



We Believe - In the Trinity

Key idea:

Christians believe in the Trinity - the one true God eternally exists as one God in Three Persons - the Father, Son, and Holy Spirit. The Father, Son, and Spirit are distinct Persons, but are one in being, power, and glory.

Key text:

Deuteronomy 6:4

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

1 Corinthians 12:4-6

⁴ There are different kinds of gifts, but the same Spirit.

⁵ There are different kinds of service, but the same Lord.

⁶ There are different kinds of working, but the same God works all of them in all men.

Key points:

1. There is only one God - Christianity is monotheistic, not polytheistic
2. The one true God eternally exists as three distinct persons - Father, Son, and Holy Spirit
3. We are made in the image of the Triune God - we are created for relationship, unity in diversity, and to overflow with blessing
4. Mystery is okay - we worship what we cannot fully comprehend; faith seeks understanding, not the reverse
5. The Trinity is not just theology - it shapes everything: creation, redemption, salvation, prayer, church, relationships, and eternity

Discussion Questions:

1. Why did the early church face persecution for believing in the Trinity? How did this put them at odds with both the polytheistic Roman world and monotheistic Judaism?

2. Bret mentioned that creation is Trinitarian (Genesis 1:1-3). How do you see the Father, Son (Word), and Spirit working together in creation? Why does this matter?
3. Bret also mentioned that passages like Isaiah 42:1 and Isaiah 61:1 show that the Old Testament taught that redemption is a work of the Father, Son (Servant), and Spirit. Why is it important that not only creation but also redemption is the work of the Trinity?
4. Read Matthew 3:16-17. What makes this moment at Jesus' baptism so significant for understanding the Trinity? What would we lose if we denied any of the three persons present?
5. Bret said that the New Testament teaches every aspect of the Christian life is described in Trinitarian terms (see some examples below). Why is this important for me to understand?
 - a. Salvation is Trinitarian (Ephesians 1:3-14; Galatians 4:4-6)
 - b. Prayer is Trinitarian (John 16:23; Romans 8:26)
 - c. Gifts and ministry are Trinitarian (1 Corinthians 12:4-6)
 - d. The Church itself is Trinitarian (Ephesians 2:19-22)
 - e. Our eternal existence is Trinitarian (Romans 8:11)
6. Bret acknowledged we cannot fully understand the Trinity. How do you respond when you encounter mystery in your faith? Do I tend to:
 - a. Demand complete understanding before believing?
 - b. Worship in awe of what's beyond comprehension?
 - c. Become frustrated or doubtful?
7. The teaching stated: "All of life is relational." How does the fact that God is eternally relational (Father, Son, Spirit in relationship) change how you view:
 - a. Your need for Christian community?
 - b. Your tendency toward isolation?
 - c. Technology and social media relationships?
8. The Trinity demonstrates both perfect unity and distinct persons. How does this apply:
 - a. In the church: How can we maintain unity in essentials while celebrating diversity in gifts, backgrounds, and expressions of faith?
 - b. In marriage/family: How have you experienced the tension between wanting

unity (oneness) but struggling with diversity (differences)? How does the Trinity help?

9. Bret said "Life necessarily overflows into blessing." The teaching explained that creation happened not because God needed anything, but because love overflows.
 - a. How does this challenge a self-centered life?
 - b. Where in your life do you see yourself taking (lust/greed) versus giving (love)?
 - c. What would it look like for your life to "overflow into blessing" this week?

Practical Applications:

1. Memorize Deuteronomy 6:4 and 1 Corinthians 12:6-8 - Write these verses on a card and review them daily, meditating on what it means that the eternal Word became flesh.
2. Read the Nicene Creed daily - Use it as a prayer, slowly reading through each phrase, noting its Trinitarian references and structure, and thanking God for who He is and what He has done.
3. Choose one of the following areas to grow in this week:
 - A) Option 1: Relational
 - Identify one relationship where you've been isolated or distant
 - Take a concrete step toward face-to-face connection (not digital)
 - Share vulnerably about your walk with God
 - B) Option 2: Unity & Diversity
 - If married: Celebrate one way your spouse is different from you instead of trying to change them
 - In church: Intentionally connect with someone from a different background, generation, or expression of faith
 - C) Option 3: Overflow
 - Identify one area where you've been "taking" (self-centered) rather than "giving"
 - Prayerfully ask the Spirit to help you overflow with blessing in that specific area
 - Take one tangible action to bless someone else
4. To study the Trinity more deeply, take a look at the following teachings: [The Trinity](#) and [The Trinity - One God in Three Persons](#) (August 25, 2019)

5. Listen to the new song "[This is the God We Love](#)" (which is based on the Nicene Creed).