

Three in One

For teens ages 12–14 · about 45–60 minutes · Buried & Raised · game **Three in One** · built on **Matthew 28:19, Deuteronomy 6:4, and John 14:26**

Your students hear God talked about every week — Father, Son, Holy Spirit — but many cannot explain what that means without sounding confused. Some think Christianity teaches three gods. Some think the Trinity is just three names for the same mood God is in. Some tune out because doctrine feels boring. Baptism candidates especially need clarity: they are not stepping into a vague religious vibe. They are being baptized *into* the one true God who exists eternally as Father, Son, and Holy Spirit. This session makes the Trinity teen-simple without making it shallow.

Before you teach anything, pray.

The Trinity is not a math puzzle to win an argument with. It is the living God you are introducing students to. Some will have heard bad teaching; some will think "doctrine" means dead religion. Ask the Spirit for wonder, clarity, and worship — not a lecture that leaves them more confused than when they walked in.

The heart of the lesson

The Bible teaches **one God in three Persons** — Father, Son, and Holy Spirit. Not three gods. Not one God pretending to be three different characters. **One essence, three Persons.** Deuteronomy 6:4 rings through all of Scripture: "Hear, O Israel: The LORD our God, the LORD is one."

Christianity is fiercely monotheistic. At the same time, the Father sends the Son, the Son sends the Spirit, and baptism is commanded "in the name of the Father and of the Son and of the Holy Spirit" (Matthew 28:19) — singular *name*, three Persons, one God.

One God. Three Persons. No confusion.

Why does this matter for teens preparing for baptism? Because you are not being baptized into a tradition, a feeling, or a church brand. You are being baptized into the **triune God** who saves. The Father planned redemption. The Son died and rose. The Spirit applies that salvation, indwells believers, and empowers witness. All three are fully God, fully personal, and fully involved in your salvation. You can pray to the Father, trust the Son, and walk with the Spirit — without juggling three separate gods or collapsing them into one blurry force.

Mystery is not the same as nonsense — the God who made the universe is bigger than our brain, but He is not irrational.

Common mistakes to name gently: **tritheism** (three gods), **modalism** (one God wearing three masks — Father on Sunday, Son on Monday, Spirit on Tuesday), and **indifference** ("I'll just love Jesus and ignore the rest"). Scripture won't let us pick and choose. The Son reveals the Father. The Spirit glorifies the Son. Salvation is Trinitarian from start to finish.

DEUTERONOMY 6:4

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

MATTHEW 28:19

"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."

JOHN 14:26

"But the Helper, the Holy Spirit, whom the Father will send in my name, will teach you all things and bring to your remembrance all that I have said to you."

How the session flows

- 1 Open with one God.** Deuteronomy 6:4 and why baptism needs clarity. ~7 min
- 2 Three Persons, one God.** Teach Father, Son, Spirit roles without tritheism or modalism. ~12 min
- 3 Play the game.** "Three in One" on screen. ~12–15 min
- 4 Quiet honesty.** Reference card — who is God to me? ~5 min
- 5 Worksheet.** Scripture sorting and short answers. ~15 min
- 6 Worship and wonder.** Pray to the Father, through the Son, in the Spirit. ~8 min

Screen for the game, printed reference cards and worksheets, pens, optional three candles (one flame, three wicks picture) or simple diagram on whiteboard, soft worship for closing prayer.

Leading it, part by part

Open with one God

Ask: "If someone asked what Christians believe about God, could you answer in one sentence without embarrassing yourself?" Most teens hesitate. That's honest. Read Deuteronomy 6:4. Ancient Israel lived surrounded by nations worshiping many gods. God's people were called to absolute loyalty to **one LORD**. Christianity did not abandon that. We still confess one God — not a committee, not a pantheon. Baptism is entry into that one God's covenant people. So we need to know who He is.

Three Persons, one God

Use a simple picture: **one sun, three rays of light** is weak; better: **one God who eternally exists as Father, Son, and Spirit**. The Father is not the Son. The Son is not the Spirit. Yet there is only one God. Matthew 28:19 is the baptism verse — notice *name* is singular while three Persons are named. John 14:26 shows them working together: the Father sends the Spirit in the Son's name. Walk through salvation Trinitarian-style: the Father loved and sent (John 3:16), the Son died and rose (1 Corinthians 15:3–4), the Spirit regenerates and dwells in believers (John 3:5–8; Romans 8:9). Teens need to see this is not abstract — it is how they got saved and how they live.

Name the errors without mocking anyone: three gods is polytheism; one God with three masks makes the cross a fake (who died — a mask?); ignoring the Spirit cuts off half the Christian life. Classical Pentecostal faith is fully Trinitarian — we worship one God, relate to three Persons, and expect the Spirit's real work today.

Play the game

Run "Three in One" — Round 1 sorts truth from myth, Round 2 drills key verses and roles, Round 3 applies Trinity thinking to baptism prep and everyday prayer, Round 4 lightning locks in memorable lines. Twelve to fifteen minutes. Afterward, ask: "Which myth did you use to believe — or almost believe?"

Quiet honesty

Hand out the reference card for five private minutes. Students name which Person of the Trinity feels most real to them right now and which still feels foggy. Nobody collects it. The goal is honest relationship with God, not a theology quiz score.

Worksheet

Structured reinforcement — match verses, true/false on common errors, one short answer on baptism's "one name, three Persons." Different job than the card: learning and recall, not emotional confession.

Worship and wonder

Close with Trinitarian prayer model: pray *to the Father, through Jesus the Son, in the power of the Holy Spirit*. Invite students to thank each Person for one specific part of salvation. No pressure to perform — just clear, biblical wonder. Remind them: you are not baptized into confusion. You are baptized into the one God who is Father, Son, and Holy Spirit forever.

Take it further

- What does Deuteronomy 6:4 teach about how many gods Christians worship?
- Why does Matthew 28:19 say *name* (singular) but list three Persons?
- How do the Father, Son, and Spirit work together in John 14:26?
- What is the difference between three gods and three Persons in one God?
- What is modalism, and why does it break the gospel story?
- Which Person of the Trinity do you pray to most — and is that balanced with Scripture?
- How does knowing the Trinity change what baptism *means*?
- Read 2 Corinthians 13:14 — how does Paul pack all three Persons into one blessing?

A final word

Teens do not need to become seminary professors. They do need to know the God they are saying yes to. The Trinity is not a hurdle to jump before baptism — it is the glorious truth that the Creator is love, the Savior is God-with-us, and the Spirit is God-with-us-still. Teach it plainly, play it loudly, let them pray it personally. One God. Three Persons. No confusion.