

# Released Time Lesson - Jesus is God

## Lesson Introduction

Begin class by showing students images of the following:

- Tricycle
- Triceratops
- Triangle

Ask: What do these three things (tricycle, triceratops, and triangle) all have in common?

Answer:

- They all start with the prefix “tri-”
- They all have three of something
  - Tricycle has three *wheels*
  - Triceratops has three *horns*
  - Triangle has three *sides* and three *corners*

Tell students that today we are going to learn a new word that will help us understand more about God: TRINITY. Point out that the “TRI” in TRINITY is the same prefix as tricycle, triceratops, and triangle. Hmm...what could this mean? God has three of something?

Next, explain that the remaining part of the word is “NITY.” This part of today’s word comes from the word *unity*. Unity means “joined as one.” TRINITY means three joined as one.

The word *trinity* is a way to describe that there is one God in three persons.

Acknowledge that the Trinity can be a confusing concept for most Christians to understand, but we will spend most of today’s class trying to explain the best we can by using some helpful examples. The important thing to know, though, is that there is ONE GOD and only ONE GOD. Our ONE GOD, however, exists in three persons. List the below three persons of the Godhead on the whiteboard as you provide a brief explanation of each:

1. God the **Father**: all powerful, lives in heaven, creator of everything
2. God the **Son**: Jesus, the One who became human and walked the Earth to live a perfect life and pay the penalty for our sins
3. God the **Holy Spirit**: the One who lives inside us and guides us through life

God is three persons in one: the Father, the Son, and the Holy Spirit. God is always all three! The Father is God, Jesus is God, and the Holy Spirit is God....all the time! God is all three all the time!

## Object Lessons

While each of the below object lessons/analogies are imperfect, they are still quite helpful in explaining the Trinity to students in a way they can understand.

Show students images of the following items and ask them to identify each image:

- Egg
- Apple

- H<sub>2</sub>O (ice, water, steam)

Just like the set of three pictures we identified at the beginning of class, these three items also have something in common. They all serve as an example of three parts as one and can help us better understand the Trinity.

### **EGG**

Have students gather around as you either peel a hard boiled egg, or crack open a non-boiled egg into a bowl to show the three parts of the egg. Explain that the one egg has three parts. The outer layer is the egg's shell, the inner layer (if hard boiled) is the egg white, and the center is the egg yolk. The egg shell, egg white, and egg yolk are each three unique parts of the same egg.

### **APPLE**

Show students an apple that has been cut in half. The apple, just like the egg, has three parts that make up the one apple. The outer layer is the skin/peel, the inner layer is the flesh, and the center is the seed. All three equal and important parts of the apple, and still just one apple.

### **H<sub>2</sub>O**

H<sub>2</sub>O is another example of one substance having three different forms. At certain cold temperatures H<sub>2</sub>O is ice (solid), at warmer temperatures H<sub>2</sub>O is water (liquid), and at boiling hot temperatures H<sub>2</sub>O turns into steam (vapor). In all three forms, the substance is still H<sub>2</sub>O. But H<sub>2</sub>O presents differently as three distinct states of matter (solid, liquid, and vapor).

Ask: When H<sub>2</sub>O freezes, is it ice?

Answer: Yes!

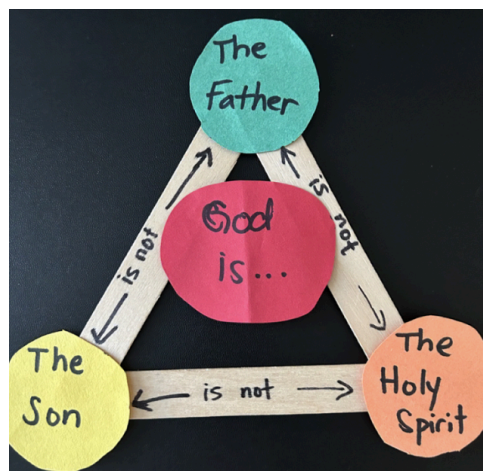
Ask: If it's ice, then is it still H<sub>2</sub>O?

Answer: Yes!

The same is true for all three members of the Trinity. God the Father, God the Son, and God the Holy Spirit are all still God!

## **Craft - Trinity Triangle**

Students will create their own Trinity Triangle which they will bring home and hang on a door knob. They can use their Trinity Triangle as a reminder of what the Trinity is, and they can also use it as a way of sharing about the Trinity with someone in their family.



## Lesson - What does the Bible say?

Remember, it's important that what we believe can be backed up and supported in the Bible.

In the very beginning of the Bible, God said something very interesting...

### [Read Genesis 1:26](#)

Ask: Considering that there were no people created yet, what do you find interesting about the words God spoke in this verse?

Answer: He says "Let **us** make human beings in **our** image, to be like **ourselves**."

Because God is referring to Himself as "us" and "our", it gives us some clarity that the Trinity was there from the beginning. God the Father, God the Son, and God the Holy Spirit have been together since the very beginning.

The next two sets of verses mention all three members of the Trinity together.

As you read the below verses, have students point to the corner of their Trinity Triangle that corresponds to the person of the Trinity that is mentioned in the verse.

### [Read Mark 1:9-11 \(text below\)](#)

"One day Jesus (**students should point to "The Son" on their Trinity Triangle**) came from Nazareth in Galilee, and John baptized Him in the Jordan River. As Jesus (**students should point to "The Son" on their Trinity Triangle**) came up out of the water, He saw the heavens splitting apart and the Holy Spirit (**students should point to "The Holy Spirit" on their Trinity Triangle**) descending on Him like a dove. And a voice from heaven (**students should point to "The Father" on their Trinity Triangle**) said, "You are My dearly loved Son, and you bring Me great joy."

This verse comes from Jesus's baptism where all three persons of the Trinity were present. Jesus was getting baptized, the Holy Spirit came down from heaven and the Father spoke from heaven.

### [Read Matthew 28:19 \(text below\)](#)

"Therefore go and make disciples of all nations, baptizing them in the name of the Father (**students should point to "The Father" on their Trinity Triangle**) and of the Son (**students should point to "The Son" on their Trinity Triangle**) and of the Holy Spirit (**students should point to "The Holy Spirit" on their Trinity Triangle**)."

This is the instruction that Jesus gave to His disciples. Notice the equality and importance of all three members of the Trinity. Jesus tells His disciples to baptize believers in the name of the Father, Son, and Holy Spirit.

## Further Discussion

Now that students have a foundational level of understanding of the concept of the Trinity, take a few moments to describe each of the three persons of the Trinity.

### God the Father

When we think about God in heaven and God doing powerful things (like all the examples we read about in the Old Testament [creating the earth and everything in it, parting the Red Sea, crumbling the walls of Jericho, sending ten plagues to Egypt]), we are usually thinking of God the Father.

We can think of God the Father as the perfect parent. He provides for us, He protects us, He loves us, He disciplines us when we need it. The Father is merciful and so He made a way for our sins to be forgiven so we could spend forever in heaven with Him.

### **God the Son**

Jesus is God the Son. When Adam and Eve sinned in the Garden of Eden, suddenly we needed a rescuer to save us from the penalty of that sin. That rescuer is Jesus. God put on human skin to come live life with us and walk among us. Jesus lived a perfect life without sin. He taught people about God and heaven and salvation, He performed miracles, He healed people who were sick. Ultimately, He willingly went to the cross to be crucified in order to pay the penalty for our sin and to make a way for us to be with God in heaven for all eternity. Then, He rose from the dead, ascended into heaven and is preparing a place for us to come join Him.

Although Jesus shared in our life as an ordinary man, we must remember that Jesus was fully man, but also fully God. When He came to earth and was born as a baby in a manger, He did not stop being God and He did not become less of God. He has always been fully God and always will be fully God.

### **God the Holy Spirit**

When Jesus ascended into heaven, He asked the Father to send the Holy Spirit to help guide us through life and to give us power to live the life God has for us. The Holy Spirit lives inside every person who has become a Christian. The Holy Spirit is our helper who is always with us, comforts us when we need it. He brings God's peace when we need it, and He helps us to learn and understand the truth.

### **Memory Verse**

John 14:6 - "Jesus told him, 'I am the way, the truth, and the life. No one can come to the Father except through me.'"