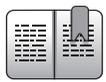


# WEEK 1: THREE IN ONE



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**Memory Verse:** *So there are three witnesses in heaven: the Father, the Word and the Holy Spirit, and these three are One. —1 John 5:7 AMPC*



# WEEK 1: SNAPSHOT

## THREE IN ONE

DAY	TYPE OF LESSON	LESSON TITLE	SUPPLIES
Day 1	Bible Lesson	Jesus' Baptism	None
Day 2	Real Deal	Freeze-Drying	1 Astronaut action figure or picture of an astronaut, 1 Bag of freeze-dried ice cream or other freeze-dried food samples
Day 3	Giving Lesson	Let Go of That Seed!	Package of seeds, Watering can, Flashlight, Clay pot, Potting soil, Small table
Day 4	Object Lesson	It's All Here	2 Hard-boiled eggs (or 1 egg for each child), Kitchen table, Paper towels, Plastic gloves
Day 5	Game Time	Triathlon	Punch ball, Jump-rope, Hula hoop, Stopwatch, Watch with second hand or smartphone with stopwatch app, Upbeat music to play during the activity (optional)
Bonus	Activity Page	Trinity Match-Up	1 Copy per child

### Lesson Introduction:

When teaching a challenging subject like the Trinity, it's important to allow input and questions from your kids. It's a good challenge to the Cadets to process what they are learning and explore ways to incorporate its truth into their everyday lives.

Choosing to provide examples in more than one form and expressing the different expressions of that element may be a helpful tool in relating to the Trinity (or the main point of each lesson). Here are two examples:

- Water can appear in three different states—liquid (water), gas (steam) or solid (ice).
- Words can be thought, spoken or written.

God is unique. He is Three in One—the Father, the Son, and the Holy Spirit!

Love,

Commander Dana

## Lesson Outline:

This week, your children will learn about the Trinity, the marvelous mystery of God's presence. You will help them understand that although God appears in three different persons—the Father, the Son and the Holy Spirit—He is still one God.

Enjoy sharing this foundational truth with your children this week. Explore how God, in three persons, works together. Answer their questions about the function of each person of the Trinity. Encourage discussion, and look for ways to impart this truth throughout the week.

### I. AN AMAZING MYSTERY SOLVED

- a. God is three persons in One. 1 John 5:7
- b. Our God is Father, Son and Holy Spirit.
- c. The Trinity is in unity and agreement. 1 John 5:8

### II. GOD'S WISDOM IS REVEALED TO US BY HIS SPIRIT 1 Corinthians 2:14

- a. We are to seek wisdom and understanding from God. Proverbs 4:7
- b. We walk in wisdom when we follow God's Word. Matthew 11:19
- c. We seek the Spirit of wisdom to know God better. Ephesians 1:17

### III. THE TRINITY

- a. God is our heavenly Father, and the Creator of all. Genesis 1:1
- b. Jesus is our Savior, our friend, and our way to God. John 14:6
- c. The Holy Spirit is our helper. Romans 8:26

Notes: \_\_\_\_\_

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## DAY 1: BIBLE LESSON

## JESUS' BAPTISM



**Memory Verse:** *So there are three witnesses in heaven: the Father, the Word and the Holy Spirit, and these three are One.* —1 John 5:7 AMPC

This week, we're learning about the Trinity—that God is Three in One. In this passage about Jesus' baptism, we see the Godhead—the Father, the Son and the Holy Spirit—working together in perfect unity, preparing the way for Jesus' ministry, death and resurrection, and God's redemption of mankind.

### Read Matthew 3:13-17: *The Baptism of Jesus*

Then Jesus went from Galilee to the Jordan River to be baptized by John. But John tried to talk him out of it. "I am the one who needs to be baptized by you," he said, "so why are you coming to me?"

But Jesus said, "It should be done, for we must carry out all that God requires." So John agreed to baptize him.

After his baptism, as Jesus came up out of the water, the heavens were opened and he saw the Spirit of God descending like a dove and settling on him. And a voice from heaven said, "This is my dearly loved Son, who brings me great joy."

### Discussion Questions:

**1. What happened in this passage?**

John the Baptist baptized Jesus. When that happened, the Holy Spirit descended on Jesus and God spoke.

**2. All three persons of the Godhead—the Father, the Son and the Holy Spirit—were present at this moment in time. Identify each one in this passage.**

Jesus was being baptized. The Holy Spirit descended from heaven like a dove, and the Father was the voice from heaven.

**3. Jesus' baptism was the beginning of His ministry on earth. Why was this important?**

From this point until His death and resurrection, Jesus began teaching people about His heavenly Father. Many people came to know Him and accept Him as their Lord. He was the fulfillment of God's promise to save mankind.

**4. Why was it important for all three persons of the Godhead to be present at that point in history?**

Jesus' baptism was an important part of God's plan for mankind's redemption, and all three persons of the Godhead had a part in its success. As we already learned, Jesus' baptism was the beginning of His ministry and part of His journey toward crucifixion (paying for all of mankind's sins) and resurrection (overcoming death). It was





## DAY 2: REAL DEAL

## FREEZE-DRYING



**Memory Verse:** *So there are three witnesses in heaven: the Father, the Word and the Holy Spirit, and these three are One.* —1 John 5:7 AMPC



**Concept:** Highlighting an interesting historical place, figure or event that illustrates the theme of the day. The theme of the day is Three in One—God present in God the Father, God the Son, and God the Holy Spirit.

**Supplies:** ■ 1 Astronaut action figure or picture of an astronaut, ■ 1 Bag of freeze-dried ice cream or other freeze-dried food samples (available at most outdoor stores or camping sections in department stores)

### Intro:

Today we're talking about amazing mysteries. In fact, we're talking about one of the greatest mysteries of all time—the Trinity. The Trinity refers to the Godhead, or God as three people in One—Father, Son and Holy Spirit. Sounds amazing, doesn't it?

Today, we're going to look at something else that remains the same, even when it changes form. But first, let's see if you can answer this riddle:

"We started traveling in the 1960s. Our trips were very long—to say the least. They were so long, in fact, that we needed a lot of food to eat. Who are we?"

Any guesses? (*Reread the riddle, and maybe give some hints. Allow children to guess.*)

The answer is: astronauts!

### What Is It?

This week, we're learning about astronauts. Can someone tell me our Bible memory verse again? So, what does that have to do with astronauts? Well, let's find out!

When astronauts travel into space, they still have to eat! But they can't take regular food with them like we eat, because they have to have food that doesn't need to be kept in the refrigerator or that takes up much space. A space capsule or cabin where the astronauts ride is very compact, so there's no place to store as much regular food as a crew would need on a long journey like that.

So, scientists had to figure out how to bring along food that would be easy to pack, ready to eat and took up very little space.

Scientists decided to send along *freeze-dried* food. I think you're probably wondering what that is! Well, when food is freeze-dried, it weighs a lot less because once the moisture is taken out, it shrinks in size and lasts for a long time. Some space food can last up to 30 years! Wow, now that's amazing!

## ***How Do They Do That?***

I'm sure you're probably wondering how food is freeze-dried. Let's find out!

Freeze-drying food takes three steps. First, scientists invented a freeze-drying machine that freezes food at 50-80 degrees below zero. Now, that's cold! Just think, it only has to be 32 degrees *above* zero to snow or make ice cubes.

After the freeze-drying machine freezes the food, a high-powered vacuum sucks out all the ice crystals that have formed inside the food after it has been frozen at such cold temperatures. This process leaves little holes in the food where the ice crystals were, creating something like a sponge out of the food. Then the food is heated until it completely dries out. And now, the food is finally ready to put into flat, airtight packages so it can last a long time and fit into the small space where the astronauts will ride.

The first American astronauts had shorter trips into space, and didn't require as much food. This was a good thing because early space food wasn't too appetizing. The early freeze-dried foods were a big step, but they needed some work to make them better. They were usually in liquid form that the astronauts sucked out of aluminum tubes. It was a challenge to keep the tubes from crumbling. And, speaking of crumbs, if the astronauts ate anything that left crumbs, if they weren't watchful, the crumbs would float away and get into their equipment. Not good!

The NASA scientists worked on the freeze-dried food until they were eventually able to freeze-dry meals that actually tasted homemade. Astronauts were able to enjoy meals that many people like, like lasagna, shrimp, chicken, vegetables and even ice cream!

*(Allow your children to see, smell and taste the freeze-dried food that has been rehydrated.)*

## ***Let's Eat!***

So, how is freeze-dried food prepared? The main component in it is water. As we learned, the water is taken out of the food in the form of ice crystals, to make it last longer and be lighter to transport. But to make it edible, or to "bring it back to life," water needs to be added back into it. In the early days, the astronauts had to use their saliva to bring freeze-dried food back to life. Yuck! That meant no hot meals, just cold dinners every night—not much fun.

Eventually, NASA scientists created a device that carried hot water into space for the astronauts to be able to prepare warm meals. Even though using the hot water to prepare the freeze-dried meals took longer—about 20-30 minutes per meal—no one was complaining! The astronauts couldn't have been happier about having hot meals for their long journeys into space.

Today's space-shuttle menus contain about 72 different foods and 20 different kinds of drinks.

## ***Making History:***

Did you know that freeze-drying food has been around for more than 1,000 years? The ancient Inca Indians in Peru were the first people to freeze-dry food using the high altitudes and extreme mountain temperatures where they lived. In the winter months, they would store their crops in the cold and return in summer to find them perfectly unspoiled. They used nature as their natural freeze-dryer!





## DAY 3: GIVING LESSON

LET GO OF THAT SEED!



**Suggested Time:** 10 minutes



**Offering Scripture:** There are those who [generously] scatter abroad, and yet increase more; there are those who withhold more than is fitting or what is justly due, but it results only in want.

—Proverbs 11:24 AMPC



**Parent Tip:** This is a perfect opportunity to express the importance of a generous and willing attitude. Remind and encourage your children to be generous givers with their time and service. This is also an excellent lesson to perform outside.

**Supplies:** ■ Package of seeds, ■ Watering can, ■ Flashlight, ■ Clay pot, ■ Potting soil, ■ Small table

### Prior to Lesson:

Be sure to communicate to your children the concept of sowing generously into God's kingdom. It is only by giving from our hearts—our money, time and talent—that we can receive a harvest.

### Lesson Instructions:

Today, we're going to talk about Proverbs 11:24. It says, "There are those who [generously] scatter abroad, and yet increase more; there are those who withhold more than is fitting..." [more than they should].

Let's discover what this means. First, I'm going to need a Superkid who doesn't mind getting dirty to help me. I need a helper who loves to dig in the dirt, likes to work in the garden, and enjoys seeing things grow. *(Choose a Superkid to be your helper.)* Right here, on this table, is everything needed to grow a plant: a seed, a clay pot, some dirt, water and sunlight *(hold up your flashlight)*. Well, it's almost like sunlight! Let's go ahead and do what is needed to plant this seed. *(Allow one of your children to place soil in the clay pot and prepare to water the seed. Hold the seed up for everyone to see, and keep it clenched in your hand, making sure they realize the seed is in your hand.)*

Now that we have everything prepared, it's time to water and give sunlight to our seed. *(Keeping the seed in your hand, review the planting steps. Make sure the children recognize that the seed is still in your hand. Once the kids notice that the seed is missing from the clay pot, place the seed in the pot, have fun with the flashlight—sunlight.)*

Did you know that this example of the seed relates to today's scripture? It points out that people who are not generous givers end up with just more needs. For example, instead of planting a seed, a stingy person wants to continue holding on to the seed while he/she is still expecting a harvest. But that's not the way it works. To receive any harvest, like fruits and vegetables, we must plant a seed. We must let go of the seed so we can plant it in the ground.

So let's be generous people with our money, our things and our talents by "planting our seeds," and giving to





## DAY 4: OBJECT LESSON

IT'S ALL HERE



**Suggested Time:** 10 minutes



**Memory Verse:** *So there are three witnesses in heaven: the Father, the Word and the Holy Spirit, and these three are One.* —1 John 5:7 AMPC

**Supplies:** ■ 2 Hard-boiled eggs (Only one egg is required for the lesson. Keep one for a backup, or if you would like each child to participate, include 1 egg for each.), ■ Kitchen table, ■ Paper towels, ■ Plastic gloves (for your child to wear while holding the egg)

### Lesson Instructions:

Hey, Superkids, do you know what's in my hand? (*Hold up one of the eggs.*) Yes, it's an egg. That was an easy question, wasn't it?

Well, here's a more challenging question: Can one of you Superkids describe the different parts of an egg? (*Allow children to name the different parts: shell, white and yolk.*) Just to make sure, we're going to take this egg apart to find all three parts.

As you can see, I'm taking off the outside part of the egg. What is this called? You're right! The outside part of the egg is called the shell. (*If each child has an egg, instruct children to crack the shell and start peeling their eggs.*) To reveal the egg white, we'll have to remove all the shell.

*Ta da!* Presenting...the egg white! So now, there's only one part left. Let's reveal the final part. Can anyone remember what the third part is called? Yes, it's the yolk. (*Help children carefully remove the white to expose the yolk of the egg.*) Here it is, right in the middle. Now, this egg has been separated into three parts, which all came from the one egg.

You know, that so reminds me of God! God is just one God, but He has three parts—just like this egg. There is the Holy Spirit, whom we'll compare to the shell of the egg. The Bible says the Holy Spirit hovers around us, which means He "hangs out" over us. Then, there's the Son of God, Jesus, who is like this egg white because He's right next to the Father, who is the center of everything, just like this yolk. Isn't that cool—to be three parts, put together, to make one! And just like this egg, there's always more of God than can be seen with our natural eye!

Notes:

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## DAY 5: GAME TIME

## TRIATHLON



**Suggested Time:** 8-10 minutes



**Memory Verse:** So there are three witnesses in heaven: the Father, the Word and the Holy Spirit, and these three are One. —1 John 5:7 AMPC



**Teacher Tip:** Present the memory verse to your children and allow them to repeat it several times. Include your own hand gestures and movements to help them memorize it more easily.

**Supplies:** ■ Punch ball, ■ Jump-rope, ■ Hula hoop, ■ Stopwatch, watch with second hand or smartphone with stopwatch app, ■ Upbeat music to play during the activity (optional)

### Prior to Game:

Begin by blowing up and tying the punch ball. Set up 3 stations around the yard or house, 1 for each activity.

### Game Instructions:

Today, we're going to play a really fun game. Who likes to jump rope? How about using a hula hoop? What about punch balls?

Is anyone good at all three? But, what about at the same time? (*Choose 1 player to attempt all 3 activities at the same time.*) Oh, my! It's not so easy to do them all at the same time, is it?

Well today, we're going to have a triathlon. Does anyone know what that is? A *triathlon* is an athletic contest with three consecutive events, usually swimming, bicycling and distance running. But, instead of those three events, we're going to jump rope, hula-hoop and hit punch balls!

We'll have three stations. At each station, a player will do each event, and when he/she has completed the number of times required, he/she can move on to the next station. (*Choose the order in which players will move through the stations.*)

When I say, "Go!" the player will rush to the punch-ball station, pick it up and punch it 10 times. When the player finishes all 10 times, he/she will move to the hula-hoop station where he/she will hula-hoop 10 times. Finally, the player will run to the jump-rope station where he/she will jump rope 10 times. The winner will be the player with the fastest times.

### Game Goal:

Be the player to move through all 3 stations the fastest. The player with the fastest time, wins!





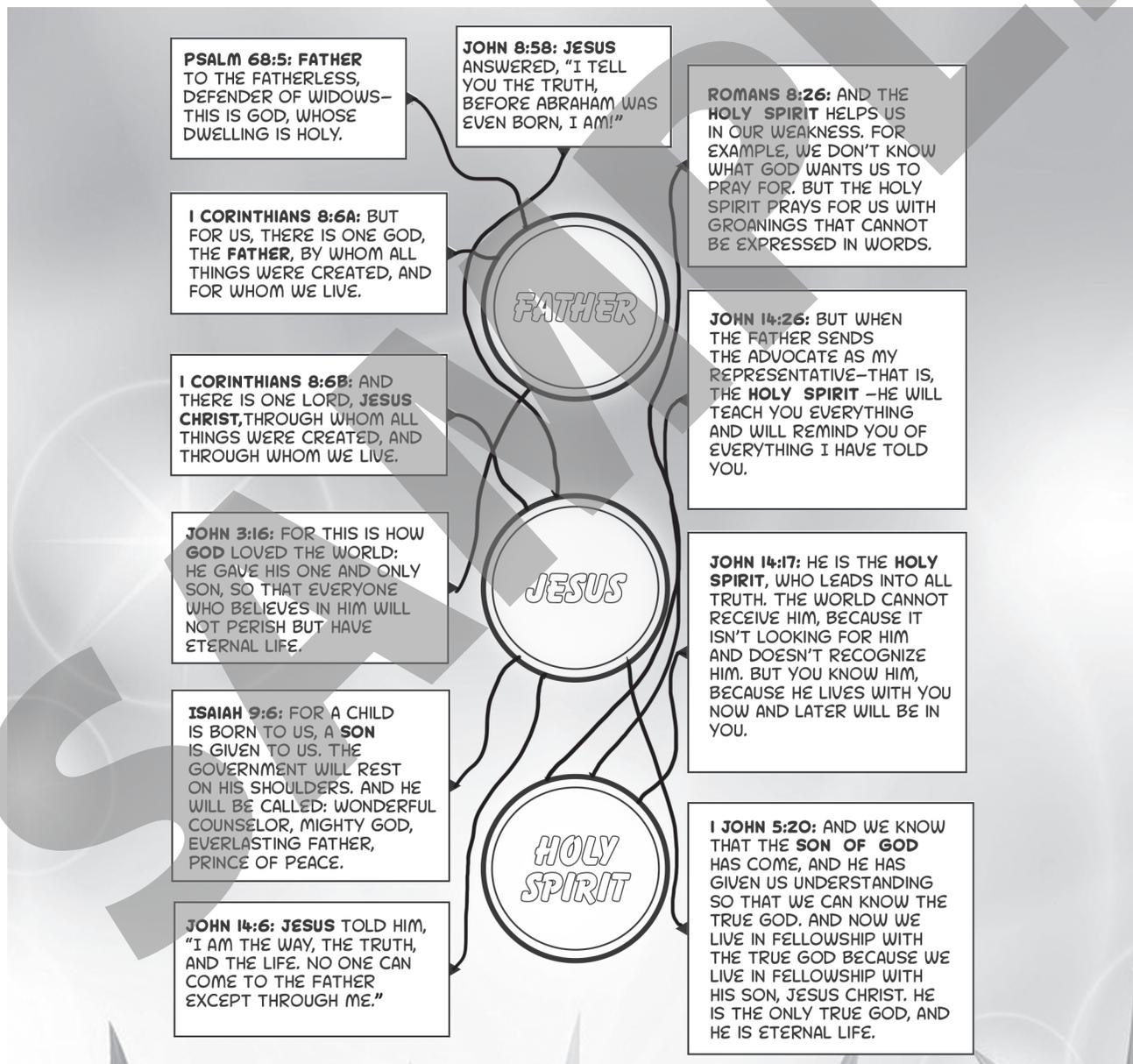
# ACTIVITY PAGE

# TRINITY MATCH-UP



**Memory Verse:** *So there are three witnesses in heaven: the Father, the Word and the Holy Spirit, and these three are One.* —1 John 5:7 AMPC

## ANSWER KEY:



Name: \_\_\_\_\_

Throughout this week, you've learned that God is Three in One, one God as three different people—the Father, the Son and the Holy Spirit. Look up the verses below, fill in the missing words and match each to the correct person of the Godhead. (Note: All scriptures have been taken from the *New Living Translation*.)

**PSALM 68:5:** \_\_\_\_\_ TO THE FATHERLESS, DEFENDER OF WIDOWS—THIS IS GOD, WHOSE DWELLING IS HOLY.

**JOHN 8:58:** \_\_\_\_\_ ANSWERED, "I TELL YOU THE TRUTH, BEFORE ABRAHAM WAS EVEN BORN, I AM!"

**ROMANS 8:26:** AND THE \_\_\_\_\_ HELPS US IN OUR WEAKNESS. FOR EXAMPLE, WE DON'T KNOW WHAT GOD WANTS US TO PRAY FOR. BUT THE HOLY SPIRIT PRAYS FOR US WITH GROANINGS THAT CANNOT BE EXPRESSED IN WORDS.

**I CORINTHIANS 8:6A:** BUT FOR US, THERE IS ONE GOD, THE \_\_\_\_\_, BY WHOM ALL THINGS WERE CREATED, AND FOR WHOM WE LIVE.



**JOHN 14:26:** BUT WHEN THE FATHER SENDS THE ADVOCATE AS MY REPRESENTATIVE— THAT IS, THE \_\_\_\_\_ —HE WILL TEACH YOU EVERYTHING AND WILL REMIND YOU OF EVERYTHING I HAVE TOLD YOU.

**I CORINTHIANS 8:6B:** AND THERE IS ONE LORD, \_\_\_\_\_, THROUGH WHOM ALL THINGS WERE CREATED, AND THROUGH WHOM WE LIVE.



**JOHN 14:17:** HE IS THE \_\_\_\_\_, WHO LEADS INTO ALL TRUTH. THE WORLD CANNOT RECEIVE HIM, BECAUSE IT ISN'T LOOKING FOR HIM AND DOESN'T RECOGNIZE HIM. BUT YOU KNOW HIM, BECAUSE HE LIVES WITH YOU NOW AND LATER WILL BE IN YOU.

**JOHN 3:16:** FOR THIS IS HOW \_\_\_\_\_ LOVED THE WORLD: HE GAVE HIS ONE AND ONLY SON, SO THAT EVERYONE WHO BELIEVES IN HIM WILL NOT PERISH BUT HAVE ETERNAL LIFE.

**ISAIAH 9:6:** FOR A CHILD IS BORN TO US, A \_\_\_\_\_ IS GIVEN TO US. THE GOVERNMENT WILL REST ON HIS SHOULDERS. AND HE WILL BE CALLED: WONDERFUL COUNSELOR, MIGHTY GOD, EVERLASTING FATHER, PRINCE OF PEACE.



**I JOHN 5:20:** AND WE KNOW THAT THE \_\_\_\_\_ HAS COME, AND HE HAS GIVEN US UNDERSTANDING SO THAT WE CAN KNOW THE TRUE GOD. AND NOW WE LIVE IN FELLOWSHIP WITH THE TRUE GOD BECAUSE WE LIVE IN FELLOWSHIP WITH HIS SON, JESUS CHRIST. HE IS THE ONLY TRUE GOD, AND HE IS ETERNAL LIFE.

**JOHN 14:6:** \_\_\_\_\_ TOLD HIM, "I AM THE WAY, THE TRUTH, AND THE LIFE. NO ONE CAN COME TO THE FATHER EXCEPT THROUGH ME."



Notes: \_\_\_\_\_

**SAMPLE**