



23 The Blessed Trinity

“Go therefore and make disciples of all nations,
baptizing them in the name of the Father
and of the Son and of the Holy Spirit.”

Matthew 28:19

There is only one God. There are three Divine Persons in one God: God the Father, God the Son, and God the Holy Spirit. The Father is God. The Son is God. The Holy Spirit is God. But together They are one God.

We call the three Persons in one God the **Blessed Trinity**. **God the Father** is the First Person of the Blessed Trinity. **God the Son** is the Second Person of the Blessed Trinity. He became the man Whom we call Jesus and Who died to save us from sin. **God the Holy Spirit** is the Third Person of the Blessed Trinity. He helps us to pray and to love one another.

The three Persons of the Blessed Trinity had no beginning. They always were and always will be.

The three Persons are equal. The Father is not greater than the Son. The Son is not greater than the Holy Spirit.

We know there are three Persons in one God because Jesus told us about it. But we cannot really understand how God can be both three and one. That is called a **mystery** and we will have to wait until Heaven to understand it better. But it can help if you think about a family. In a family there are the mother, father, and children, all different persons, but they are one family. In the Blessed Trinity there are three Persons, but one God.

We often begin our prayers by calling on the Blessed Trinity. We say, "In the Name of the Father and of the Son and of the Holy Spirit." When we say these words, we make the Sign of the Cross on our bodies. And it reminds us that Jesus saved us by dying on a Cross.

When my soul is filled with grace, the Blessed Trinity lives in me!

Words to Know:

Blessed Trinity God the Father God the Son
God the Holy Spirit mystery

Q. 48 *Who is the First Person of the Blessed Trinity?*

The First Person of the Blessed Trinity is God the Father (CCC 254).

Q. 49 *Who is the Second Person of the Blessed Trinity?*

The Second Person of the Blessed Trinity is God the Son (CCC 254).

Q. 50 *Who is the Third Person of the Blessed Trinity?*

The Third Person of the Blessed Trinity is God the Holy Spirit (CCC 254).

Q. 51 *Has God always existed?*

God has always been and always will be (CCC 202).

We Pray:

GLORY BE

Glory be to the Father, and to the Son,
and to the Holy Spirit, as it was in the
beginning is now, and ever shall be, world
without end. *Amen.*



24 God Gives You His Life

“We were buried therefore with him by baptism into death, so that as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.”

Romans 6:4

When Adam and Eve sinned, it meant that all the people born after him would have Adam’s sin. It is called Original Sin because it was the first sin. You were born with Original Sin on your soul. This means that when you were born, there was none of God’s life of grace in your soul. You were made for Baptism.

The Sacrament of Baptism washes away the guilt of Original Sin. When you are baptized, your soul is filled with the grace that Jesus won for you. It gives you God’s life. That way you can reach Heaven.

Baptism makes you a child of God. And Baptism makes you a member of God’s family, which is the Church.

Jesus wants all of us to share in His life and become children of God. Jesus said to His Apostles,

“Go and baptize all people.” Like the Apostles, the priest is Jesus’ helper. That is why the priest baptizes people.

When the priest baptizes a baby, he pours water on the baby’s head and says, “I baptize you in the Name of the Father and of the Son and of the Holy Spirit.” Now the baby is a child of God. Now the baby’s soul is holy and pleasing to God.

Not everyone is baptized as a baby, but most people are. Ask your parents about your own Baptism. They can tell you all about when you were baptized. Maybe they even took a picture of your Baptism.



Words to Know:

Sacrament

Baptism

Q. 52 *How is Original Sin taken away?*
Original Sin is taken away by the Sacrament of Baptism (CCC 1263).

Q. 53 *What is Baptism?*
Baptism is the Sacrament that makes us followers of Christ, sons of God, and members of His Church (CCC 1213).

Q. 54 *What is a Sacrament?*
A Sacrament is an outward sign made by Christ to give grace (CCC 774, 1131).

“For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For by one Spirit we were all baptized into one body...”

1 Corinthians 12:12–13



25 Many Gifts from God

“Man shall not live by bread alone, but by every word that proceeds from the mouth of God.”

Matthew 4:4

God has given you many gifts. He made you. He gave you a wonderful world in which to live. He gave you your family. God also sent His Son to be your Savior. And He gave you the gift of His life, called grace, in the Sacrament of Baptism.

Do you wonder how you can thank God for all He has given you? One of the best things you can do is to sit quietly at Mass and listen to and join in the prayers.

At every Mass we hear God’s Word; God is speaking to us. We listen to a special message from God’s book, which is called the Holy Bible. And we hear the Good News about Jesus from a part of the Bible called the **Gospel**.

Jesus is with us at Mass. He offers Himself to

God the Father at every Mass, just as He did on Good Friday. We can offer ourselves with Jesus, too.

At every Mass we should remember the Last Supper that Jesus had with the Apostles and how He changed the bread and wine into His Body and Blood. God has given priests the power to do what Jesus did. That is why the priest takes bread in his hands and says the words of Jesus:

"This is my Body"

and the bread becomes the Body of Jesus. Then the priest takes the cup of wine and says:

"This is the chalice of my Blood"

and the wine becomes the Blood of Jesus.

We do not see Jesus on the altar, but He is really there. Jesus is God and He can do anything.

Someday, you will be able to receive Jesus in Holy Communion. Then you will be closer to Him than ever before.

Word to Know:

Gospel

Q. 55 *What happens during Mass?*

During the Mass, Jesus comes to earth in the Eucharist. We remember the Last Supper, His sacrifice, and His death on the Cross (CCC 1365–67).

Q. 56 *Why has Christ given Himself to us in the Holy Eucharist?*

Christ has given Himself to us in the Holy Eucharist to be the life and food of our souls (CCC 1384).

We Pray:

Jesus, please come to me soon. I want so much to receive You. *Amen.*

“Truly, truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you; he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day....”

John 6:53–54