

3 AND 1

A LIFE NIGHT ON THE TRINITY

QUICK GLANCE

ABOUT THIS LIFE NIGHT

The Trinity is the most important mystery of our faith. It's also the hardest to wrap our heads around — for teens and adults alike. Although we will never fully comprehend this mystery, we are not excused from contemplating it or teaching teens about this fundamental truth. This Life Night aims to communicate the importance of the Trinity in a way that engages teens, helps them unpack the significance of this doctrine in their lives, and invites them to develop a relationship with each Person of the Trinity.

MAIN POINTS

1. The Trinity is a divinely revealed mystery of faith. It is the central and most fundamental truth of our faith because it is the truth about who God is.
2. We profess that God is one nature and three Persons: the Father, the Son, and the Holy Spirit. God exists as a communion of love.
3. Every person is created to share in the divine life of the Trinity. Developing a relationship with each Person of the Trinity helps us experience that reality now and anticipate its fullness in eternity.

SCRIPTURE

Matthew 3:16-17 | Matthew 28:19-20 | John 3:16-17 | John 14:16-17 | John 17:1-3 | 2 Corinthians 13:14

CATECHISM

221 | 232-237 | 249-255 | 257-260 | 1024 | 2014 | 2157

KEY TERMS

Nature | Person | Trinity

SAINTS

St. Athanasius | St. Elizabeth of the Trinity | St. Gregory of Nazianzus

RESOURCES

Articles

Tim Staples, “Explaining the Trinity” (catholic.com)

Trent Horn, “It’s Okay Not to Understand the Trinity” (catholic.com)

Handout

“Litany to the Most Holy Trinity”

Music

Spotify: “LS - Number One”

Videos

Bishop Robert Barron, “Bishop Barron on the Meaning of the Trinity” (youtube.com)

The Thomistic Institute, “The Persons of the Trinity (Aquinas 101)” (youtube.com)

Websites

artsandculture.google.com

“Litany to the Most Holy Trinity” (ewtn.com)

GOAL

The goal of this Life Night is to help teens appreciate the mystery of the Trinity and understand its significance for their lives while inviting them to develop a relationship with each Person of the Trinity.

ENVIRONMENT

Artistic depictions of the Trinity, coupled with a famous symbol and prayer, form the foundation of this environment.

GATHER

Triple Connection

Teens form groups of three and say one word each at the end of a countdown. Based on the commonalities between words, each group member picks a new word, trying to eventually say the same word at the same time.

PROCLAIM

Talk: 3 and 1

The talk for this Life Night is intended to help teens ponder the mystery of the Trinity and inspire them to develop a relationship with each divine Person. It unpacks the Trinity step by step, helping teens think through what this doctrine means and the implications it has for their lives.

BREAK

Small Group Discussion

In small groups, core members share a brief description of each Person of the Trinity, then facilitate a discussion on the Trinity and its impact on the teens' lives.

SEND

Litany to the Most Holy Trinity

Teens conclude the Life Night by praying the Litany to the Most Holy Trinity. This time of reflective and profound prayer reinforces the importance of the Trinity and equips teens with language to address each Person of the Trinity.

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

GETTING READY

LIFE NIGHT DATE: _____

FOUR WEEKS BEFORE

- Read through the entire Life Night.
- Pray with the Scripture and Catechism references.
- Consult the Resources suggestions.
- Select a presenter for the Proclaim and contact them this week.
- Send the Proclaim Teaching Guide to the presenter.

TWO WEEKS BEFORE

- Assign core members to the tasks on the Core Meeting Worksheet.
- Check in with the Proclaim presenter and ask for an outline and slides, if applicable.
- Schedule practice time with the presenter if needed.

ONE WEEK BEFORE

- Distribute the Life Night outline to the core members.
- Pray with the core members over the Life Night.
- Review the highlights of the Life Night.
- Explain the core assignments.
- Encourage the core members to review the discussion questions and pray for their small groups.

THE WEEK OF THE LIFE NIGHT

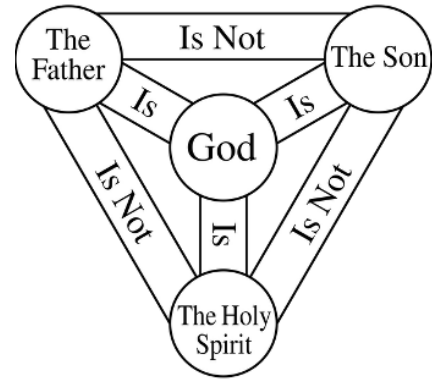
- Advertise the Life Night on the parish youth group's social media channels.
 - Schedule the Parent Letter email as a follow-up to the Life Night.
 - Make a plan for the Life Night Environment using the suggestions below.
 - Gather the supplies needed for the Life Night.
 - Inform core members of their roles during the session and provide them with the required materials and instructions.
 - Download, print, and make copies of the "Reflection on Religion" handout found online at lifeteen.com.
 - Pray for the teens who will be present and experience the Life Night.
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THE DAY OF THE LIFE NIGHT

- Test all audio-video elements of the Life Night.
 - Decorate the youth room using the Environment instructions below.
 - Project an Environment image found online at lifeteen.com.
 - Play the "LS - Number One" Spotify playlist as teens gather.
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ENVIRONMENT

Create a display of the shield of the Trinity (as pictured) using cardboard. Alternatively, draw the display on a white bedsheet and hang it at the front of the room.



Ask an artistically inclined core member to write out the text of the “Glory Be” on craft paper and hang it on one of the walls of the room.

Glory be to the Father
and to the Son
and to the Holy Spirit,
as it was in the beginning
is now, and ever shall be
world without end.
Amen.

Print out a few depictions of the Trinity, such as “The Trinity” by Andrei Rublev or “The Holy Trinity” by Antonio de Pereda. Use the website listed in the Resources section to find these images or search online. Make a small reflection space by displaying these images on a small table with some candles.

Flank the main stage with Life Teen banners or banners with your parish’s name.

SUPPLIES

	Bibles
	“Litany to the Most Holy Trinity” handout, one per person

LIFE NIGHT PLANNER

SCHEDULE

TO-DO

ROOM LAYOUT

CORE MEETING WORKSHEET

Use this outline for your core team meeting before the Youth Mass. The core meeting follows the Gather-Proclaim-Break-Send structure.

CORE MEETING START TIME: _____

GATHER

- Begin with a brief social time and rapid high points/low points of the week from each core member.
- Pray with your core team and include one of the Scripture passages from the Life Night.

Scripture choice: _____

PROCLAIM

- Review the Life Night outline.
- Assign core members to the tasks for this Life Night and write their names in the Core Assignments chart on the next page.

BREAK

- Review the Life Night small group questions with a core member discussion. Spend about 15 minutes on this section.
- Take questions.

SEND

- Conclude the meeting with a Hail Mary.
- Set up final details for the Life Night.
- Arrive early to the Youth Mass to greet teens as they arrive.

CORE ASSIGNMENTS

Setup	1.	2.	3.
	4.	5.	6.
Check-In	1.	2.	3.
Audio-Video			
Opening Prayer			
Triple Connection Leader			
Proclaim Presenter			
Closing Prayer			

NOTES

[illegible]

GATHER

WELCOME AND OPENING PRAYER 5 min

Gather in the main meeting space and welcome the teens to the Life Night. Introduce any teens attending for the first time, and begin in prayer.

TRIPLE CONNECTION 10 min

In this game, teens form groups of three and try to say the same word at the same time.

To start the game, a facilitator who is not playing counts down from three. At the conclusion of the countdown, each person in the group says a random word at the same time. Players then think about a new word based on any commonalities or connections between the three words that were shared.

After allowing a moment for players to think, the facilitator counts down again, and each person shares a new word at the same time. Play continues in this way, with group members trying to say the same word. Players are not allowed to speak during the game except to say their one word at the end of each countdown. They may not repeat a word that was already said during the round.

For example, in round one, the three players respond with dog, cloud, and book. In the second round, they cannot repeat any of the three words but must come closer to a consensus. The responses on this round are cat, bunny, and shoe. Players now have two answers in a category of animals. For the third round, players respond with animal, hamster, and duck. They reach a consensus in round four when they all respond, “pets.”

This game can be played as an upfront game with a few teens playing while others spectate or as a large group game where everyone plays at once.

To play as an upfront game, select three volunteers and have them come to the front of the room. The facilitator then explains the rules. The group has 10 tries to say the same word. If they do, they get a small prize such as candy. If time allows, select three new volunteers to play. Continue playing in rounds as long as time allows.

To play in a large group format, have all the teens form groups of three. One core member at the front of the room facilitates the game for everyone playing. The game proceeds in rounds. Each round, groups have 15 tries to say the same word. Groups that successfully do so advance to the next round. Groups that do not are out. Continue playing until only one group remains.

PROCLAIM

GETTING STARTED

This Teaching Guide is not just an outline; it's a tool to help you craft a powerful and personalized talk that will leave a lasting impact. You can make this topic relevant and engaging for your youth group, and this guide is here to assist you every step of the way. Don't just prepare the main points — unleash your creativity and incorporate media and Going Deeper content to captivate your audience and inspire the teens. Whether you use any suggested media or find your own, make sure it's visually engaging, attention-grabbing, and thought-provoking. Consult the Going Deeper section at the back of this resource and highlight the points that most resonate with your teens.

Beyond these guidelines, the most important thing is to be yourself and let the Holy Spirit guide you. Practice your talk, pour your heart into it, and trust that your authenticity and humility have the power to make a difference in the lives of these teens. This guide is just the beginning — the rest is up to you!

MAIN POINTS

1. The Trinity is a divinely revealed mystery of faith. It is the central and most fundamental truth of our faith because it is the truth about who God is.
2. We profess that God is one nature and three Persons: the Father, the Son, and the Holy Spirit. God exists as a communion of love.
3. Every person is created to share in the divine life of the Trinity. Developing a relationship with each Person of the Trinity helps us experience that reality now and anticipate its fullness in eternity.

KEY TERMS

Nature - Nature refers to that which makes something what it is (for example, human beings are human because they have a human nature). The divine nature refers to the one divine substance or essence. Each of the three distinct Persons of the Trinity is entirely God, who is one by the divine nature. **(CCC 252-253)**

Person - The term used to describe the Father, Son, and Holy Spirit in their real relation to and distinction from one another within the unity of the Blessed Trinity. Each of the three divine Persons is God. **(CCC 252)**

Trinity - The mystery of one God in three Persons: Father, Son, and Holy Spirit. The revealed truth of the Holy Trinity is at the very root of the Church's living faith as expressed in the Creed. **(CCC 232, 237)**

Main Point 1:

The Trinity is a divinely revealed mystery of faith. It is the central and most fundamental truth of our faith because it is the truth about who God is.

Start the Proclaim by inviting everyone to pray the “Glory Be” together. Begin and end the prayer with the Sign of the Cross.

- “The Father, the Son, and the Holy Spirit” — that is a very familiar phrase for Catholics.
- We begin and end every prayer with the Sign of the Cross. The Glory Be, one of our most common prayers, is centered around this phrase. The prayers and words of the Mass contain many references to the Father, Son, and Holy Spirit.
- Most of us could probably say confidently that this prayer invokes the Trinity and that the Father, Son, and Holy Spirit are the three Persons of the Trinity. But if pressed to explain the Trinity and why it matters, would you have an answer?
- As common as these three names are, how often do we stop and think about what we’re saying or what this doctrine really means?
- The Catechism has powerful words regarding the importance of this great mystery.

CATECHISM

Project and read the following from **CCC 234**.

“The mystery of the Most Holy Trinity is the central mystery of Christian faith and life. It is the mystery of God in himself. It is therefore the source of all the other mysteries of faith, the light that enlightens them. It is the most fundamental and essential teaching in the ‘hierarchy of the truths of faith.’”

- In other words, the Trinity is the most important and impactful truth in Christianity. It’s the source from which all the other truths and our whole lives flow. Why? Because it is the mystery of God in himself. **(CCC 234) (Going Deeper #1: “The Baptismal Formula”)**

- The mystery of the Trinity is part of divine revelation. That means it's not something we could know unless God revealed it to us. Everything God reveals to us, he reveals for a reason. He doesn't reveal the mystery of the Trinity just so we can mindlessly profess belief in it and haphazardly make the Sign of the Cross before we pray. This mystery is vital for our faith and lives. **(CCC 237, 261)**
- The Trinity is the cause of everything that exists, the reality from which all reality springs, the truth at the heart of the universe and each person. It impacts everything because it is the truth about the one from whom everything comes.
- In order to understand the implications of the Trinity in our lives, we first need to do a little work to understand what the mystery of the Trinity is.
- Before we dive in, it's helpful to explain what is meant by a mystery of our faith. Mystery is not something that we can't know anything about, nor is it a puzzle that we have to piece together in order to find the final answer. In terms of our faith, a mystery is something that we can't wholly grasp because it exceeds our understanding.
- This makes sense. If God created us and our ability to think and reason, it follows that our reason cannot fully understand God. We can grasp parts of who he is and what he has revealed, but we'll never fully get it. God is always bigger and greater than what we can think about him.
- In this sense, the Trinity is a mystery. We can contemplate it, but we'll never completely wrap our heads around it. And we aren't supposed to. We don't even completely know or understand one another, or even ourselves, for that matter. How could we possibly fully understand the deepest truth about God?
- Nevertheless, God revealed this mystery to us for a reason. In contemplating and embracing it — even though we can't fully grasp it — we learn about who God is, and that in turn teaches us the truth about the world, ourselves, and our destiny.

Main Point 2:

We profess that God is one nature and three Persons: the Father, the Son, and the Holy Spirit. God exists as a communion of love.

- Although the Trinity is a mystery, we can make some definitive claims that help us begin to understand the concept.

SUGGESTION

There is a diagram that lays out the following basic doctrines of the Trinity in visual form, called the Shield of the Trinity. If you did not include it as part of the Environment, consider projecting a version of it to help solidify the content and aid visual learners who may benefit from a representation they can see. A sufficient version of this image can easily be found by searching “shield of the Trinity” online.

- The doctrine of the Trinity states that we believe in one God who exists as three distinct Persons. These three Persons are the Father, the Son, and the Holy Spirit. **(CCC 266)**
- Each of these Persons is God, fully and entirely. They don’t share the divine nature as if the Father is 33% God, and the Son is 33% God, and the Holy Spirit is 33% God. Each is 100% God. **(CCC 253)**
- At the same time, these three Persons truly are distinct from one another. The Father is not the Son, the Son is not the Holy Spirit, the Holy Spirit is not the Father, and so on. No one Person of the Trinity is the others. **(CCC 254)**
- Although the Persons are distinct, we do not believe in three gods but in one God. One God, three Persons: that’s the fundamental concept of the Trinity. **(Going Deeper #2: “Trinitarian Heresies”)**
- However, to really unpack these truths, we need to understand what the Church means when it distinguishes between nature and person.
- Broadly speaking, “nature” answers what, whereas “person” answers who.
- For example, each of us is a human being and therefore has a human nature. We are the same kind of thing. We are human beings.
- Yet that human nature is “used” by a specific person. We say that Jim went to the store. Katie passed her math test. Jonah scored a touchdown. In each case, a human person acts in accordance with what their human nature makes possible. It’s the same kind of nature, but a different person “using” it.
- Nature is the ground of being. It determines what can be done. Nature is the source of what can be done. Person is who does the doing.
- So when we talk about the Trinity, each divine Person is this one divine nature. They are, as we say in the creed, consubstantial, of the same substance or nature. **(CCC 253)**
- Now here’s the tricky part. There is only one divine nature. When we speak about God, we don’t mean a being among other beings floating around in the sky somewhere. God is the source of all being. He is the thing upon which everything else is dependent. He is infinite, eternal, all-powerful, and all-knowing. He is categorically different from everything else in the universe. For these reasons, it’s not possible for there to be multiple gods.
- There is only one God, and he exists as a communion of Persons. This is really hard for our minds to understand, but it’s a truth we accept in faith because God has revealed it to us. Unity and distinction are inseparable in the Trinity, even though those things usually exclude one another in our experience.

- So, to summarize the basic doctrine of the Trinity: There are three divine Persons — the Father, the Son, and the Holy Spirit — who all completely possess the one divine nature. Yet, these Persons really are distinct from one another.

Main Point 3:

Every person is created to share in the divine life of the Trinity. Developing a relationship with each Person of the Trinity helps us experience that reality now and anticipate its fullness in eternity.

- One of the most famous phrases in the Bible comes from 1 John: “God is love.” **(1 John 4:8)**
- This isn’t just a quaint phrase. It’s one of the most important statements in all of Scripture. It’s telling us something essential about who God is. The Catechism speaks beautifully about this reality.

Read paragraph 221 from the Catechism: **CCC 221**.

CATECHISM

“God’s very being is love. By sending his only Son and the Spirit of Love in the fullness of time, God has revealed his innermost secret: God himself is an eternal exchange of love, Father, Son and Holy Spirit, and he has destined us to share in that exchange.”

- The mystery of the Trinity reveals that God, the source of everything that exists, is love. This means that at the heart of our world is not a power-hungry God bent on forcing us to follow his will. The heart of everything that exists is love and communion.
- The Catechism goes on to say that “the ultimate end of the whole divine economy is the entry of God’s creatures into the perfect unity of the Blessed Trinity.” In other words, everything God does is aimed at bringing us into the communion of the Trinity. The whole world exists so that we can be united with God and share in the love that the Trinity is. **(CCC 260)**
- Our destiny is entry into God’s very life, to the communion from which the world springs and toward which it is headed. Heaven is an eternal participation in this eternal communion. **(CCC 1024)**
- Although we will only fully enter into this communion in heaven, we can begin to experience, engage with, understand, and be transformed by this mystery now as we strive to develop a relationship with each Person of the Trinity. **(CCC 259, 265)**

- God isn't just an anonymous or distant being in the universe. He has revealed himself to us through the Trinity. We are called to respond by developing a relationship with each Person of the Trinity — Father, Son, and Holy Spirit. This is why the Church has prayers directed to each Person of the Trinity, because it is teaching us to acknowledge the Trinity and relate to each Person.
- Each Person of the Trinity helps us understand who God is and who he wants to be for us.
- The Father shows us that God is omnipotent. He is the Creator and originator of everything. He is gentle power and loving attentiveness.
- Through his Incarnation, the Son shows us that God desires to be close to us. In his humanity, he understands our trials and struggles. He shows us that we are worth dying for and have the capacity to live for God. He is the perfect image of the Father and so reveals the Father to us. By following him, we can conform our lives to his image.
- The Holy Spirit reveals God as consoler, counselor, life-giver, and so much more. He empowers us to carry out our mission in this world and helps us experience that God is with us at all times and in all things.
- As we said earlier, each Person of the Trinity is God. It's not that the Holy Spirit isn't omnipotent, or that the Father isn't close to us. Yet, in our limited human understanding, the ways we pray to and engage with the different Persons of the Trinity help us experience the fullness of who God is in unique ways. **(CCC 257-259, 267)**
- As the Catechism says, the Trinity is God's "innermost secret." It's the deepest truth about who he is. If one of your friends shared a deep, central truth about themselves with you, what would you do? Would you just shrug your shoulders and mostly ignore it? More likely, you would hold onto that truth, knowing that it teaches you something fundamental about your friend and impacts the whole relationship. **(CCC 221)**
- The Trinity dominates our prayer and worship because it's the truth about who God is. In other words, it's essential to our relationship with him. But the danger is that it becomes so commonplace that we don't even think about it. We make the Sign of the Cross, forgetting the mystery that the sign signifies. We pray and proclaim the words "the Father, and the Son, and the Holy Spirit" without realizing that they define everything about the world, ourselves included. We become numb to the fact that this mystery is our destiny.
- But this doesn't have to be the case. We can get to know the Trinity, not as a formula to repeat but as Persons with whom we can have a relationship.
- We can start by honoring the mystery of the Trinity in our prayer, words, and actions. Make the Sign of the Cross with devotion, mindful of the names you are invoking. Pray with intentionality to the Father, the Son, and the Holy Spirit. Spend time in Scripture learning about each Person of the Trinity. Ask God to reveal himself to you.
- In these small ways, our understanding and appreciation of the Trinity will grow, and we will fall more in love with the communion that is at the heart of the universe and for which our own hearts are destined.
- God has revealed his innermost secret to you. He has invited you to know him, and in doing so, come to know who you are. How you respond is up to you.

BREAK

SMALL GROUP DISCUSSION 25 min

Gather the teens into their small groups. Core members lead the teens through short explanations of each Person of the Trinity using the information below. Each section includes a Scripture verse followed by a brief introduction to that Person of the Trinity. The following information is also contained in the “Small Group Questions” handout.

After reflecting on each Person of the Trinity, continue with the small group questions that follow.

NOTE

The Trinity is not easy to understand or explain. Core members should field questions as best they can, but should not feel the pressure to have a ready answer to every question. Encourage them to be honest if they don’t know something, and to take time to look it up and get back to the teens at a later time.

God the Father

Scripture: **1 John 3:1-2**

God the Father helps us know that God is the origin of all things, the source of all that exists. He lovingly cares for what he has created and provides for his children. We see that God is all-powerful, eternal, and sustains what he has made. He guides all creation by his providence.

The Father is often associated with the work of creation.

God the Son

Scripture: **John 3:16-17**

God the Son is usually the most familiar Person of the Trinity because of the Incarnation, in which he became man. Through Jesus' humanity, God draws close to us. He makes God visible. Jesus is God and man, bringing us in contact with the divine through his human nature. Jesus is the Redeemer. His Death on the Cross was the price for our sins, and his Resurrection is the promise of new life for us.

The Son is often associated with the work of redemption.

God the Holy Spirit

Scripture: **John 14:15-17**

The Holy Spirit can be the hardest Person of the Trinity to conceptualize, given that he is not associated with a common analogy like fatherhood and didn't become man like the Son. He is not just a force or power in the universe, but a Person who communicates God's life and love to us through the sacraments and other means. Through the Holy Spirit, we experience God's power and continual presence, and are transformed by God's love dwelling within us.

The Holy Spirit is often associated with the work of sanctification.

SMALL GROUP QUESTIONS

1. How does the Scripture "God is love" strike you? What does it mean to you?
2. Which Person of the Trinity do you feel closest to? Which Person feels most distant or foreign?
3. What does it mean for you that you can have a relationship with each person of the Trinity? If you're already doing this, how have you tried to foster those relationships? If this is a new concept, what does that mean for you going forward?
4. How would you explain the Trinity and its importance to someone who has never heard of it before?

SEND

LITANY TO THE MOST HOLY TRINITY 15 min

Give each teen a copy of the “Litany to the Most Holy Trinity” handout. Take a moment to explain how you will pray the litany, such as which sections of words will be said by the leader and which will be said by the group.

Allow some time for the teens to read and reflect on the litany prior to praying it. After a few moments, begin the prayer, encouraging teens to be attentive to the titles and characteristics of the Trinity as they pray. Set the pace for a slow, reflective meditation on the litany as the leader reads the words in italics and the group responds.

This prayer is adapted from the Litany to the Most Holy Trinity found on EWTN’s website and referenced in the Resources section.

Begin with the Sign of the Cross, then continue with the litany.

V. Blessed be the holy Trinity and undivided Unity;

R. We will give glory to him, because he has shown his mercy to us.

V. O Lord our Lord, how wonderful is your Name in all the earth!

R. O the depth of the riches of the wisdom and of the knowledge of God!

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Blessed Trinity,

Adorable Unity,

God the Father of Heaven,

God the Son, Redeemer of the world,

God the Holy Ghost,

Holy Trinity, One God,

Father from Whom are all things,

Son through Whom are all things,

Lord, have mercy.

Christ, have mercy.

Lord, have mercy

hear us.

graciously hear us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

*Holy Ghost in Whom are all things,
Holy and undivided Trinity,
Father everlasting,
Only-begotten Son of the Father,
Spirit Who proceeds from the Father and the Son,
Co-eternal Majesty of Three Divine Persons,
Father, the Creator,
Son, the Redeemer,
Holy Ghost, the Comforter,
Holy, holy, holy, Lord God of hosts,
Who is, Who was, and Who is to come,
God Most High, Who inhabits eternity,
To Whom alone are due all honor and glory,
Who alone does great wonders,
Power infinite,
Wisdom, incomprehensible,
Love unspeakable,*

*Be merciful,
Be merciful,*

*From all evil,
From all sin,
From all pride,
From all love of riches,
From all uncleanness,
From all sloth,
From all inordinate affection,
From all envy and malice,
From all anger and impatience,
From every thought, word, and deed contrary to your holy law,
From your everlasting malediction,
Through your plenteous loving kindness,
Through the exceeding treasure of your goodness and love,
Through the depths of your wisdom and knowledge,
Through all your unspeakable perfections,*

*That we may ever serve you alone,
That we may worship you in spirit and in truth,*

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

*Spare us, O Holy Trinity.
Hear us, O Holy Trinity.*

*deliver us, O Holy Trinity.
deliver us, O Holy Trinity.
deliver us, O Holy Trinity.
deliver us, O Holy Trinity.
deliver us, O Holy Trinity.
deliver us, O Holy Trinity.
deliver us, O Holy Trinity.
deliver us, O Holy Trinity.
deliver us, O Holy Trinity.
deliver us, O Holy Trinity.
deliver us, O Holy Trinity.
deliver us, O Holy Trinity.*

*we beseech you, hear us.
we beseech you, hear us.*

*That we may love you with all our heart,
That we may love you with all our soul,
That we may love you with all our strength,
That, for your sake, we may love our neighbor as ourselves,
That we may faithfully keep your holy commandments,
That we may never defile our bodies and souls with sin,
That we may go from grace to grace, and from virtue to virtue,
That we may finally enjoy the sight of you in glory,
That you would graciously hear us,*

*O Blessed Trinity,
O Blessed Trinity,
O Blessed Trinity,*

*V. Blessed are you, O Lord, in the firmament of Heaven,
R. And worthy to be praised, and glorious, and highly exalted forever.*

Let us pray:

*Almighty and everlasting God,
who has granted your servants in the confession of the true faith,
to acknowledge the glory of an Eternal Trinity,
and in the power of your majesty to adore a Unity:
we beseech you that by the strength of this faith we may be defended from all adversity,
through Jesus Christ Our Lord.
Amen.*

*we beseech you, hear us.
we beseech you, hear us.
we beseech you, hear us.
we beseech you, hear us.
we beseech you, hear us.
we beseech you, hear us.
we beseech you, hear us.
we beseech you, hear us.*

*we beseech you, deliver us.
we beseech you, save us.
have mercy on us.*

ANNOUNCEMENTS 5 min

Make announcements for your program, then dismiss the teens.

AFTER THE LIFE NIGHT

Most core members are tired at the end of the session, but be sure to do two things upon the completion of a Life Night.

FIRST, CLEANUP

Try to foster a spirit of teamwork and generosity among your core team. One of the fastest ways to a divided core team is for one or two members to neglect cleanup. No one is done for the night until everyone is done cleaning up. If a core member is not helping clean up, presume goodwill on their part. If it becomes a consistent problem, address it with them rather than letting issues fester.

Be mindful of any relational ministry that may be happening or teens that need to talk. Sometimes, teens can be deeply moved by a Life Night and may need to continue to process with a trusted adult. During cleanup, your team should continue to be available and interruptible for any teens. You never want to shove teens out the door for the sake of cleaning up.

SECOND, EVALUATE

After all the teens have left, appreciate what God has accomplished through the Life Night. Share any praise reports. Identify who or what needs follow-up. Set a timer and invite the group to share in these five categories of the Life Night: Pros, Cons, Questions, Comments, and Concerns. Remind the core team that evaluations are intended to improve the teens' experiences at Life Teen and are not critical judgments of a youth minister's or core member's performance. As you discuss, encourage the core team to consider each of the Life Night movements of Gather, Proclaim, Break, and Send, or pass out/email the evaluation forms. Conclude your time together in prayer and praise to God.

LIFE NIGHT EVALUATION

On a scale of 1-10, how well did this Life Night accomplish our goal?

GOAL

The goal of this Life Night is to help teens appreciate the mystery of the Trinity and understand its significance for their lives while inviting them to develop a relationship with each Person of the Trinity.

Did not accomplish

Nailed it

1

2

3

4

5

6

7

8

9

10

What was the strongest aspect of this Life Night?

Gather

Proclaim

Break

Send

Environment

Optional: Please explain further.

What kind of follow-up do we need to do after this Life Night?

What can we improve for future Life Nights? How can we accomplish this?
