

# Family Prayer Sheet

## Holy Trinity

God, we praise you:  
Father all-powerful,  
Christ Lord and Savior, Spirit of Love.  
You reveal yourself in our deepest selves,  
calling us to share in your life and your love.  
One God, three Persons,  
help us bring your love to life  
in this family and in the world.  
We ask you this, Father, Son and Holy Spirit,  
one God, true and living,  
forever and ever.  
Amen.



## Three in one

If you have younger children, make or find a traditional symbol of the Trinity and place it on your home prayer table. As you make your symbol of the Trinity, talk about the unity of the three persons in one God.

## Quiz

Ask older children if they can answer these questions. Need help? Find the answers in the *Compendium of the Catechism of the Catholic Church* ([bit.ly/ComCatChurch](http://bit.ly/ComCatChurch)).

What is the central mystery of the Christian faith? (#44)

What does it mean for us to believe in one God in whom there are three persons? (#48)

Do the three persons of the Trinity do different work? (#49)

What event in the Gospels showed forth the Trinity? (#110)

How do those who live in heaven experience the Trinity? (#209)