

An Apple For Trinity

LOWER ELEMENTARY LESSON PLAN

Theme: Trinity Sunday

Scripture: Matthew 28:18-19

Memory Verse: Matthew 28:19a, 'Therefore go and make disciples of all nations...'

The Children's Sermon

Have you ever eaten an apple? Of course you have. Look at this apple. It is one of God's creations. It can help us understand that there is still only one God. Have the children name the three parts of the apple, the skin, the flesh and the core. All the parts are uniquely different, but they are all one apple. There are basically three parts - the skin, the flesh, and the core. All the parts are still one apple, yet they are all uniquely different. Each part of the apple - the peel, flesh, core - have different functions, yet are all "apple" and nothing else. The Trinity [three parts] of God - Father, Son Jesus, Holy Spirit - are all God in different forms. Just as the peel protects the apple - God the Father protects humankind, an apple has flesh - Jesus was God made flesh and the core of the apple, like the Holy Spirit, contains the seeds. Just as seeds of apple trees grow in fertile, watered and cared for ground; seeds of faith will sprout, grow and flourish. The seeds of faith are just that - faith - in God. We Christians need to nurture and care for one another to keep the seeds of faith alive.

Prayer: Dear God, help us to know your love through Jesus, to feel your power in the Holy Spirit, and to praise your splendor in creation. Amen.

Now, let's talk more about how this apple helps us understand the Trinity in Matthew 28. In the Bible, in Matthew 28, Jesus tells us to go make friends all over the world and teach them about God. He says to baptize them in the name of the Father, the Son, and the Holy Spirit. That's like saying, "Remember, God is like this apple - three parts, but still one."

Imagine if you could only eat the skin of the apple, you'd miss out on the sweet flesh and the seeds that can grow into more apple trees. It's the same with knowing God. If we only know one part of Him, we miss out on everything else He offers. The Trinity in Matthew 28 helps us remember that God has different ways of showing His love and power, but it's all still Him.

Let's think about how each part of the apple does something special. The skin keeps the apple safe, like how God the Father keeps us safe. The flesh of the apple is good to eat, which is like Jesus, who came to be with us and show us how to live. The seeds in the core can grow into new trees, just like the Holy Spirit helps us grow in our faith.

Now, imagine you're holding an apple seed. This tiny seed can grow into a big, beautiful apple tree, but it needs soil, water, and sunlight. Our faith is like that seed. We need to learn about God, pray, and help others to grow strong in our belief. The Trinity in Matthew 28 is like the recipe for growing our faith. It shows us all the parts of God that help us grow.

Sometimes, we might feel scared or alone, but remember the apple. Just like the apple is always an apple, no matter which part you're looking at, God is always with us, in every way. When you're scared, God the Father is protecting you. When you're sad,

Jesus understands and is with you. And when you're not sure what to do, the Holy Spirit can guide you.

Let's do a fun activity. Draw a big apple and divide it into three parts. In one part, write "God the Father." In another, write "Jesus." And in the last part, write "Holy Spirit." Then, around the apple, write down ways you feel or see God in your life. It could be feeling safe in a storm, feeling loved by your family, or knowing what's right when making a choice. This is your Trinity apple, showing how God is with you in many ways.

Remember, just like an apple is made of different parts but is still one apple, God shows Himself in different ways but is still one God. The Trinity in Matthew 28 teaches us this important truth. So, next time you see an apple, think about how amazing God is and how He is always with us, in every part of our lives.

Prayer: Thank you, God, for being with us in so many ways. Help us to see Your love in everything and to grow strong in our faith, just like a little seed grows into a big apple tree. Amen.

So, kids, let's keep learning about the Trinity in Matthew 28 and all the ways God loves us. And remember, just like an apple, God's love and presence are always there, in every part of our lives.

Bible Memory Verse

Matthew 28:19a, 'Therefore go and make disciples of all nations...'

You Will Need:

- Colored construction paper
- Scissors
- Markers or crayons
- Glue sticks
- Stickers of flags from different countries

Get Ready:

- Cut the construction paper into the shape of a globe. Make one for each child.
- Prepare a sample globe with stickers and writing to show as an example.

Do This:

1. Give each child a paper globe and let them decorate it with the flag stickers, placing them all around the globe.
2. Encourage them to write the memory verse on their globe using markers or crayons.
3. Share with the children that just like they are placing flags all over their globes, Jesus wants us to share His love and teachings with people all around the world. Finish by having each child share where they would like to go to tell others about Jesus.

Bible Interactive Experience

You'll Need:

- A large piece of green poster board
- Markers or crayons
- Stickers of water, a dove, and a heart
- Scissors
- Glue sticks
- A printed map of the world or a globe

Get Ready:

- Cut the poster board into a large triangle shape to represent the Trinity.
- Write "Father," "Son," and "Holy Spirit" on each corner of the triangle.
- Place the stickers, markers, and crayons on a table where children can easily reach them.

Do this:

1. **Introduce the Trinity**: Begin by explaining that Trinity Sunday is a special day where we remember God is three-in-one: the Father, the Son (Jesus), and the Holy Spirit. Show them the triangle and explain each corner represents a part of God, but all together, they are one.
2. **Read Matthew 28:18-19**: Read the scripture aloud, emphasizing how Jesus tells us to baptize people in the name of the Father, the Son, and the Holy Spirit. Explain that this shows how all three work together in everything, including welcoming people into God's family.
3. **Creative Activity**: Invite the children to decorate the large triangle with the stickers and markers. Use the water stickers to represent baptism, the dove for the Holy Spirit, and the heart for God's love through the Father and the Son. As they work, encourage them to think about how all three parts of God are with us all over the world. Show them the map or globe and discuss how people everywhere know about God's love through the Father, Son, and Holy Spirit.
4. **Reflection and Sharing**: Once the triangle is decorated, have a short discussion. Ask the children how they can share God's love like the Trinity. Encourage them to think

of ways they can work together, like the Father, Son, and Holy Spirit, to help others feel loved and welcomed.

Snack Activity: Trinity Pretzel Bites

You'll Need:

- Mini pretzels
- White chocolate chips
- Rainbow sprinkles
- Wax paper
- Microwave-safe bowl
- Spoon

Get Ready: Lay out a piece of wax paper on a flat surface.

Do this:

1. Place white chocolate chips in a microwave-safe bowl. Microwave for 30 seconds, then stir. Repeat until the chocolate is fully melted. The white chocolate represents the purity and unity of the Trinity.
2. Dip each mini pretzel into the melted white chocolate, covering about half of the pretzel. The three holes in the pretzel represent the Father, the Son, and the Holy Spirit, teaching us about the concept of Trinity Sunday.
3. Before the chocolate sets, sprinkle the rainbow sprinkles over the white chocolate part of the pretzels. The sprinkles represent the nations of the world, referring to Matthew 28:18-19, where Jesus tells us to go and make disciples of all nations.
4. Allow the chocolate to harden on the wax paper. Once set, you can share and enjoy your Trinity Pretzel Bites while discussing the importance of the Trinity and our mission to spread God's love to everyone, everywhere.

Game Activity: Trinity Treasure Hop

You'll Need:

- Sidewalk chalk
- Small stones or beanbags
- A Bible

Get Ready: Draw a large hopscotch grid on the sidewalk or pavement. Instead of numbers, write the words 'Father', 'Son', and 'Holy Spirit' in the squares in a repeating pattern. Leave a space at the start for 'Go' and at the end for 'Heaven'.

Do this:

1. Gather the children and explain that today they're going to learn about the Trinity and Matthew 28:18-19 while playing hopscotch. Read the verse together and discuss briefly that Jesus tells us to go and make disciples of all nations, baptizing them in the name of the Father, the Son, and the Holy Spirit.
2. Each child takes a turn tossing their stone or beanbag onto the hopscotch grid. They must skip the square where their stone lands. As they hop, they say 'Father', 'Son', or 'Holy Spirit' depending on which square they land on. This helps them remember the Trinity.
3. When a player reaches 'Heaven', they say 'Matthew 28:18-19' out loud, turn around, and hop back, continuing to say 'Father', 'Son', or 'Holy Spirit' for each square. The goal is to help them memorize the scripture and the concept of the Trinity in a fun way.

Craft Activity: Trinity Sun Catchers

You'll Need:

- Clear contact paper
- Tissue paper (green, blue, red)
- Black construction paper
- Scissors
- String or yarn

Get Ready: Cut the black construction paper into large circles (about the size of a small plate) for each child. Then, cut out the center of each circle, leaving about a 1-inch border, creating a ring. This will be the frame for the sun catcher. Next, cut the tissue paper into small squares.

Do this:

1. Peel the backing off one side of the clear contact paper and lay it sticky side up on the table. Place the black construction paper ring on the sticky side of the contact paper.
2. Invite the children to stick the tissue paper squares onto the contact paper, inside the ring, overlapping the pieces to create a colorful design. Explain that the three colors represent the Trinity: green for the Father, blue for the Son (Jesus), and red for the Holy Spirit.
3. Once the ring is filled with colorful tissue, cover it with another piece of clear contact paper, sealing the tissue paper in place. Trim any excess contact paper from around the edges. Punch a hole at the top of the ring and thread a piece of string or yarn through it for hanging. As they work, discuss Matthew 28:18-19 and how Jesus tells us to go and make disciples, explaining that the Trinity will be with us as we do.

Prayer Activity: Trinity Treasure Prayer

You'll Need:

- A small treasure chest or box
- Three different colored small objects (e.g., stones, beads, or paper hearts)
- A copy of Matthew 28:18-19 printed out

Get Ready: Place the three different colored objects inside the treasure chest. Print out Matthew 28:18-19 and place it next to the chest.

Do this:

1. Gather the children around the treasure chest and read Matthew 28:18-19 aloud together. Explain that just as there are three different objects in the chest, God shows Himself in three ways: as the Father, the Son (Jesus), and the Holy Spirit. But all these three are one, like a treasure.
2. Ask each child to pick one object from the chest without looking. Once they have their object, explain the color represents one part of the Trinity. For example, red for the Father's love, blue for the Son's royalty, and green for the Holy Spirit's life-giving power.
3. Lead the children in a prayer, thanking God for the mystery of the Trinity and asking for help to understand and love God more in all three persons. Encourage them to place their object back into the chest as a symbol of their prayer and unity with the Trinity.