



EASTER TO TRINITY SUNDAY

JOURNEY WITH US FROM EASTER TO TRINITY SUNDAY

5 April - 31 May 2026

WEEK 1 – 5 APRIL	Jesus Has Risen
WEEK 2 – 12 APRIL	Jesus Appears to His Disciples
WEEK 3 - 19 APRIL	On the road to Emmaus
WEEK 4 - 26 APRIL	The Good Shepherd and His sheep
WEEK 5 – 3 MAY	Jesus is the way to the Father
WEEK 6 – 10 MAY	Jesus promises the Holy Spirit
Ascension Day May 14, 2026	
WEEK 7 – 17 MAY	Jesus Prays for His Disciples
WEEK 8 – 24 MAY	Jesus appears to His Disciples
WEEK 9 – 31 MAY	The Great Commission



HOME GROUPS AND CLASSES GUIDE:

1. Open in Worship and Prayer: this is to invite God into the meeting. For example, you can light a candle, sing together, or use a YouTube Hymn or song.
2. Open your Bibles and read the Bible verses for this week (take turns?) see below.
3. Reflect on the Bible verses and the reflection written by a Minister or Lay Preacher.
4. Connect with each other and take the reflection deeper by answering the Questions.
5. Works out: What have we learned that we can apply in our lives in this session? Keep each other accountable for promises made or important steps taken. Pray for and over each other (after taking prayer requests).

WORSHIP SONG:

Go and make disciples by Worship without walls: <https://www.youtube.com/watch?v=zgV4XTCrQHA>

WEEK 9

SUNDAY - May 31 Trinity Sunday

Bible Readings



Genesis 1:1-2:4a and Psalm 8
2 Corinthians 13:11-13
Matthew 28:16-20

Matthew 28:16-20 - New International Version

The Great Commission

¹⁶ Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. ¹⁷ When they saw him, they worshiped him; but some doubted. ¹⁸ Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. ¹⁹ Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

SCRIPTURE REFLECTION:

Written by: Rev Thabiso Mcinga

Have you ever felt nervous before a big test or a hard talk with a friend? In Matthew 28:16–20, the disciples felt something like that. They saw Jesus, and they wanted to worship him. But the Bible says that some of them still doubted. That is honest, right? We go to church and we sing songs, but sometimes we too have questions. Truth is, we are not perfect followers. We get scared and confused. But Jesus did not send them away because they doubted. He stayed with them.

It feels scary and heavy when you think you are alone. The disciples went to a mountain in Galilee. They saw Jesus, but some still had doubts. They were scared. Yet Jesus did not get angry. Instead, he gave them a big job: “Go and make followers of me in all the world.” That sounds like a huge, impossible task for a few scared people. But here is the good news. Jesus did not say, “Go do this alone.” He said, “I am with you always.” Always means every second of every day. When you wake up tired, he is there. When you are scared to tell the truth, he is there. When you mess up, he is still there.

On Trinity Sunday, we remember something wonderful. God the Father made us. God the Son, Jesus, saved us. And God the Holy Spirit lives inside us. Three persons, one God. It is a mystery, but the simple truth is this: God is with you. Not just far away in heaven, but right next to you. Because the Father sent the Son, and the Son sends the Spirit, you are never alone. So today, do not be afraid. You do not need to be perfect to do what God asks. You just need to remember you are not alone. Do a small thing this week. Send a kind text. Help a neighbour. Forgive someone who hurt you. As you do, whisper this prayer: **Father, thank you for making me. Jesus, thank you for saving me. Spirit, help me to trust you today. Go in peace. The triune God goes with you. Always.**

GROUP QUESTIONS :

1. What stands out to you most in this passage, and why?
2. Have you ever felt both belief and doubt in your heart at once? What was that like?
3. What does it mean for us, as a church or small group, to “make disciples” in our own community?
4. Jesus said, ‘I am with you always.’ When in your life have you felt God’s presence most strongly? When have you felt alone?

DAILY MEMORY VERSE AND PRAYER

MONDAY, JUNE 01

1 Corinthians 12:3 “No one can say, ‘Jesus is Lord,’ except by the Holy Spirit.”

Prayer: Holy Spirit, deepen my confession that Jesus is Lord in every part of my life.

TUESDAY, JUNE 02

1 Corinthians 12:7 “Now to each one the manifestation of the Spirit is given for the common good.”

Prayer: Lord, use the gifts You’ve given me for the good of others.

WEDNESDAY, JUNE 03

John 14:26 “The Advocate, the Holy Spirit... will teach you all things.”

Prayer: Spirit of Truth, teach me and remind me of all that Jesus has said.

THURSDAY, JUNE 04

Psalms 33:11 “The plans of the Lord stand firm forever.”

Prayer: Sovereign Lord, steady my heart in the certainty of Your eternal purposes.

FRIDAY, JUNE 05, 2026

Acts of the Apostles 28:8 “Paul... prayed and placed his hands on him and healed him.”

Prayer: Healing God, work through me with compassion and power.

SATURDAY, JUNE 06

Genesis 15:6 “Abram believed the Lord, and he credited it to him as righteousness.”

Prayer: Faithful God, grow in me a trusting faith like Abraham’s.

FAMILY TIME

Go and Make Disciples

Scripture: Read **Matthew 28:16–20 (NIV)** aloud together. (*The Great Commission*)

Setting the Scene

After Jesus rose from the dead, the disciples travelled to Galilee to meet Him on a mountain.

When they saw Jesus:

- They worshipped Him
- Some still had doubts

And yet Jesus still chose them. Then He gave His followers an important mission: “*Go and make disciples of all nations...*”

Jesus was sending ordinary people to share extraordinarily good news. And He ended with a wonderful promise: “*Surely I am with you always.*”

Big Truth for the Week

Jesus sends us to share His love — and He promises to be with us always.

For Younger Children (3–9 years)

Simple Discussion Questions

- Where did the disciples meet Jesus?
- What did Jesus tell them to do?
- Who does Jesus want us to tell about Him?
- What promise did Jesus give?

Simple Teaching

Jesus wants everyone to know:

- God loves them
- Jesus is alive
- They are never alone

We can tell others about Jesus by:

- Being kind
- Helping people
- Praying for others
- Sharing Bible stories

Fun Activity

Find a globe or map. Point to different countries and pray: “*Jesus, help people everywhere know Your love.*”

For Teens (10+ years)

Deeper Discussion Questions

- Why do you think Matthew mentions that “some doubted”?
- What does this teach us about who Jesus uses?
- What does it really mean to “make disciples”?
- How is being a disciple different from simply believing in God?
- What would it look like to live missionally at school, online, or with friends?

Reflect Together

Jesus says: “All authority in heaven and on earth has been given to me.”

Before He sends His followers, He reminds them:

- He is King
- He is in control
- They do not go alone

The mission is not based on our strength; it is based on Jesus’ authority and presence.

Ask:

- What fears stop Christians from sharing their faith?
- How can everyday kindness and faithfulness point others to Jesus?

Connecting to the Easter Season

This passage beautifully gathers the whole season together:

Easter – Jesus is Alive: The risen Jesus appears to His disciples.

Peace and Presence: Jesus comforts and walks with His people.

Guidance: Jesus leads as the Good Shepherd.

Pentecost: The Holy Spirit empowers believers to share the gospel boldly.

Trinity Sunday

Jesus commands baptism:

- In the name of the Father
- And of the Son
- And of the Holy Spirit

The Great Commission reveals the beautiful work of the Triune God.

What This Means for Us

Jesus does not ask us to be perfect before following Him.

Remember:

- The disciples worshipped
- Some still doubted
- Jesus still sent them

That means: God can use ordinary people like us.

We are called to: Love people, teach others about Jesus, live differently, share hope wherever we go. And most importantly: Jesus promises to stay with us always.

Family Application

Ask each family member:

- Who can I encourage this week?
- How can I show Jesus' love at school, work, or home?
- Is there someone I can pray for or invite to church?

Finish the sentence together: "Jesus, help me share Your love with _____."

Closing Prayer

"Lord Jesus, Thank You for trusting us to share Your good news.

Help us to love others the way You love us.

Give us courage to live as Your disciples every day.

Thank You for promising to always be with us.

Father, Son, and Holy Spirit, guide our family as we follow You.

Amen."