

Trinity Sunday Discussion Guide

Theme: Knowing the One True God—Father, Son, and Holy Spirit

Primary Text: Matthew 28:16–20

(Optional supporting texts: 2 Corinthians 13:14; John 14:15–26)

Main Idea: God has revealed Himself as Father, Son, and Holy Spirit—one God in three persons—who invites us into a relationship of love and sends us into His mission.

Opening Question (Icebreaker): When you think about God, what image or idea most naturally comes to mind—and why?

Read the Passage Together: Have someone read **Matthew 28:16–20** aloud.

Observation Questions

- (What does the text say?)
- What authority does Jesus claim in this passage?
- What are the disciples commanded to do?
- What do you notice about the phrase “in the name of the Father and of the Son and of the Holy Spirit”?

Interpretation Questions

(What does it mean?)

- Why is it significant that Jesus speaks of one “name” but includes Father, Son, and Holy Spirit?
- What does this passage reveal about how the Father, Son, and Spirit relate to one another?
- How does the Trinity shape the mission Jesus gives to His disciples?

Application Questions

(What does it mean for us?)

- How does understanding God as Trinity deepen your relationship with Him?

- Which person of the Trinity do you most naturally relate to—and which do you tend to overlook?
- How can we grow in awareness of the Father's love, the Son's grace, and the Spirit's presence in everyday life?
- What does it look like to live as people sent in the name of the Triune God?

Group Prayer Time

- Thank the Father for His love and plan of salvation.
- Thank Jesus for His authority, sacrifice, and presence with us.
- Ask the Holy Spirit to guide, empower, and transform your lives.

Leader Notes

- Avoid trying to “explain away” the mystery—emphasize that the Trinity is revealed, not invented.
- Keep the focus relational: the Trinity shows us that God is love in His very being.
- Tie doctrine to discipleship—Trinity is not abstract theology, but the foundation of Christian life and mission.