



# SUNDAY GOSPEL ACTIVITIES

## Family Activity Page

### The Solemnity of the Most Holy Trinity

John 3:16-18

In this Sunday's Gospel, we learn that God loved us so very much that He sent His Son Jesus to teach the world how to love. Jesus gave His life so that we too might one day have life in Heaven with God. The Gospel teaches that God did not send Jesus to condemn the world, but instead to draw the world closer to Himself. In Jesus, and through Him, we have everlasting life.

While we cannot completely understand the Blessed Trinity (this is called a "supernatural mystery"), we do know that God is Three Persons in One. God is Love. When we receive sanctifying grace in the sacraments, we are receiving the life of God (Who is love) in our souls. You have the love of God in your soul! How can you remember that in your day-to-day life? How can you share God's love with others?

#### Activities:

- Saint Patrick is often associated with teaching about the Blessed Trinity. The [Lorica of Saint Patrick](#) (his famous prayer) begins with a beautiful reminder of the Trinity. Pray it together as a family today (you can find it on EWTN.com).
- Ask your parents how they have experienced God's love in their life. What can you learn from their stories?
- Say the "Glory Be" as a family, reverently and slowly, in honor of today's feast day.

