

**WATERMARK WAVES**

# Understanding the Trinity

## **Knowing the Father, Son, and Holy Spirit**

A six-session companion workbook

Scripture • Reflection • Prayer • Practice

Living an Authentic Life  
Through the Holy Spirit.

US Letter | Print at actual size (100%)

# Welcome

God makes Himself known through Scripture. Christians worship one God who eternally exists as three distinct Persons: the Father, the Son, and the Holy Spirit. Each Person is fully God. This workbook helps you study those truths and respond in worship, prayer, and daily life.

This six-session workbook accompanies twelve free Watermark Waves Articles. A thirteenth Article introduces the historic Shield of the Trinity as an optional reference. The full Article text is not included. Internet access is needed for the companion readings. Use your Bible for the passages and write in your own words.

The Father sent His Son, Jesus Christ, who died for our sins and rose again. Through repentance and faith in Christ, sinners receive forgiveness and life with God. The Holy Spirit gives new life and shapes believers to become more like Christ. Completing a workbook does not earn salvation.

## How to Use This Workbook

- Complete each session in two sittings if that helps you read with care.
- Read each Bible passage in its setting before answering. Include verse references.
- If a passage is hard to follow, compare two translations and read the verses around it.
- Write down questions. You do not need to explain everything about God before you can trust Him.
- Group discussion is optional. Share only what you choose.
- The PDFs are designed for printing and handwriting; it is not fillable.

## Personal Use Permission

Your purchase is for one person. You may print copies for your own use, including when attending a group. Do not share purchased files, distribute copies, resell them, or upload them online. Each participant needs their own purchase. The companion Articles remain free to read and share by link.

# Your Reading Plan

| Session | Focus                                  | Companion Articles                                                                       |
|---------|----------------------------------------|------------------------------------------------------------------------------------------|
| 1       | One God, Three Persons                 | What Is the Trinity? / One God in Three Persons                                          |
| 2       | Following the Biblical Witness         | Is Trinity in the Bible? / How Are the Father, Son, and Holy Spirit One?                 |
| 3       | Knowing the Father                     | God the Father vs God the Son / God the Father vs the Holy Spirit                        |
| 4       | The Son, the Spirit, and Our Salvation | God the Son vs the Holy Spirit / Why Does the Trinity Matter?                            |
| 5       | Learning With Humility                 | The Trinity Explained: Helpful Examples and Their Limits / Why God's Nature Is Beyond Us |
| 6       | Speaking With Care                     | Trinity Contradiction? / How to Explain the Trinity to a New Believer                    |

The historic Shield of the Trinity Article is an optional reference after Session 2. It summarizes relationships; it does not picture God's being.

[Open the Understanding the Trinity Study.](#)

# Session 1: One God, Three Persons

## Before You Begin

What do you hope to understand about the Father, Son, and Holy Spirit? Bring that question to God as you read.

Opening prayer: Father, help me receive what You reveal in Scripture. Lead me to trust Your Son and depend on Your Spirit. Let what I learn shape my worship and obedience. Amen.

## Reading One: What Is the Trinity?

Read [What Is the Trinity?](#).

Read in your Bible: **Deuteronomy 6:4-9; Isaiah 45:5-6.**

The Bible teaches that there is one true God. The Trinity holds this truth together with what Scripture reveals about the Father, Son, and Holy Spirit. They share the one divine being. Each Person is fully God; none is a part of God. Begin by noticing how God's oneness calls His people to love and obey Him.

## Look at the Passage

1. What do Deuteronomy 6:4 and Isaiah 45:5-6 say about God? What belief do these verses rule out?

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2. How does Deuteronomy 6:5 describe the love God calls for?

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3. What daily actions in Deuteronomy 6:6-9 help God's people remember His words?

## Bring it into your life

Where could remembering God's words change a choice you make this week?

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# Session 1: One God, Three Persons

## Reading Two: One God in Three Persons

Read [What Does One God in Three Persons Mean?](#).

Read in your Bible: **Matthew 3:13-17; Matthew 28:18-20.**

At Jesus' baptism, the Son is baptized, the Spirit descends, and the Father speaks. The passage shows their personal distinction. Jesus later names the Father, Son, and Holy Spirit together in His command to baptize disciples. These passages contribute to the Bible's wider witness. Later sessions will explore the full deity of the Son and the Spirit. No single scene explains everything about God's being.

## Look at the Passage

4. What does each Person do in Matthew 3:16-17?

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5. What does the Father's statement in Matthew 3:17 reveal about His relationship with the Son?

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6. Whom does Jesus name in Matthew 28:19? What does He command His disciples to do in verses 19-20?

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## Bring it into your life

How could Jesus' call to learn and obey guide your response to a teaching you find hard?

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# Session 1: One God, Three Persons

## Connect the Two Readings

Hold the passages together. Write what each contributes and include a verse reference.

| What I learned                           | My response and verse reference |
|------------------------------------------|---------------------------------|
| There is one true God                    |                                 |
| Father, Son, and Spirit are distinct     |                                 |
| Knowing God calls for love and obedience |                                 |

## Take One Step

A friend asks, "Do Christians worship three gods?" Write a short response using these passages. Include one question you want to keep studying. You do not need an object lesson to speak with care.

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## Prayer

Write a prayer to the Father, giving thanks for Jesus Christ and asking for the Spirit's help to understand and obey Scripture.

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# Session 1: One God, Three Persons

## Optional Group Discussion

- How do the passages call us to worship one God?
- What do we observe about the Father, Son, and Spirit at Jesus' baptism?
- How can we admit a question without setting aside what Scripture teaches?

Listen with patience. Compare explanations with the passages and make room for further study.

## Optional Further Reading

Read the whole chapter: **Matthew 3**. Notice John's call to repentance, Jesus' baptism, the Spirit's descent, and the Father's words. Consider the setting before drawing conclusions from one verse.

What does this chapter add to what you learned in this session? Include a verse reference.

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## After This Session

Return to one passage during the week. Follow through on your step and note what you learned.

## Notes and Prayer Requests

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