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

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

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?

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

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?

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?

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

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

Bring it into your life

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

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.

Prayer

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

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.

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: Following the Biblical Witness

Before You Begin

Name a question you bring to these readings. Ask God to help you listen to His Word and respond.

Opening prayer: Father, help me learn with humility, trust Your Son, and depend on Your Spirit. Shape my words and choices through Your truth. Amen.

Reading One: Is Trinity in the Bible?

Read Is Trinity in the Bible?.

Read in your Bible: **John 1:1-5, 14; Acts 5:1-11**.

The word Trinity summarizes truths taught across Scripture. John describes the Word as both with God and God, then says the Word became flesh. Acts connects lying to the Holy Spirit with lying to God. Read each passage in its setting. These texts help us understand the Son and Spirit as divine, alongside the Bible's teaching that God is one.

Look at the Passage

1. What two statements about the Word appear in John 1:1?

2. What do John 1:3 and 14 tell us about the Word and His relationship to creation?

3. Compare Acts 5:3 and 4. What does Peter say about the lie, and how does that contribute to our understanding of the Spirit?

Bring it into your life

Which passage helps you understand the Son or Spirit? What would you like to explore further?

Session 2: Following the Biblical Witness

Reading Two: How Are the Father, Son, and Holy Spirit One?

Read How Are the Father, Son, and Holy Spirit One?.

Read in your Bible: **John 14:6-11, 16-17, 26**.

Jesus makes the Father known and promises another Helper, the Spirit. His words show unity and personal distinction. Seeing Jesus reveals the Father; it does not mean Jesus is the Father. The three Persons share the one divine nature. Their unity is deeper than separate beings agreeing on a goal.

Look at the Passage

4. How does Jesus describe coming to the Father in verse 6?

5. What do verses 9-11 say about the Father and Jesus' words and works?

6. Who asks, who gives, and who comes in verses 16-17? What does verse 26 add?

Bring it into your life

How does Jesus' promise of the Spirit encourage you to depend on God as you learn?

Session 2: Following the Biblical Witness

Connect the Two Readings

Use the passages to complete the table. Include a verse reference.

What I learned	My response and verse reference
A passage that reveals the Son	
A passage that reveals the Spirit	
Unity and distinction in John 14	

Take One Step

A friend says, "The Bible never uses the word Trinity, so it cannot teach the Trinity." Write a response that distinguishes a summary term from the passages it summarizes.

Prayer

Write a prayer based on the readings. Give thanks, name a need, and ask for help to respond.

Session 2: Following the Biblical Witness

Optional Group Discussion

- Why should we read several passages together when studying God?
- How does John 14 help us keep unity and distinction together?
- What might we miss by reading Acts 5:3-4 without its setting?

Share only what you choose. Listen with patience and test teaching by Scripture.

Optional Further Reading

Read the whole chapter: **John 14**. Notice Jesus' relationship with the Father and His promise of the Spirit.

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

Optional reference: The Shield of the Trinity. Compare its statements with Scripture. The diagram summarizes truths; it does not picture God's being.

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: Knowing the Father

Before You Begin

Name a question you bring to these readings. Ask God to help you listen to His Word and respond.

Opening prayer: Father, help me learn with humility, trust Your Son, and depend on Your Spirit. Shape my words and choices through Your truth. Amen.

Reading One: God the Father vs God the Son

Read God the Father vs God the Son.

Read in your Bible: **John 1:1-3, 14-18; John 17:1-5**.

The eternal Son became human and makes the Father known. He did not begin to exist at His birth. John places the Word at the beginning and speaks of the Son's glory with the Father before the world existed. Jesus' prayer reveals a real relationship. The Father and Son are distinct Persons, each fully God.

Look at the Passage

1. What does John 1:1-3 say about the Word before creation?

2. What does John 1:14-18 say about how God is made known?

3. What does Jesus ask in John 17:5, and when did He have this glory with the Father?

Bring it into your life

How does knowing that Jesus reveals the Father shape the way you approach God?

Session 3: Knowing the Father

Reading Two: God the Father vs the Holy Spirit

Read God the Father vs the Holy Spirit.

Read in your Bible: **John 14:25-26; Romans 8:14-17, 26-27**.

The Father sends the Spirit in Jesus' name. The Spirit teaches, leads, bears witness, and helps believers in weakness. He is a divine Person, not an impersonal force. Romans connects His work with life as God's children. His help calls us to trust and obedience, not confidence in our own strength.

Look at the Passage

4. Who sends the Spirit in John 14:26, and what will the Spirit do?

5. How does Romans 8:14-17 connect the Spirit with belonging to God's family?

6. What weakness appears in Romans 8:26-27, and how does the Spirit help?

Bring it into your life

What weakness or need can you bring to the Father while depending on the Spirit's help?

Session 3: Knowing the Father

Connect the Two Readings

Use the passages to complete the table. Include a verse reference.

What I learned	My response and verse reference
The Son makes the Father known	
The Spirit helps God's children	
A response of trust	

Take One Step

Before a difficult conversation, take time to pray to the Father through Christ. Ask for the Spirit's help to speak with patience. Write one response of obedience you can practice.

Prayer

Write a prayer based on the readings. Give thanks, name a need, and ask for help to respond.

Session 3: Knowing the Father

Optional Group Discussion

• What does Jesus' prayer reveal about the Father and Son?

• Why does the Spirit's personal work matter for prayer?

• How can we speak of distinct actions without treating the Persons as separate gods?

Share only what you choose. Listen with patience and test teaching by Scripture.

Optional Further Reading

Read the whole chapter: **John 17**. Listen to Jesus' prayer for His disciples and those who will believe through their message.

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 Son, the Spirit, and Our Salvation

Before You Begin

Name a question you bring to these readings. Ask God to help you listen to His Word and respond.

Opening prayer: Father, help me learn with humility, trust Your Son, and depend on Your Spirit. Shape my words and choices through Your truth. Amen.

Reading One: God the Son vs the Holy Spirit

Read God the Son vs the Holy Spirit.

Read in your Bible: **John 15:26-27; John 16:7-15**.

Jesus promises to send the Spirit from the Father. The Spirit bears witness to Christ and glorifies Him. The Son and Spirit are distinct, yet their work is united. The Son became human, died for sinners, and rose again. The Spirit brings life and leads believers in truth. Different actions do not make either Person less divine.

Look at the Passage

1. What does Jesus say about the Spirit in John 15:26?

2. What work will the Spirit do according to John 16:8-11?

3. How do John 16:13-15 connect the Spirit's work with the Son and Father?

Bring it into your life

How could keeping Christ at the center shape the way you think about the Spirit's work?

Session 4: The Son, the Spirit, and Our Salvation

Reading Two: Why Does the Trinity Matter?

Read Why Does the Trinity Matter?.

Read in your Bible: **Ephesians 1:3-14; Ephesians 2:18**.

Paul praises God for salvation in Christ. The passage speaks of the Father's purpose, redemption through the Son's blood, and the promised Spirit who seals believers. Ephesians 2:18 describes access through Christ, in one Spirit, to the Father. These are united works of the one God. Our hope rests in His grace rather than our efforts.

Look at the Passage

4. What blessings does Paul name in Ephesians 1:3-6?

5. What do verses 7-10 say about redemption and God's purpose in Christ?

6. What do verses 13-14 say about the Spirit, and how does Ephesians 2:18 describe our access to God?

Bring it into your life

Which truth about God's saving work gives you a reason to give thanks today?

Session 4: The Son, the Spirit, and Our Salvation

Connect the Two Readings

Use the passages to complete the table. Include a verse reference.

What I learned	My response and verse reference
The Son and Spirit are distinct	
Salvation is God's gracious work	
Access to the Father	

Take One Step

Write a prayer of thanks using Ephesians 1. Name what the passage says about the Father, Son, and Spirit. Then choose one way to respond to God's grace with obedience.

Prayer

Write a prayer based on the readings. Give thanks, name a need, and ask for help to respond.

Session 4: The Son, the Spirit, and Our Salvation

Optional Group Discussion

- How does the Spirit direct attention to Christ?
- Why must we avoid separating the work of the three Persons?
- How does access to the Father change the way we pray?

Share only what you choose. Listen with patience and test teaching by Scripture.

Optional Further Reading

Read the whole chapter: **Ephesians 1**. Notice how Paul moves from praise for salvation to prayer for the believers' understanding.

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: Learning With Humility

Before You Begin

Name a question you bring to these readings. Ask God to help you listen to His Word and respond.

Opening prayer: Father, help me learn with humility, trust Your Son, and depend on Your Spirit. Shape my words and choices through Your truth. Amen.

Reading One: The Trinity Explained: Helpful Examples and Their Limits

Read The Trinity Explained: Helpful Examples and Their Limits.

Read in your Bible: **Mark 12:28-34; Matthew 3:16-17; Colossians 2:8-10**.

Created objects cannot fully explain God. An example may suggest parts of God or one Person changing forms. Scripture gives us the boundaries: one God, distinct Persons, and the fullness of deity. An illustration must serve those truths. When a comparison changes them, set it aside and return to the passages.

Look at the Passage

1. What does Jesus affirm about God in Mark 12:29-30?

2. How does Matthew 3:16-17 show personal distinction?

3. What warning and truth about Christ appear in Colossians 2:8-10?

Bring it into your life

Have you relied on an example that made God seem easier to picture? Which biblical truth should guide your explanation?

Session 5: Learning With Humility

Reading Two: Understanding the Trinity: Why God's Nature Is Beyond Us

Read Understanding the Trinity: Why God's Nature Is Beyond Us.

Read in your Bible: **Romans 11:25-36**.

Paul ends a discussion of Israel, the nations, and God's mercy with praise for God's wisdom. This passage is not a complete statement of the Trinity. It teaches us to respond with humility and worship when God's purposes exceed our understanding. We can know what He reveals while admitting that our knowledge has limits.

Look at the Passage

4. What warning does verse 25 give about how readers should view themselves?

5. What do verses 30-32 say about disobedience and mercy?

6. How do verses 33-36 describe God's wisdom and our dependence on Him?

Bring it into your life

What question can you keep studying while giving thanks for what God has made clear?

Session 5: Learning With Humility

Connect the Two Readings

Use the passages to complete the table. Include a verse reference.

What I learned	My response and verse reference
Scripture sets the boundaries	
My understanding has limits	
Humility leads to worship	

Take One Step

Review one explanation of the Trinity you have heard. Compare it with the three biblical truths in this workbook. Write a clearer statement and one question that remains.

Prayer

Write a prayer based on the readings. Give thanks, name a need, and ask for help to respond.

Session 5: Learning With Humility

Optional Group Discussion

- When might a familiar illustration mislead a learner?
- How is humility different from refusing to study?
- How does the setting of Romans 11 deepen its closing praise?

Share only what you choose. Listen with patience and test teaching by Scripture.

Optional Further Reading

Read the whole chapter: **Romans 11**. Read the discussion of Israel, the nations, and mercy before reflecting on Paul's praise.

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: Speaking With Care

Before You Begin

Name a question you bring to these readings. Ask God to help you listen to His Word and respond.

Opening prayer: Father, help me learn with humility, trust Your Son, and depend on Your Spirit. Shape my words and choices through Your truth. Amen.

Reading One: Trinity Contradiction?

Read Trinity Contradiction?.

Read in your Bible: **1 Corinthians 8:4-6; John 1:1-3; Matthew 3:16-17**.

The Trinity speaks of one divine being and three Persons. It does not claim that God is one Person and three Persons in the same sense. Paul affirms one God and one Lord Jesus Christ, through whom all things exist. Read this alongside John's teaching about the Word and the baptism scene. Clear terms help us listen and explain with care.

Look at the Passage

1. What does 1 Corinthians 8:4-6 affirm about idols, God, and Jesus Christ?

2. How does John 1:1-3 describe the Word's relationship with God and creation?

3. How does Matthew 3:16-17 help us distinguish the Persons?

Bring it into your life

Which word or phrase would you need to clarify before answering someone's question?

Session 6: Speaking With Care

Reading Two: How to Explain the Trinity to a New Believer

Read How to Explain the Trinity to a New Believer.

Read in your Bible: **Matthew 28:18-20; Ephesians 2:13-22**.

Begin with Scripture and give people room to ask questions. Jesus sends His followers to make disciples and teach obedience. Ephesians connects life with God to Christ's blood and access to the Father in one Spirit. A good explanation should help someone know the God who saves, rather than treat the doctrine as a test of cleverness.

Look at the Passage

4. What authority, command, and promise does Jesus give in Matthew 28:18-20?

5. What does Ephesians 2:13-17 say Christ has done for those who were far away?

6. How do verses 18-22 describe access to God and belonging to His household?

Bring it into your life

Who might benefit from a patient conversation about God? What question could you ask before offering an explanation?

Session 6: Speaking With Care

Connect the Two Readings

Use the passages to complete the table. Include a verse reference.

What I learned	My response and verse reference
One God, three distinct Persons	
Christ brings us near	
Teaching should lead to discipleship	

Take One Step

Write a short explanation of the Trinity using three statements and at least two passages. Add how this truth connects with salvation or prayer. Read it aloud and remove words you cannot explain.

Prayer

Write a prayer based on the readings. Give thanks, name a need, and ask for help to respond.

Session 6: Speaking With Care

Optional Group Discussion

- How can we clarify terms without overwhelming someone?
- What makes an explanation useful for a new believer?
- How has this study shaped your worship, prayer, or daily life?

Share only what you choose. Listen with patience and test teaching by Scripture.

Optional Further Reading

Read the whole chapter: **Ephesians 2**. Notice grace, reconciliation through Christ, and belonging together in God's household.

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 and Keep Growing

What Has Become Clearer?

Write one truth about the Father, Son, and Holy Spirit that you can explain from Scripture.

Questions I Want to Keep Studying

Name a question and a passage or Article you want to return to.

A Response of Worship and Obedience

How has this study shaped prayer, trust in Christ, or your daily choices?

My Next Step

Choose one action for the coming week and decide when to follow through.

Keep Studying Scripture

The optional chapter at the end of each session gives you a wider setting for that session's passages. Return to those chapters as needed. Read the verses around a question, compare translations, and note what becomes clear and what remains uncertain.

Keep the Biblical Truths Together

- There is one true God.
- The Father, Son, and Holy Spirit are distinct Persons.
- Each Person is fully and eternally God.
- God is not divided into parts. The Persons are not roles one Person takes on.

Let Learning Shape Your Life

The Father sent His Son for our salvation. Jesus Christ died for our sins and rose again. Through repentance and faith in Him, we receive forgiveness and life with God. The Holy Spirit gives new life and shapes believers to become like Christ. Respond to God's grace with faith, prayer, love, and obedience.

Return to the Free Study

Understanding the Trinity brings the companion Articles together. Read at your own pace and keep asking questions grounded in Scripture.

My Further Study Notes

Write the passage, what you noticed in its setting, and a question for further study.

Additional Notes