:

Where can we meet God?

Possible answers:

- at Mass
- in prayer
- in the Church
- in the Bible

Then say:

God is everywhere,
but He comes especially close to us
through prayer and the sacraments.

Built-In Activity 5: Trinity Actions

Teach simple actions:

- Father — point upward
- Son — arms stretched like the Cross
- Holy Spirit — hands like flames above head

Repeat together slowly:

Father,
Son,
Holy Spirit.

Children's Intercessions

Leader:

Let us pray to the Father,
through Jesus His Son,
in the Holy Spirit.

For the Church —
that she may help people know the love of God.
Lord, hear us.

For families —
that our homes may be filled with peace and kindness.
Lord, hear us.

For people who feel lonely or sad —
that they may know God is close to them.
Lord, hear us.

For ourselves —
that we may stay close to the Father, Son, and Holy Spirit.
Lord, hear us.

(Optional Hail Mary.)

Closing Prayer

Leader:

Father,
thank You for creating us.

Jesus,
thank You for saving us.

Holy Spirit,
thank You for helping us.

Help us live always
close to You.

Amen.

Sending Back

Leader:

Today we heard:
God loves us.

The Father created us.

Jesus saves us.

The Holy Spirit helps us.

Let us go back quietly now
and thank God for His love.

(Sign of the Cross.)

Additional Optional Activities

(Use only one or two. These are meant to support the liturgy, not take over from it.)

1. “Who Sent Jesus?”

Best place: After the Gospel

Leader asks:

“Who sent Jesus into the world?”

Children:

“God the Father!”

Then ask:

“Why did God send Jesus?”

Children:

“To save us!”

Then all say together:

“God loves the world!”

2. Trinity Listening Game

Best place: After Reflection

Leader says:

“When I say ‘Father,’ point upward.”

“When I say ‘Son,’ stretch your arms like a cross.”

“When I say ‘Holy Spirit,’ wave your hands gently like flames.”

Then mix the words quickly.

Good for younger children and movement.

3. “God Is Near”

Best place: Before Quiet Prayer

Leader:

“Can we always see God?”

(No)

“But is God still near?”

(Yes)

Then all repeat slowly:

“God is with me.

God loves me.

God stays close to me.”

4. Baptism Reminder

Best place: Midway through reflection

Ask:

“What words did the priest say at Baptism?”

Help children answer:

“In the name of the Father,

and of the Son,

and of the Holy Spirit.”

Then say:

“That is how we became part of God’s family.”

5. “Created, Saved, Helped”

Best place: After Reflection

Leader:

“Who created us?”

Children:

“The Father!”

“Who saves us?”

“Jesus!”

“Who helps us every day?”

“The Holy Spirit!”

Repeat faster second time.

6. Trinity Circle Activity

Best place: Before Intercessions

Children stand in a circle holding hands briefly.

Leader:

“The Trinity is perfect love and unity.
God wants His people to love one another too.”

Then ask children to gently let go and sit again.

7. Sign of the Cross Teaching

Best place: Early in liturgy

Leader:

“Sometimes we rush the Sign of the Cross.
But this is a very holy prayer.”

Practise making it:

- slowly
- carefully
- reverently

Then say:

“We are praying in God’s name.”

8. “God Did Not Send Jesus to Condemn”

Best place: During Gospel explanation

Leader:

“If you fall over while learning to ride a bike,
what does a good parent do?”

(Help you / pick you up)

Then say:

“That is what Jesus came to do for us.
Not push us away —
but help us come back to God.”

9. Trinity Repeat Prayer

Best place: Before Closing Prayer

Leader:

“Father in heaven—”

Children:

“Thank You for loving me.”

“Jesus our Saviour—”

“Thank You for saving me.”

“Holy Spirit—”

“Help me be holy.”

10. Holy Water Reminder

Best place: Before Sending Back

Leader:

“When we bless ourselves with holy water,
what do we remember?”

(Baptism)

“And whose name were we baptised in?”

(Father, Son, Holy Spirit)

11. “Made for Love”

Best place: During Reflection

Leader:

“Does being selfish make people happy forever?”

(No)

“What makes people truly happy?”

(Love / kindness / family / God)

Then explain:

“We are made in God’s image.
And God is love.”

12. Trinity Drawing Activity

Best place: At very end if time allows

Children draw:

- church
- cross
- family
- baptism
- prayer

Title:

“Father, Son, and Holy Spirit”

Encourage symbols rather than trying to “draw the Trinity.”

13. “God Saves”

Best place: After Gospel

Leader:

“Why did Jesus come?”

Children:
 “To save us!”

“What does save mean?”

(Help / rescue / forgive / bring us back to God)

14. Quiet Breathing Prayer

Best place: Before Quiet Prayer

Leader:

“As we breathe in:
 ‘Father, love me.’
 As we breathe out:
 ‘Help me love You.’”

Repeat slowly three times.

Very calming.

15. Mass Connection

Best place: Before Sending Back

Leader:

“At Mass,
 who do we pray to?”

(The Father)

“Through whom?”

(Jesus)

“And who helps us pray?”

(The Holy Spirit)

Then say:

“The whole Mass is filled with the Trinity.”

16. “Who Belongs to God?”

Best place: Early or late

Leader:

“Who belongs to God?”

Children:

“We do!”

“Who loves us?”

“Father, Son, and Holy Spirit!”

17. Love in Action

Best place: Before Living the Gospel

Leader gives examples:

- Someone is left out...
- Someone is upset...
- Someone needs help...

Children answer:

“Show love!”

Then say:

“When we love others,
we reflect the Trinity.”

18. Saints Loved the Trinity

Best place: Near ending

Leader:

Every saint prayed:

“In the name of the Father,
and of the Son,
and of the Holy Spirit.”

The saints became holy
by staying close to God every day.

19. Trinity Echo Responses

Best place: Anywhere energy dips

Leader:

“God the Father—”

Children:

“Created me!”

“Jesus the Son—”

“Saved me!”

“Holy Spirit—”

“Helps me!”

20. Final Memory Line

Best place: Just before returning

All repeat slowly together three times:

“God loves me.

Jesus saves me.

The Holy Spirit helps me.”