



Today we're in week two of our eight-week sermon series called Solid Ground. This series is all about building our lives on a firm spiritual foundation. Our theme verse comes from Matthew 7, where Jesus teaches us to build our lives on the rock instead of the shifting sand. We live in a world filled with all kinds of ideas about God; some rooted in truth and others way off base. One of the most important doctrines of the Christian faith is the Trinity. The Trinity is the belief that God exists as Father, Son, and Holy Spirit. For some, this may be familiar, while for others, it feels like a confusing mystery. Take some time today to walk through the questions on the Trinity with your group.

1. The sermon started explaining topics of conversation we are good at having vs. areas we know little about. As we approach the Trinity, quickly have your group share their confidence in being able to describe the Trinity.
2. The concept of the Trinity is present throughout Scripture but "The Trinity", in written form like this, is never mentioned in Scripture. Read these passages and talk about the Trinity: Genesis 1:1-3, 26-27, Isaiah 6:8, and Matthew 28:18-20.
3. We looked at Four words to help us understand the Trinity: One— There is only one God, Three— This one God exists as three persons, Diversity— Each person of the Trinity is distinct and Unity— The Trinity functions in perfect harmony. What part of this was most helpful to you?
4. The Trinity is hard to explain and Christians have used human examples like: the egg, the shamrock, and water. Have you heard any other illustrations that would be helpful in explaining the Trinity to someone?
5. All throughout the New Testament we see the unity of the Trinity. Read Matthew 3:16–17, John 14:16–17, 2 Corinthians 13:14, and Ephesians 2:18. How do these verses help us see the unity in the Trinity?
6. In our Christian faith the Trinity matters. Read Romans 5:5–6, Galatians 4:4–6, Ephesians 3:14–19, and 1 John 4:13–14. Discuss how these verses show God expresses His great love to us. What stands out to you?
7. Part of being loved by God is loving others. Come up with a list of five potential ways you can personally show the love of God to others this week. Next, have everyone in your group choose one way they will intentionally work on this week.
8. Close your time in prayer asking for God to help you understand His triune nature.