



Diocese of Athabasca

Sunday School Lesson Plan – Thirteenth Sunday after Pentecost

Proper 23 (Year C) – Readings: Jer 18:1-11; Ps 139: 1-5, 12-17; Philemon 1-21; Lk 14:25-33

Here is a **Sunday School Lesson Plan for Young Children** (ages 4–8) based on the **Revised Common Lectionary readings for Proper 23 (Year C)**. The focus will be on **themes of God's care, transformation, and following Jesus** in simple, child-appropriate ways.

Lesson Title: "God Shapes Us with Love"

Theme/Big Idea:

God knows us and lovingly shapes our lives. Jesus invites us to follow Him with our whole hearts.

Scripture Readings

1. **Jeremiah 18:1–11** – The Potter and the Clay
 2. **Psalms 139:1–5, 12–17** – God Knows Everything About Me
 3. **Philemon 1–21** – Kindness and Forgiveness
 4. **Luke 14:25–33** – Following Jesus Is a Big Choice
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Lesson Length: 45–60 minutes

Opening Prayer (2–3 minutes)

"Dear God, thank You for knowing us and loving us. Help us learn how You shape our lives and how we can follow Jesus. Amen."

Memory Verse (5 minutes)

Psalm 139:14a – "I praise you because I am fearfully and wonderfully made."

- Teach with motions or a song to help memorization.
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Bible Story Time (15 minutes)

1. Jeremiah and the Potter (Jeremiah 18:1–11)

- **Object lesson:** Bring modeling clay or Play-Doh. Show how we can shape it.
- Explain: "God is like a potter. We are like clay. God shapes our hearts to be kind, loving, and good."

2. Psalm 139 – God Knows Me!

- Tell children that God knows when they sit, stand, sleep, and even what they're thinking.
- Encourage them: "God made you wonderful!"

3. Philemon – Forgive and Be Kind

- Short version: Paul asks Philemon to be kind and forgive Onesimus.
- Ask: "Has anyone ever forgiven you? How did it feel?"

4. Luke 14:25–33 – Following Jesus

- Say: "Jesus wants us to follow Him with our whole hearts. It's not always easy, but it's worth it!"
 - Example: Share a simple story of a child choosing to do what's right because they love Jesus.
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Activity/Craft (15–20 minutes)

Craft: Clay Creations – “God Shapes Me”

- Give each child a small piece of Play-Doh or modeling clay.
- Invite them to make a shape that represents themselves or something they love.
- While working, ask: "How do you think God is shaping your life?"

Alternate Craft: “God Knows Me” Handprint

- Trace the child's hand on paper.
 - In each finger, write: "God knows my name / voice / heart / thoughts / dreams."
 - Decorate with stickers or crayons.
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Game: "God Sees Me" Hide-and-Seek (5–10 minutes)

- Play a short round of hide-and-seek or a variation.
 - Afterward, remind them: "Even when we hide, God sees us and loves us!"
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Song Suggestions

- "He's Got the Whole World in His Hands"
 - "Jesus Loves Me"
 - "I Am Fearfully and Wonderfully Made" (YouTube versions or create a simple melody)
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Wrap-Up & Reflection (5 minutes)

Ask:

- What does it mean that God shapes us like clay?
 - What do you want to ask God to help shape in your life?
 - How can you follow Jesus this week?
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Closing Prayer

"God, thank You for making us and loving us. Help us be soft clay in Your hands and follow Jesus every day. Amen."

God Shapes Us with Love

