



Diocese of Athabasca

Sunday School Lesson Plan – Nineteenth Sunday after Pentecost

Here's a **Sunday School Lesson Plan** for young children (ages 4–8) using the **Revised Common Lectionary readings – Nineteenth Sunday After Pentecost, Proper 29 (Year C)**, Bible Verses Jer 31:27-34; Ps 119:97-104; 2 Tim 3:14—4:5; Lk 18:1-8

Sunday School Lesson Plan

Theme:

“Keep Praying and Trust God”

We learn that God hears our prayers, and we should keep trusting Him, even when things seem hard.

Bible Verses:

- **Jeremiah 31:27-34** – God promises a new covenant, writing His law on our hearts.
 - **Psalms 119:97-104** – Loving God's teaching and learning from Him.
 - **2 Timothy 3:14—4:5** – Stay faithful to God's Word and keep teaching it.
 - **Luke 18:1-8** – Parable of the Persistent Widow: Always pray and don't give up.
-

Learning Objectives:

By the end of the lesson, children will:

1. Understand that God wants us to keep praying.
 2. Learn that God hears our prayers.
 3. Recognize that the Bible teaches us how to live faithfully.
 4. Practice simple ways to pray every day.
-

Materials Needed:

- Bible (children's version if available)

- Whiteboard or large paper for drawing
- Crayons, markers, or colored pencils
- Paper for drawing/prayer activity
- Optional: small bell or chime for “prayer time”

Notes for Teachers:

- Keep explanations simple and relatable.
 - Reinforce persistence in prayer using examples from the children’s daily life.
 - Encourage respect and listening during prayer and story time.
-

Lesson Outline (Approx. 45-60 minutes):

1. Welcome and Gathering (5 min)

- Greet the children warmly.
 - Briefly talk about what prayer is: “Prayer is talking to God.”
 - Optional: Ring a bell or chime to signal the start of prayer time.
-

2. Opening Prayer (2-3 min)

Suggested prayer:

"Dear God, thank You for always hearing us when we pray. Help us to trust You and keep talking to You every day. Amen."

3. Bible Story / Reading (10-15 min)

Luke 18:1-8 – Parable of the Persistent Widow

- Read the story in simple words.
- Discuss the story with questions like:
 - Who keeps asking for help in the story?
 - Did God ignore the widow?
 - What can we learn about praying every day?

Optional: Act out the story with the children. One child can be the widow, another the judge.

4. Discussion / Connection (5-10 min)

- Talk about Jeremiah 31: God writes His law on our hearts—He wants us to remember Him and love Him.
- Talk about Psalm 119: Loving God’s Word is like loving a special treasure.
- Talk about 2 Timothy 3: God’s Word helps us know how to live.
- Reinforce: “God wants us to pray and read His Word, even when it seems hard.”

Questions for the children:

- What is something you can pray for today?
 - How can we remember to pray every day?
-

5. Activity / Craft (10-15 min)

Option 1: Prayer Chains

- Children write or draw things they want to pray for on strips of paper.
- Link them into a paper chain to remind them to pray each day.

Option 2: “Prayer Heart” Coloring Page

- Children color a heart and write/draw inside it a prayer for someone they love.
 - Optional: Add the words “God hears my prayers” on the page.
-

6. Song / Music (5-10 min)

- **Suggested Songs:**
 - “This Little Light of Mine” – emphasizing trusting God
 - “I’ve Got the Joy, Joy, Joy, Joy” – celebrating God’s love
 - Simple “Thank You, God” or “God Hears Me” song
-

7. Closing Prayer (2-3 min)

Suggested prayer:

"Dear God, thank You for hearing our prayers. Help us to keep praying every day and trusting You. Amen."

- Optional: Children can say one short prayer aloud.

8. Snack / Fellowship (Optional)

- Something simple like fruit or crackers.
- Encourage children to talk about what they will pray for this week.

9. Take-Home Activity:

- Encourage children to pray once in the morning and once at night.
- Draw a picture of their prayer or write one sentence about it.

10. Colouring Page

God hears me



when I **PRAY.**

The 5 Finger Prayer

Thumb: Those closest to you, your family.

Pointer: Those that point you in the right direction (teachers, doctors, priests) ask for wisdom & support.

Index: (tallest) Those that lead us, (Government) ask for guidance & wisdom.

Ring: (weakest) Those that are weak, in trouble, or in pain. We cannot pray too much for them.

Pinkie: (smallest) Our prayers for ourselves & our own needs.

