WATERMARK WAVES

Biblical Foundations of the Trinity

Reading the Bible's Witness to the One True God

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

Christians confess one God who eternally exists as Father, Son, and Holy Spirit. This workbook helps you examine the biblical passages behind that confession, read them in context, and respond with worship, prayer, and obedience.

This six-session workbook accompanies twelve free Watermark Waves Articles. 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.

No single verse explains every part of the doctrine. Read the passages together, noticing both what each states and how it contributes to the wider biblical picture. The Father, Son, and Spirit are distinct Persons, fully divine, and united in the work of the one God.

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. Include verse references in your answers.

• For difficult passages, compare Bible translations and read the surrounding verses.

• Distinguish a direct statement from an inference. Record questions for further study.

• Group discussion is optional. Share only what you choose.

• The PDFs are designed for printing and handwriting; they are not fillable.

Personal Use Permission

This workbook is free for personal use. You may download both paper sizes and print copies for your own use, including when attending a group. Please share the Watermark Waves Study link so others can download their own copy. Do not resell the files, distribute copies, or upload them online. The companion Articles are free to read and share by link.

Your Reading Plan

No.	Focus	Companion Articles
1	One God, Creator of All	God Is One Meaning / The Father, Son, and Holy Spirit in Creation
2	The Eternal Word Became Flesh	John 1:1 Meaning / The Word Became Flesh
3	Confessing the Son as God	John 20:28 Meaning / Colossians 2:9 Meaning
4	The Holy Spirit Is God	Is the Holy Spirit God? / Acts 5:3-4 Meaning
5	Distinct Persons, United Work	John 14:16-17 Meaning / John 16:13-15 Meaning
6	Salvation and Prayer	Ephesians 1:3-14 Meaning / Why Christians Pray to the Father Through the Son by the Holy Spirit

Each session includes two readings, six Scripture questions, life reflection, a connection table, a practical step, prayer, optional group discussion, and notes.

Optional whole-chapter Bible reading appears at the end of each session.

Open the Biblical Foundation for Trinity Study.

Session 1: One God, Creator of All

Before You Begin

What does it mean to give God your whole heart? Bring one question about His oneness to these readings.

Opening prayer: Father, help me listen carefully to Your Word. Teach me to honor Jesus Christ and depend on Your Spirit. Shape my love, worship, and obedience. Amen.

Reading One: God Is One

Read God Is One Meaning: Understanding Deuteronomy 6:4 and the Trinity.

Read in your Bible: **Deuteronomy 6:4-9; Mark 12:28-34.**

Moses calls Israel to hear, love, and remember the Lord amid the temptations of life in the promised land. Jesus affirms this command and connects it with love for our neighbor. These passages establish God's oneness and our wholehearted allegiance. They do not, by themselves, explain every distinction between Father, Son, and Spirit.

Look at the Passage

1. What does Deuteronomy 6:4-5 call Israel to believe and do? How are these connected?

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2. How do Deuteronomy 6:6-9 bring love for God into ordinary life and the teaching of children?

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3. In Mark 12:28-34, how do Jesus and the scribe connect love for God, love for others, and sacrifices?

Bring it into your life

Which daily habit could help you remember God and love a neighbor this week?

Session 1: One God, Creator of All

Reading Two: Father, Son, and Spirit in Creation

Read The Father, Son, and Holy Spirit in Creation: What the Bible Says.

Read in your Bible: **Genesis 1:1-3; 1 Corinthians 8:4-6; Psalm 104:24-30.**

Genesis opens with God creating and His Spirit present over the waters. Paul discusses idols, affirms one God, and names the Father and Jesus Christ in relation to all things. Psalm 104 praises God's provision and His Spirit's life-giving work. Read these as witnesses to the one Creator's united work, rather than three separate creators.

Look at the Passage

4. What does Genesis 1:1-3 state about God, the Spirit of God, and the beginning of creation?

5. In 1 Corinthians 8:4-6, what does Paul say about idols, one God the Father, and one Lord Jesus Christ? How does he relate all things to the Father and Christ?

6. How does Psalm 104:24-30 describe creation depending on God? What does verse 30 say about His Spirit?

Bring it into your life

What part of creation reminds you of your dependence on God? Turn that observation into thanks, using a verse from these readings.

Session 1: One God, Creator of All

Connect the Two Readings

Hold the passages together. Record what each states and include a verse reference.

What I learned	My response and verse reference
One God calls for wholehearted love	
All things are from the Father and through Christ	
God's Spirit and creation's dependence on Him	

Take One Step

Explain to a friend why Christians worship one God. Use one passage from each reading, and identify a question these passages leave for later sessions. Then choose one way to express wholehearted love for God today.

Prayer

Praise the one Creator. Thank the Father for His care, the Son through whom all things were made, and the Spirit for His life-giving work. Ask for help to love God and your neighbor in everyday life.

Session 1: One God, Creator of All

Optional Group Discussion

• How does the setting of Deuteronomy 6 help you understand its call to love God?

• What does each creation passage contribute to the picture of the one Creator?

• Which conclusions do these passages directly state, and which need further biblical support?

Listen with patience. Keep the passages open, and allow questions to lead to careful study.

Optional Further Reading

Read the whole chapter: **Deuteronomy 6.** Notice the connection between remembering the Lord, teaching His commands, receiving His gifts, and resisting the temptation to forget Him.

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

After This Session

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

Notes and Prayer Requests

Session 2: The Eternal Word Became Flesh

Before You Begin

What changes when you understand that Jesus existed before His birth? Keep that question in mind as you read John's opening words.

Opening prayer: Father, help me listen to Your Word, trust Your Son, and depend on Your Spirit. Shape my life through what I learn. Amen.

Reading One: John 1:1 Meaning: Why the Word Was God

Read John 1:1 Meaning: Why the Word Was God.

Read in your Bible: **John 1:1-5; John 17:1-5.**

John begins before creation and introduces the Word as both with God and God. The verses that follow connect the Word with creation, life, and light. In John 17, Jesus prays to the Father about the glory He shared with Him before the world existed. Hold His divine identity and His relationship with the Father together.

Look at the Passage

1. What does each statement in John 1:1 tell you about the Word? How does verse 2 reinforce the picture?

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2. According to John 1:3-5, how is the Word related to creation, life, and light?

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3. What does Jesus ask in John 17:1-5? What does His reference to glory before creation show about His relationship with the Father?

Bring it into your life

How could knowing Jesus as the eternal Word change the way you listen to Him? Name one response.

Session 2: The Eternal Word Became Flesh

Reading Two: The Word Became Flesh: John 1:14 Meaning Explained

Read The Word Became Flesh: John 1:14 Meaning Explained.

Read in your Bible: **John 1:9-18; Hebrews 2:14-18.**

John describes the Word entering His world and being rejected, yet giving those who receive Him the right to become God's children. The Word becomes flesh and reveals the Father. Hebrews explains why the Son shared our humanity: to face death, make atonement for sins, and help those who are tempted. Becoming human did not mean He stopped being God.

Look at the Passage

4. How do John 1:9-13 describe people's responses to the Word and the gift given to those who receive Him?

5. What does John 1:14-18 tell you about the Word becoming flesh and making the Father known?

6. According to Hebrews 2:14-18, why did Jesus share our humanity? What help does He offer those who are tempted?

Bring it into your life

Where do you need Christ's help with weakness or temptation? Write a prayer rooted in Hebrews 2.

Session 2: The Eternal Word Became Flesh

Connect the Two Readings

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

What I learned	My response and verse reference
The Word existed before creation	
The Word is with God and is God	
The Son became human to rescue and help us	

Take One Step

Write two sentences explaining who Jesus is from John 1. Include a verse reference for each. Then choose one way to act on His teaching this week.

Prayer

Thank the Father for making Himself known through His Son. Thank Jesus for entering our world and sharing our humanity. Ask the Spirit to help you receive His truth and follow Him.

Session 2: The Eternal Word Became Flesh

Optional Group Discussion

• How do John 1 and John 17 hold divine identity and personal distinction together?

• Why does Jesus' real humanity matter for His saving work?

• How does knowing who Jesus is shape trust and obedience?

Listen with patience. Keep the passages open and make room for questions and further study.

Optional Further Reading

Read the whole chapter: **John 1**. Notice how the opening account of the Word leads to testimony about Jesus and the first disciples following Him.

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

After This Session

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

Notes and Prayer Requests

Session 3: Confessing the Son as God

Before You Begin

What shapes your answer to the question, 'Who is Jesus?' Read the passages before forming your response.

Opening prayer: Father, help me listen to Your Word, trust Your Son, and depend on Your Spirit. Shape my life through what I learn. Amen.

Reading One: John 20:28 Meaning: My Lord and My God

Read John 20:28 Meaning: My Lord and My God.

Read in your Bible: **John 20:19-31.**

After His resurrection, Jesus appears to His disciples. Thomas first refuses to believe their testimony, then addresses the risen Jesus as his Lord and God. Jesus responds by speaking about belief. John closes this section by stating why he recorded these signs: that readers may believe in Jesus and have life in His name.

Look at the Passage

1. What leads Thomas to refuse belief in John 20:24-25? How does Jesus respond in verses 26-27?

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2. Who is Thomas addressing in John 20:28? How does Jesus respond to his confession in verse 29?

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3. What purpose does John give in John 20:30-31? How does Thomas's confession fit that purpose?

Bring it into your life

What question or doubt can you bring to Jesus as you keep reading the Gospel? Write it without hiding or exaggerating it.

Session 3: Confessing the Son as God

Reading Two: Colossians 2:9 Meaning: Christ's Full Deity Explained

Read Colossians 2:9 Meaning: Christ's Full Deity Explained.

Read in your Bible: **Colossians 2:6-15.**

Paul urges believers to keep walking in Christ and warns against teaching that draws them away from Him. His reason is that the fullness of deity dwells bodily in Christ. Paul then speaks of the life, forgiveness, and victory believers receive in Him. Read verse 9 as part of this call to remain rooted in Christ.

Look at the Passage

4. What does Paul urge believers to do in Colossians 2:6-8? What danger does he describe?

5. What do Colossians 2:9-10 say about Christ's deity, His bodily presence, and His authority?

6. According to Colossians 2:11-15, what has God done for believers in Christ? How does this support Paul's call to stay rooted in Him?

Bring it into your life

Where are you tempted to look beyond Christ for spiritual acceptance or fullness? How does this passage guide your response?

Session 3: Confessing the Son as God

Connect the Two Readings

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

What I learned	My response and verse reference
Thomas addresses the risen Jesus as Lord and God	
The fullness of deity dwells bodily in Christ	
Faith in Christ leads to life and forgiveness	

Take One Step

Write a response to the claim, 'Jesus was only a good teacher.' Use John 20 and Colossians 2 with verse references. Keep your tone kind, and let the passages carry your answer.

Prayer

Praise Jesus as Lord and God. Thank Him for His death and resurrection and for forgiveness through Him. Ask for faith that rests in who He is and bears fruit in daily obedience.

Session 3: Confessing the Son as God

Optional Group Discussion

• How does John's purpose help explain Thomas's confession?

• Why does Paul connect Christ's identity with remaining rooted in Him?

• How can we discuss questions about Jesus with both conviction and patience?

Listen with patience. Keep the passages open and make room for questions and further study.

Optional Further Reading

Read the whole chapter: **Colossians 2**. Notice how Paul's teaching about Christ shapes his warnings about rules, spiritual claims, and practices that draw people away from Him.

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

After This Session

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

Notes and Prayer Requests

Session 4: The Holy Spirit Is God

Before You Begin

What do you tend to notice about the Holy Spirit: His gifts, His work, or who He is? Let Scripture shape your understanding.

Opening prayer: Father, help me listen to Your Word, trust Your Son, and depend on Your Spirit. Shape my life through what I learn. Amen.

Reading One: Is the Holy Spirit God? What the Bible Says

Read Is the Holy Spirit God? What the Bible Says.

Read in your Bible: **1 Corinthians 2:10-13; 1 Corinthians 3:16-17.**

Paul contrasts human wisdom with what God reveals through His Spirit. The Spirit knows the depths of God and enables believers to understand His gifts. Later, Paul addresses the church as God's temple because God's Spirit dwells among them. Notice both the Spirit's relationship to God and the call to honor His presence in the church.

Look at the Passage

1. What does 1 Corinthians 2:10-11 say about the Spirit's knowledge of God? What comparison does Paul use?

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2. According to 1 Corinthians 2:12-13, why have believers received the Spirit, and how does this affect what they learn and speak?

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3. What does 1 Corinthians 3:16-17 say about the church, God's Spirit, and the holiness of God's temple?

Bring it into your life

How could honoring God's presence among His people change the way you speak to or about another believer?

Session 4: The Holy Spirit Is God

Reading Two: Acts 5:3-4 Meaning: Lying to the Holy Spirit

Read Acts 5:3-4 Meaning: Lying to the Holy Spirit.

Read in your Bible: **Acts 4:32-37; Acts 5:1-11.**

The account of Ananias and Sapphira follows a picture of generosity in the church. Peter says the property and sale money were theirs to control; their wrongdoing was deception. He names their lie as a lie to the Holy Spirit and to God. The judgment that follows reveals the seriousness of hypocrisy before the holy God.

Look at the Passage

4. How does the generosity in Acts 4:32-37 help you understand the setting of Acts 5:1-2?

5. Compare Peter's words in Acts 5:3 and 5:4. What do they reveal about the Holy Spirit and the nature of the lie?

6. What does Acts 5:4 say about ownership of the property and money? How do verses 5-11 describe the result and the church's response?

Bring it into your life

Where might you be tempted to appear more devoted than you are? Name one honest response to God without feeling required to share it with a group.

Session 4: The Holy Spirit Is God

Connect the Two Readings

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

What I learned	My response and verse reference
The Spirit knows and reveals the things of God	
God's Spirit dwells among His people	
Lying to the Holy Spirit is lying to God	

Take One Step

Review one area where your words could give a false impression. Choose a truthful response and, if needed, correct what you said. Let Acts 5 guide honesty rather than a performance of devotion.

Prayer

Thank God for His Spirit's presence and truth. Confess hypocrisy or careless words. Ask for honesty, reverence, and love that honors God's people.

Session 4: The Holy Spirit Is God

Optional Group Discussion

• What do Paul's temple words teach about the way we treat the church?

• Why is the problem in Acts 5 deception rather than keeping part of the money?

• How can reverence for God lead to honesty rather than hiding?

Listen with patience. Keep the passages open and make room for questions and further study.

Optional Further Reading

Read the whole chapter: **Acts 5**. Read beyond the opening account. Notice the apostles' witness, opposition, and continued teaching about Jesus.

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

After This Session

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

Notes and Prayer Requests

Session 5: Distinct Persons, United Work

Before You Begin

As you read, notice who speaks, who sends, and who is sent. Keep those distinctions alongside the unity of God's purpose.

Opening prayer: Father, help me listen to Your Word, trust Your Son, and depend on Your Spirit. Shape my life through what I learn. Amen.

Reading One: John 14:16-17 Meaning: Jesus, the Father, and the Holy Spirit

Read John 14:16-17 Meaning: Jesus, the Father, and the Holy Spirit.

Read in your Bible: **John 14:15-27.**

Before the cross, Jesus prepares His disciples for His departure. He promises to ask the Father for another Helper, the Spirit of truth. He also promises that they will not be left as orphans. Read these promises with Jesus' words about love, obedience, teaching, and peace. The Father, Son, and Spirit are distinct and united in caring for His people.

Look at the Passage

1. In John 14:15-17, who asks, who gives, and who comes to be with the disciples? What does Jesus say about the Spirit's presence?

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2. How do John 14:18-24 connect Jesus' promise of presence with love and obedience?

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3. What does John 14:25-27 say about the Father sending the Spirit in Jesus' name, the Spirit's teaching, and Jesus' gift of peace?

Bring it into your life

Which promise in this passage helps you face a fear or a task of obedience? Include its verse reference.

Session 5: Distinct Persons, United Work

Reading Two: John 16:13-15 Meaning: The Holy Spirit Glorifies Jesus

Read John 16:13-15 Meaning: The Holy Spirit Glorifies Jesus.

Read in your Bible: **John 16:7-15.**

Jesus speaks first to the disciples who will bear witness after His departure. The Spirit will guide them into truth and glorify Christ. Jesus connects what the Spirit declares with what belongs to the Son and the Father. This promise reveals their united work; it does not mean every thought a believer has carries God's authority.

Look at the Passage

4. Why does Jesus say His departure is for the disciples' good in John 16:7? What work does He describe in verses 8-11?

5. What does John 16:12-14 say about the disciples' present limits and the Spirit's coming work? Whom will the Spirit glorify?

6. How does John 16:15 connect the Father, Son, and Spirit? What does this contribute to your understanding of their united work?

Bring it into your life

How could the Spirit's work of glorifying Christ help you test a claim about spiritual guidance? Name one Scripture-based question to ask.

Session 5: Distinct Persons, United Work

Connect the Two Readings

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

What I learned	My response and verse reference
Jesus asks the Father to give another Helper	
The Spirit teaches and glorifies Christ	
The Father, Son, and Spirit act in unity	

Take One Step

Write a three-sentence summary of these passages: one sentence about each Person and His relation to the others. Use verse references. Then choose one command of Jesus to practice with dependence on the Spirit.

Prayer

Thank the Father for sending the Helper in Jesus' name. Thank the Son for His care and peace. Ask the Spirit to keep your attention on Christ and help you obey His Word.

Session 5: Distinct Persons, United Work

Optional Group Discussion

• What details show personal distinction in John 14?

• How do the promises show united care for the disciples?

• Why should claims of spiritual guidance be tested by Scripture and their relation to Christ?

Listen with patience. Keep the passages open and make room for questions and further study.

Optional Further Reading

Read the whole chapter: **John 16**. Notice how Jesus prepares the disciples for sorrow, prayer, and trouble while calling them to take courage in Him.

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

After This Session

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

Notes and Prayer Requests

Session 6: Salvation and Prayer

Before You Begin

How has learning about God changed your prayers? Look for the connection between His saving work and your approach to Him.

Opening prayer: Father, help me listen to Your Word, trust Your Son, and depend on Your Spirit. Shape my life through what I learn. Amen.

Reading One: Ephesians 1:3-14 Meaning: Father, Son, and Spirit in Salvation

Read Ephesians 1:3-14 Meaning: Father, Son, and Spirit in Salvation.

Read in your Bible: **Ephesians 1:3-14.**

Paul praises God for His saving work in Christ. He speaks of the Father's purpose and adoption, redemption through the Son's blood, and the Spirit sealing those who believe. The passage repeatedly directs attention to God's glory. It shows distinct personal actions within one saving purpose and calls believers to grateful praise.

Look at the Passage

1. What gifts and purposes does Paul name in Ephesians 1:3-6? How are they connected with Christ?

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2. According to Ephesians 1:7-12, what do believers receive in Christ, and what does Paul say about God's purpose?

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3. What does Ephesians 1:13-14 say about hearing, believing, and the Holy Spirit? What repeated purpose unites the passage?

Bring it into your life

Which gift named here gives you a reason to praise God today? Write your thanks with a verse reference.

Session 6: Salvation and Prayer

Reading Two: Why Christians Pray to the Father Through the Son by the Holy Spirit

Read Why Christians Pray to the Father Through the Son by the Holy Spirit.

Read in your Bible: **Ephesians 2:13-22; Romans 8:26-27.**

Paul tells Jewish and Gentile believers that Christ has brought them near and made them one people. Their access to the Father is through Christ in one Spirit. Romans describes the Spirit helping believers in weakness and interceding according to God's will. These passages ground prayer in God's grace, not a formula for getting whatever we want.

Look at the Passage

4. How does Ephesians 2:13-17 describe Christ's work of bringing people near and making peace?

5. Trace the Father, Son, and Spirit in Ephesians 2:18. How do verses 19-22 describe the community brought near to God?

6. What weakness does Romans 8:26-27 name? What does the Spirit do, and how is His intercession related to God's will?

Bring it into your life

What burden can you bring to the Father through Christ today, trusting the Spirit's help when your words are limited?

Session 6: Salvation and Prayer

Connect the Two Readings

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

What I learned	My response and verse reference
The Father blesses His people in Christ	
The Son redeems and gives access to the Father	
The Spirit seals believers and helps them pray	

Take One Step

Set aside a few minutes to pray from Ephesians 1 and 2. Thank the Father for one gift in Christ, name one need, and ask for the Spirit's help. Then choose one act of peace toward another person.

Prayer

Father, thank You for redemption and forgiveness through Jesus Christ. Thank You for Your Spirit's presence and help. Teach me to pray with trust, pursue peace, and live to the praise of Your glory.

Session 6: Salvation and Prayer

Optional Group Discussion

• How does Ephesians 1 move from God's gifts to praise?

• How does access to the Father through Christ in one Spirit shape prayer?

• What have these six sessions changed about your worship, prayer, or obedience?

Listen with patience. Keep the passages open and make room for questions and further study.

Optional Further Reading

Read the whole chapter: **Ephesians 1**. Notice how Paul's praise in verses 3-14 leads to prayer for believers to know their hope and the greatness of God's power in Christ.

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

After This Session

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

Notes and Prayer Requests

Look Back: One God Revealed in Scripture

Review Your Six Sessions

Return to the passages you marked. Gather the evidence for one God, the deity of the Son and Spirit, and personal distinctions. Note what each passage says before drawing the pieces together.

Session focus	A truth to remember and a Bible reference
One God, Creator of All	
The Eternal Word Became Flesh	
Confessing the Son as God	
The Holy Spirit Is God	
Distinct Persons, United Work	
Salvation and Prayer	

Which passage most shaped your understanding of God?

Put the Biblical Evidence Into Your Own Words

Explain What You Learned

Use Deuteronomy 6:4; John 1:1-3; Acts 5:3-4; and John 14:16-17. Read each passage in context. Use clear words, include references, and avoid forcing one passage to explain everything.

One God: What does Scripture teach about His oneness?

The Son and Spirit: What supports their full deity?

Distinct Persons: How does Scripture distinguish Father, Son, and Spirit?

One saving purpose: How do Ephesians 1:3-14 and 2:18 connect salvation, praise, and prayer?

Knowing about God is not a substitute for trusting Jesus Christ. His death and resurrection bring forgiveness and life to those who turn to Him in faith.

Keep Walking in Faith

Choose Your Next Step

Continue with one passage that challenged or encouraged you. Let your reading lead to prayer, worship, love, and obedience through the Holy Spirit.

One Bible reading habit I will practice:

One person I will love, serve, or pray for:

One question I will keep studying:

A prayer of gratitude and trust:

Return to the Biblical Foundation for Trinity Study.