

LESSON 6

How Can God Be One and Three?



BIG IDEA

There is one God, and He exists as three Persons: the Father, the Son, and the Holy Spirit. Each Person is fully God. They are not three gods, and they are not one Person pretending to be three.



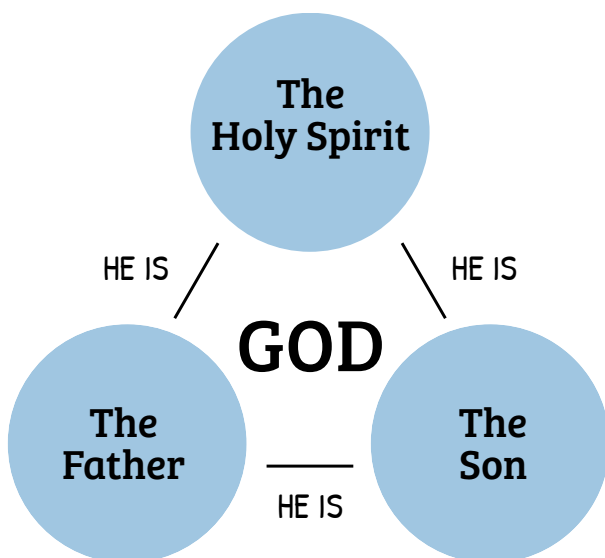
WHY IT MATTERS

Because when you pray, you're talking to a God who has always existed in a relationship of love: Father, Son, and Spirit. And He invites you into that love.



KEY QUESTION

If there's only one God, how can He be the Father, the Son, and the Holy Spirit all at the same time?



Bible Passages in This Lesson

- ✓ Matthew 3:16–17
- ✓ Deuteronomy 6:4
- ✓ Matthew 28:19
- ✓ Genesis 1:26
- ✓ 2 Corinthians 13:14
- ✓ John 14:26
- ✓ 1 John 4:8



What These Key Verses Show Us

- **Deuteronomy 6:4:** Called the “Shema.” Jewish families said this prayer every morning and evening. “One” means God is whole and complete, not divided.
- **Matthew 3:16–17:** Jesus’ baptism. All three Persons of God show up in the same scene: the Son stands in the water, the Spirit comes down like a dove, and the Father speaks from heaven.
- **Genesis 1:26:** God says “Let us.” That sounds unusual. God is speaking, but He uses a plural word. Many Christians see this as an early hint that God is more than one Person, even at the very beginning of the Bible.
- **Matthew 28:19:** Jesus tells His followers to baptize people “in the name,” singular, one name, “of the Father and of the Son and of the Holy Spirit.” Three Persons, one name.
- **2 Corinthians 13:14:** Paul ends his letter with a blessing that names all three Persons together, each doing something different: the Son gives grace, the Father gives love, the Spirit gives fellowship.
- **John 14:26:** Jesus tells His disciples that the Father will send the Holy Spirit in Jesus’ name. Notice all three Persons in one sentence: the Father sends, the Spirit teaches, and it all happens in the Son’s name. This is the Trinity at work.



What Does the Bible Show Us About the Trinity?

The word “Trinity” doesn’t appear in the Bible. Not once. But the idea is everywhere. Here’s what the Bible makes clear: there is one God (Deuteronomy 6:4). Not two, not three, one. And yet this one God exists as three distinct Persons: the Father, the Son, and the Holy Spirit. Each Person is fully God, not a part of God or a lesser version. And when we say “Person,” we don’t mean a body or a face. A Person is someone who can love, speak, and act, not just a “thing” or a force.

The Bible does not say one God who sometimes appears in three different ways. It shows one God who has always existed as Father, Son, and Spirit. The best place to see this is at Jesus’ baptism in Matthew 3:16–17. Picture it: Jesus is standing in the Jordan River. He comes up from the water, and the Spirit of God comes down from heaven like a dove and rests on Him. At the same moment, the Father’s voice speaks from above: “This is my Son, whom I love; with him I am well pleased.” Three Persons. Same moment. Same place. The Son is in the water. The Spirit descends. The Father speaks.

They are not taking turns being God. They are all present, all acting, all fully God at the exact same time. That is why this scene matters so much. It shows the Father, the Son, and the Holy Spirit together, each distinct, yet all fully God.

So how do we hold this together? Start with what the Bible actually says. One God. Three Persons. Each Person is fully God. The Persons are distinct: the Father is not the Son, the Son is not the Spirit, and the Spirit is not the Father. Can we fully understand it? No. And that’s okay. If God were small enough for our brains to completely figure out, He would not be much of a God. The Trinity is not a problem to solve. It is a truth to receive.

Micah’s Sunday school class was talking about the Trinity, and a kid across the table said, “That doesn’t make sense. How can God be three and one?” Micah didn’t have a perfect answer. But he remembered the baptism story, how all three Persons were right there in the same scene. So he said, “I don’t totally get it either. But there’s this part where Jesus gets baptized and you can see all three of them doing something different at the same time. That helped me.” The teacher smiled and said, “That’s a really good answer, Micah.”



Discussion Questions

1. In the baptism scene in Matthew 3:16–17, what is each Person of the Trinity doing? Walk through it together.

2. Why do you think God says “Let us” in Genesis 1:26 instead of “Let me”? What might that tell us about God?

3. If someone told you, “Christians believe in three gods,” how would you explain what Christians actually believe?

4. What do you think it means that God has always existed as Father, Son, and Spirit, even before He created anything? What does that tell us about who God is?

5. What do you think it means to trust God about something you can’t fully understand? How does that feel?

6. Look at Matthew 28:19. Jesus says “in the name,” not “in the names.” Why do you think He uses one name for three Persons?



DIG DEEPER

The Father, Son, and Holy Spirit are equal. None of them is more important or more “God” than the others. But in the Bible, they each do different things. The Father plans and sends. The Son comes to earth and saves. The Spirit lives in believers and helps them. Paul puts all three together in 2 Corinthians 13:14, giving each Person a different role: grace from Jesus, love from the Father, fellowship from the Spirit. Different work, same God. And in 1 John 4:8, we read that “God is love.” This is a deep truth worth thinking about carefully: because God has always existed as Father, Son, and Spirit, He has always been in a relationship of love, even before He created anything. God didn’t need to create us in order to experience love. Love was already there, within the life of the Trinity, from the very beginning.

TRY THIS WEEK

This week, try praying one prayer that mentions all three Persons by name. You could say, “Father, thank you for...” then “Jesus, help me with...” then “Holy Spirit, teach me...” You’re not praying to three different gods. It’s one prayer to one God, but it helps you remember the three Persons who hear you.



Memory Verse



“Hear, O Israel: The LORD our God, the LORD is one.”

Deuteronomy 6:4 (NIV)



This is the starting point for everything. Before we talk about three Persons, we start with one God. The Trinity doesn’t mean three gods. It means one God who exists in a way that goes beyond what we can fully explain.

WORKSHEET

Who Is Doing What? (Matthew 3:16–17)

Read Matthew 3:16–17 carefully. Then match each Person of the Trinity to what the passage shows them doing. Draw a line or write the letter.

- | | |
|------------------------------|--|
| _____ The Father | A. Descends from heaven like a dove. |
| _____ The Son (Jesus) | B. Speaks from heaven: “This is my Son, whom I love”. |
| _____ The Holy Spirit | C. Stands in the water after being baptized. |

One God, Three Persons

Use each word from the word bank twice to complete the sentences below.

one • God • three

- The Bible teaches there is _____.
- The Father, Son, and Holy Spirit are _____ Persons.
- Each Person is fully _____.
- God is _____ in _____ Persons.

JOURNAL

What is one thing about the Trinity that surprises you or that you want to understand better? Write it down, and then write a question you’d like to ask God about it.

Who God Is

What We Learned

- God is not a bigger, stronger version of a person. He is completely different from everything He made.
- God is spirit (John 4:24), eternal (Psalm 90:2), all-knowing (Psalm 139:1-4), all-powerful (Jeremiah 32:17), and everywhere present (Psalm 139:7-10).
- God is perfectly holy, set apart from everything sinful, and perfectly loving at the same time (1 John 4:8; Isaiah 6:3).
- God is good even when life is hard. He is a stronghold in the day of trouble (Nahum 1:7).
- There is one God who exists as three Persons: Father, Son, and Holy Spirit (Deuteronomy 6:4; Matthew 28:19).
- God created everything through Jesus and for Jesus, on purpose, for His glory (Colossians 1:16).
- People are made in God's image, designed to reflect who He is (Genesis 1:27).

KEY TERMS

Eternal:	Having no beginning and no end.
Spirit:	God is not made of flesh and bone; He has no physical body.
Holy:	Perfectly good, completely set apart from sin.
Love:	Not just a feeling; love is who God is at His core (1 John 4:8).
Trinity:	One God in three Persons: Father, Son, and Holy Spirit.
Person (Trinity):	Someone who speaks, loves, and acts, not a “part” or a “mode.”
Image of God:	Being made to reflect who God is.
Glory:	The visible display of God's greatness, beauty, and character.

Finish the Thought

1. God is different from people because _____
2. The Trinity means _____
3. Knowing that God created me on purpose changes the way I think about myself because _____

Matching: Draw a line from each verse to the truth it teaches.

- | | |
|--------------------|---|
| 1. John 4:24 | A. God is perfectly loving. |
| 2. Psalm 90:2 | B. Everything was made through Jesus and for Jesus. |
| 3. 1 John 4:8 | C. God does not have a body like us. |
| 4. Isaiah 6:3 | D. There is only one God. |
| 5. Colossians 1:16 | E. God is perfectly holy. |
| 6. Deuteronomy 6:4 | F. God has no beginning and no end. |
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True or False: Write T or F on each line.

- _____ 1. God has a physical body just like people do.
- _____ 2. God is both perfectly holy and perfectly loving.
- _____ 3. The Trinity means there are three separate gods.
- _____ 4. People are made in God's image.
- _____ 5. God created the world because He was lonely.
- _____ 6. God's thoughts and ways are higher than ours.
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Short Answer

In your own words. What does it mean that God is "holy"?

.....

.....



Reflection

Write a short prayer praising God for one thing you learned about Him in this unit.

Who Is God?

Use the word bank to fill in each blank. Each word is used exactly once.

**love • three • image • eternal • glory
• purpose • one • spirit • holy**

Who God Is

1. God is _____. He has no beginning and no end (Psalm 90:2).
2. God is _____. He doesn't have a body like ours (John 4:24).
3. God is perfectly _____ completely set apart from everything sinful (Isaiah 6:3).
4. God is _____. It's not just what He does; it's who He is (1 John 4:8).

One God, Three Persons

5. There is _____ God (Deuteronomy 6:4).
6. God exists as _____ Persons: Father, Son, and Holy Spirit (Matthew 28:19).

Made for God's Glory

7. People are made in God's _____ (Genesis 1:27).
8. God created people for His _____ (Isaiah 43:7).
9. God created you on _____. You are not an accident (Colossians 1:16).

Final Question: A friend says, "I don't think God is real. I can't see Him." Write one kind sentence you could say in response, and include one verse reference from this unit.

