

## *Invision the Trinity: Activities*

1. Using a white square piece of cloth (or a paper napkin) say aloud this prayer while folding the cloth(napkin) into a tri-fold.

Three folds of the cloth, yet only one napkin is there,  
Three joints in the finger, but still only one finger fair,  
Three leaves of the shamrock, yet no more than one shamrock to wear.  
Frost, snowflake and ice, all in water their origin share,  
Three Persons in God; to one God alone we make prayer.

- traditional Gaelic poem

2. With sidewalk chalk, create the underlying image on a surface outside.

3. A Prayer Activity with a Pretzel

### A prayer activity

\*Hold a pretzel in one hand and notice how it is all one but also has three parts. Thank God that he is so much bigger and far more than we could ever imagine, and that he is committed to giving all of himself to us. Ask God to help us remember that he has all we need for each day this coming week.

\*Notice how the pretzel is like two hands praying. Thank God that Jesus is always praying for us and that the Holy Spirit helps us to pray to God. Ask God to keep us faithful in prayer in the week ahead.

\*Feel the pretzel. It is hard and shiny and real! God promises to be real to us if we ask him into our lives. As we eat the pretzel, thank God that he can live in us and that he will give us new strength for the week ahead.

\*Finish with the words of the grace (2 Corinthians 13:13) that surround us with the Trinity who is God.