

**Worksheet 7**  
**“One God”**  
Reading and Worksheet

*Please prayerfully and slowly read the Nicene Creed, and then watch the videos, read the article below, and answer the questions.*

Nicene Creed

I believe in **one God**, *the Father almighty, maker of heaven and earth, of all things visible and invisible.* I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made.

For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come.

Amen.

## **In One God**

The Christian faith professes that there is **one God**, and that this one God exists as **three persons: the Father, the Son, and the Holy Spirit**. This raises an important question: **How can God be both one and three at the same time?**

This reality is what Christians call a **mystery**. In Christian theology, the word *mystery* does not mean something like a puzzle or a riddle waiting to be solved. Rather, it refers to a truth that is **real but ultimately beyond the full comprehension of the human mind**.

Because God exists beyond the limits of our senses and understanding, there are aspects of His nature that we cannot completely grasp. Yet the fact that something surpasses our understanding does not mean it is illogical or impossible.

An example from mathematics helps illustrate this idea. In geometry there exists a theoretical shape called a **tesseract**, which is a four-dimensional hypercube. Because we live in a three-dimensional world, we cannot fully see or experience a four-dimensional object. Nevertheless, mathematicians can demonstrate that such an object is real through mathematical reasoning. Watch this video which uses the tesseract as an example to explain the Trinity. Click [Here](#)

In a similar way, the mystery of the Trinity surpasses our ability to fully visualize or comprehend it, yet it remains a real and revealed truth. There are also analogies that can help us begin to understand the Trinity, even though no analogy perfectly captures the mystery. Watch this video for an explanation. The “flatland analogy” shows how something can be inconceivable yet still be possible For a description of this analogy Click [Here](#)

There is also the example of a woman who is pregnant with twins—a boy and a girl. In one sense there are **three persons present**: the mother, the baby boy, and the baby girl. Yet there is **one bodily reality**. While this analogy is imperfect, it helps illustrate how plurality and unity can exist together.

Another analogy can be found in **music**. A musical chord is composed of several individual notes—for example, the notes **C, E, and G**. Each note is distinct, yet when played together they form **one unified chord**. The individual notes remain distinct while contributing to one harmonious sound. Watch this video for an explanation. Click [Here](#)

These examples help us approach the mystery, but they do not fully explain it. Ultimately, the Trinity is known because **God has revealed it to us**.

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### **The Trinity in Sacred Scripture**

For the earliest Christians, the Trinity was revealed through **Sacred Scripture** and the life of Jesus Christ.

While the Bible does not explicitly state the phrase, “God is one being in three persons,” it repeatedly speaks of **the Father, the Son, and the Holy Spirit** together.

At the beginning of the Gospel of Matthew, we see all three persons present at the **Baptism of Jesus**:

“After Jesus was baptized, he came up from the water and behold, the heavens were opened, and he saw the Spirit of God descending like a dove upon him. And a voice came

from heaven, saying, ‘This is my beloved Son, with whom I am well pleased.’”

*(Matthew 3:16–17)*

Here we see:

- **Jesus the Son** being baptized
- **The Holy Spirit** descending like a dove
- **The Father** speaking from heaven

At the end of Matthew’s Gospel, Jesus commands His disciples:

“Go therefore and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit.”

*(Matthew 28:19)*

These passages show that from the very beginning, Christians understood God as **Father, Son, and Holy Spirit**.

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### **The Father Almighty, Maker of Heaven and Earth**

The Creed begins by professing belief in “**God the Father Almighty, Creator of heaven and earth.**” A common question arises: **If God is neither male nor female, why do we refer to God as “Father”?**

The primary reason is that **Jesus Himself referred to God as Father**. In doing so, He revealed something about God’s relationship with us.

In the language Jesus spoke—Aramaic—the word He used was **“Abba.”** This word carries a deeply personal meaning and can be translated as something closer to **“Daddy” or “Dear Father.”** It expresses intimacy, trust, and closeness.

By using this word, Jesus revealed the **personal relationship He had with God**, and He invites us to share in that same relationship.

The Creed also describes God as **“Almighty.”** This raises another important question:

**If God is all-powerful and loves us, why does He allow suffering and evil in the world?**

There is no simple answer to this question. However, through faith we believe that **God is able to bring a greater good even out of suffering and evil.**

Our human understanding is limited. We see only a small part of the larger picture, while God sees the whole of creation and all of history at once.

To illustrate this, imagine you are standing on a hill using a camera with a powerful zoom lens. Through the lens you see an elderly woman walking down a sidewalk. Suddenly, a large man pushes her off the sidewalk and she falls, breaking her ankle.

At first, the action appears cruel and unjustified.

But when you lower the lens and see the full scene, you notice something you could not see before: an out-of-control truck had veered off the road and was heading straight toward the woman. The man pushed her out of the way to save her life and was himself struck by the truck.

What seemed like a terrible and senseless act now reveals itself as an act of heroism.

In a similar way, our limited perspective often prevents us from seeing how God can bring **greater good out of suffering**. One day, when we see reality as God sees it, we will understand more clearly how all things fit together in His plan.

The following video also relates how suffering can exist in a world where God loves us. Click [Here](#)

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### **Of All Things Visible and Invisible**

Through faith we believe that **God is the source of all existence**.

As Scripture tells us:

“For in him all things were created: things in heaven and on earth, visible and invisible... all things have been created through him and for him. He is before all things, and in him all things hold together.”

*(Colossians 1:16–17)*

We can also express this truth using a simple logical argument:

1. Whatever **begins to exist** has a cause.
2. The **universe began to exist**.
3. Therefore, the universe has a **cause**, which we call **God**.

Some people respond by asking, “**But who created God?**”

The key phrase in the argument is “**begins to exist**.”

God did not begin to exist. God is **eternal**.

Because God created **space and time**, He exists **outside of space and time**. A creator is always distinct from the thing that is created. Since time itself was created by God, the limits of time—such as beginnings and endings—do not apply to Him.

For this reason, God has **no beginning and no end**. He simply **is**.

### **Worksheet 7 Questions**

If you need help answering the questions you may look at the answer sheet but please put it in your own words, and do not copy word-for-word what is on the Answer Sheet

**1. How can we use reason or examples to understand that God is one but also three Persons?**

**2. In Christian theology, what does the word “mystery” mean?**

**3. How did the first Christians come to believe in the Trinity?**

**4. If God is not male or female, why does Jesus call God “Father”?**

**5. If God is all-powerful, why is there suffering in the world?**

**6. What is a simple logical argument that shows God exists as Creator?**