



# Diocese of Athabasca

## Sunday School Lesson Plan – Sunday, February 1, 2026

Here's a **Sunday School Lesson Plan** for young children (ages 4–8) and some activities for older children using the **Revised Common Lectionary readings** for **February 1, 2026 – Fourth Sunday after Epiphany (Year A)**. Bible Verses: Mic 6:1-8; Ps 15; 1 Cor 1:18-31; Mt 5:1-12; Preface of the Lord's Day



## Sunday School Lesson Plan



## Sunday School Lesson Plan

**Fourth Sunday after Epiphany (Year A) – February 1, 2026**

### Scripture Readings

- **Micah 6:1–8**
- **Psalm 15**
- **1 Corinthians 1:18–31**
- **Matthew 5:1–12 (The Beatitudes)**



### Lesson Overview

**Lesson Title:** Living God's Way

**Theme:** God cares about how we live and how we treat others.

**Big Idea:** God wants us to love others, be kind, and walk humbly with Him.

**Lesson Focus for Kids:** Jesus teaches us that God's way is about love, kindness, and trust in Him—even when it feels different from the world's way.

## Scripture Readings – Kid-Friendly Language

### **Micah 6:8 (focus verse):**

“God has shown you what is good. God wants you to do what is right, love kindness, and walk humbly with Him.”

### **Psalm 15:**

“God loves people who are honest, kind, and who do what is right.”

### **1 Corinthians 1:18–31:**

“God’s way may seem strange to some people, but God’s love is stronger and wiser than anything else.”

### **Matthew 5:1–12 (The Beatitudes – simplified):**

Jesus said God blesses people who are kind, gentle, forgiving, and who care for others. God is close to those people.

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## Welcome & Opening Prayer / Circle Time

### **Welcome Activity:**

Sit in a circle. Ask:

- “What does it mean to be kind?”
- “Can you name someone who helps others?”

Explain that today we will learn how **Jesus teaches us to live God’s way**.

### **Opening Prayer:**

“Loving God, thank You for bringing us together today. Help us listen, learn, and grow to love others the way Jesus taught us. Amen.”

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## Memory Verse

**“Do what is right. Love kindness. Walk humbly with your God.”**

*(Micah 6:8)*

### **Action motions:**

- *Do what is right* – thumbs up
- *Love kindness* – hug arms
- *Walk humbly with God* – walk fingers across palm



## Bible Story Time

### Story: *Jesus Teaches God's Way*

Jesus sat on a hill and taught the people. He said God blesses those who are kind, gentle, and caring. He said God is close to people who feel sad, who try to do what is right, and who help others. Jesus taught that God's way is not about being the biggest or strongest—but about loving God and loving others.

#### Wondering Questions:

- Which of Jesus' words do you like best?
- How can we show kindness this week?
- Who can we help?



## Craft / Activity

### Craft: *Beatitudes Heart Hands*

#### Supplies:

Paper, crayons/markers, scissors, glue.

#### Instructions:

1. Trace each child's hands and cut them out.
2. Glue the hands to a paper heart.
3. On the heart write:  
**"Blessed are the kind." – Jesus**
4. Decorate with symbols of love, peace, and helping.

*(Alternative: "Micah 6:8 Footsteps" – children trace feet and write "Do Right," "Love Kindness," "Walk with God.")*

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## Game

### Game: *Kindness Charades*

Children take turns acting out ways to:

- Help someone
- Share
- Say sorry
- Comfort a friend

Others guess the action. Emphasize: *This is living God's way.*

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## Song Suggestions

- “They’ll Know We Are Christians by Our Love”
  - “This Little Light of Mine”
  - “Jesus Loves Me”
  - “Seek Ye First the Kingdom of God”
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## Snack Suggestions

- **Heart-shaped crackers or cookies** (God's love)
  - **Fruit cups** (good gifts from God)
  - **Trail mix** (many small things working together, like kindness)
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## Wrap-Up & Reflections

Ask:

- What does God want us to do?
- How can we love kindness this week?

Say together:

**“We want to live God's way!”**

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## Closing Prayer

“Dear God, thank You for Jesus and His teachings. Help us to be kind, gentle, and loving to everyone we meet. Help us walk with You each day. Amen.”

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## Take-Home Idea

### **Kindness Challenge Card:**

Send home a small card with 5 simple actions:

- Help someone
- Share
- Say thank you
- Pray
- Be kind

Children can check off each one during the week.

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## Teacher Notes

- Keep the Beatitudes **positive and encouraging**, not heavy or abstract.
- Focus on **God’s blessing and love**, not rules.
- Use repetition, movement, and visuals.
- This is an excellent Sunday to reinforce **Christian character and compassion**.

# Living God's Way

Fourth Sunday after Epiphany



**Blessed are the kind.**

# Living God's Way

Fourth Sunday after Epiphany

Read Matthew 5:1-12. The Beatitudes are a list of blessings from God.

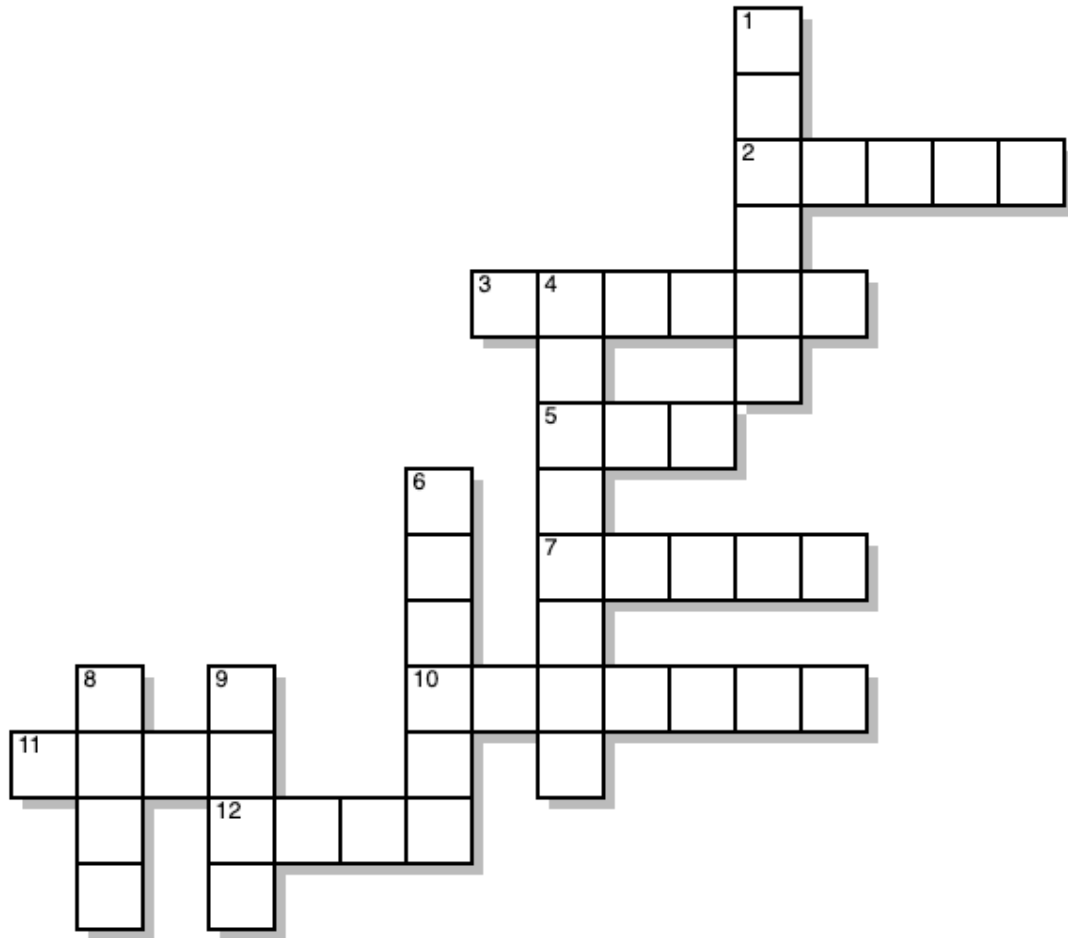
What are blessings?

Write down or draw pictures of the blessings you have in your life.



# Living God's Way

Fourth Sunday after Epiphany



## ACROSS

- 2 Not wrong
- 3 Powerful
- 5 Father of All
- 7 Rely
- 10 Favoured
- 11 Smart
- 12 Deep affection

## DOWN

- 1 Compassionate
- 4 Not apart
- 6 Modest
- 8 Considerate
- 9 Assist



# Living God's Way

Fourth Sunday after Epiphany

T O G E T H E R R D  
B E N M E L G G Z V  
L V K L B N T C M T  
E O P M O R A R N L  
S L U R U R I D W T  
S H T S I G N G O D  
E S T N H I E S I W  
D M G T K Q K T V M

God  
Love  
Kind  
Humble  
Trust  
Right

Strong  
Wise  
Caring  
Help  
Together  
Blessed

# Living God's Way

Fourth Sunday after Epiphany

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

<u>5</u>	<u>20</u>	<u>2</u>		<u>16</u>	<u>14</u>		<u>24</u>	<u>21</u>	<u>3</u>		<u>3</u>	<u>20</u>	<u>15</u>
<u>1</u>	<u>6</u>	<u>10</u>		<u>16</u>	<u>18</u>		<u>13</u>	<u>21</u>	<u>6</u>	<u>16</u>	<u>14</u>	<u>22</u>	
<u>7</u>	<u>10</u>	<u>14</u>	<u>15</u>	<u>14</u>	,	<u>24</u>	<u>21</u>	<u>20</u>					
<u>26</u>	<u>10</u>	<u>13</u>	<u>1</u>	<u>25</u>	<u>10</u>		<u>18</u>	<u>20</u>	<u>6</u>		<u>15</u>	<u>14</u>	
<u>24</u>	<u>16</u>	<u>14</u>	<u>2</u>	<u>20</u>	<u>25</u>		<u>18</u>	<u>6</u>	<u>20</u>	<u>25</u>			
<u>5</u>	<u>20</u>	<u>2</u>	,	<u>1</u>	<u>8</u>	<u>2</u>							
<u>6</u>	<u>16</u>	<u>5</u>	<u>21</u>	<u>22</u>	<u>10</u>	<u>20</u>	<u>15</u>	<u>14</u>	<u>8</u>	<u>10</u>	<u>14</u>	<u>14</u>	
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# Living God's Way

## Fourth Sunday after Epiphany

Jesus sat on a hill and taught the people. He said God blesses those who are kind, gentle, and caring. He said God is close to people who feel sad, who try to do what is right, and who help others. Jesus taught that God's way is not about being the biggest or strongest—but about loving God and loving others.

Fill in the blanks of the story with the words in the box.

Words to Use				
children	comforted	earth	falsely	filled
God	heart	heaven	hunger	kingdom
meek	merciful	mercy	mourn	peacemakers
persecuted	reward	spirit	thirst	

### The Beatitudes

And Jesus began to speak and taught them, saying:

“Blessed are the poor in \_\_\_\_\_, for theirs is the kingdom of \_\_\_\_\_.

“Blessed are those who \_\_\_\_\_, for they will be \_\_\_\_\_.

“Blessed are the \_\_\_\_\_, for they will inherit the \_\_\_\_\_.

“Blessed are those who \_\_\_\_\_ and \_\_\_\_\_ for righteousness, for they will be \_\_\_\_\_.

“Blessed are the \_\_\_\_\_, for they will receive \_\_\_\_\_.

“Blessed are the pure in \_\_\_\_\_, for they will see \_\_\_\_\_.

“Blessed are the \_\_\_\_\_, for they will be called \_\_\_\_\_ of God.

“Blessed are those who are \_\_\_\_\_ for the sake of righteousness, for theirs is the \_\_\_\_\_ of heaven.

“Blessed are you when people revile you and persecute you and utter all kinds of evil against you \_\_\_\_\_ on my account. Rejoice and be glad, for your \_\_\_\_\_ is great in heaven, for in the same way they persecuted the prophets who were before you.

# BLESSED are:

Matthew 5:3-10

1.

5.

2.

6.

3.

7.

4.

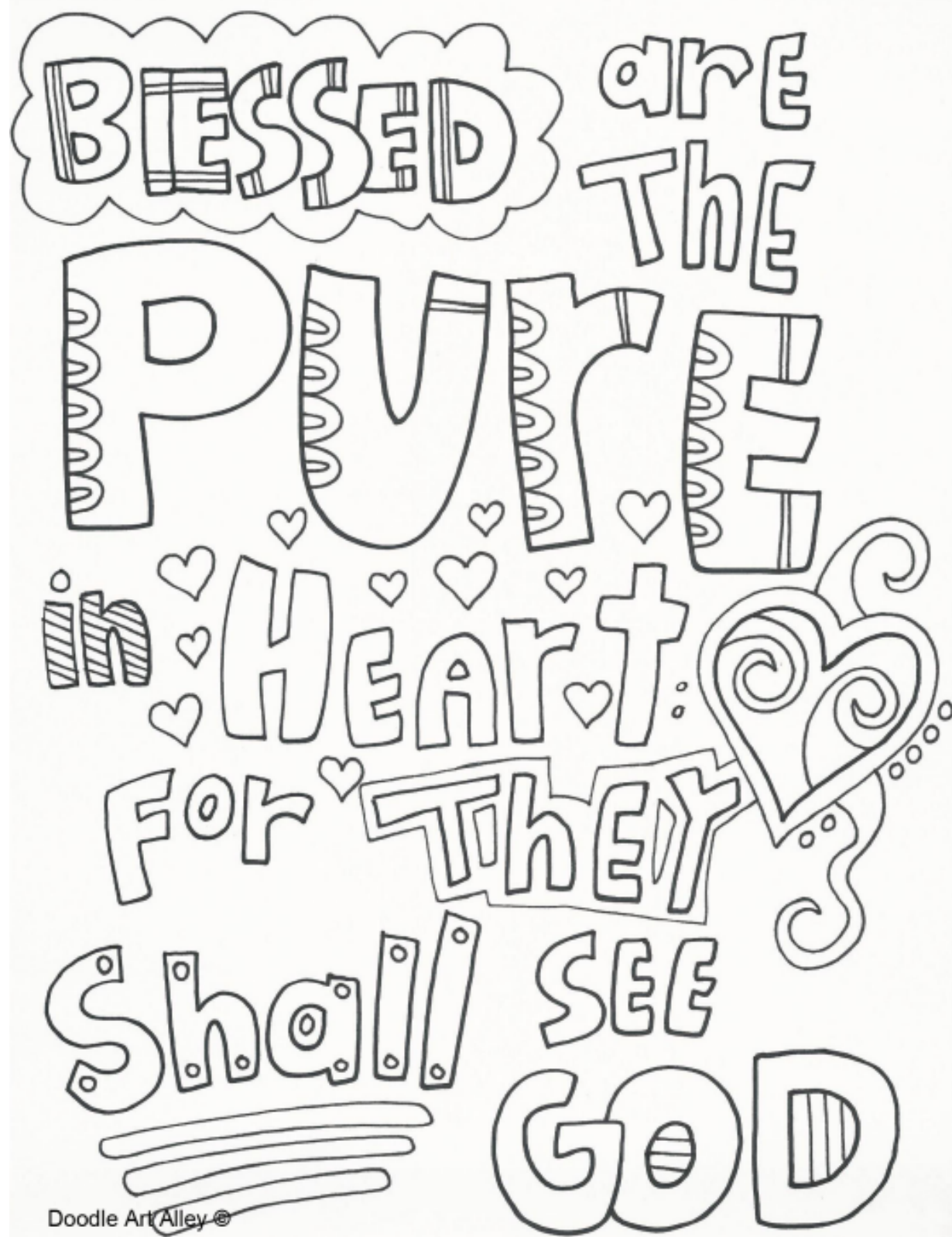
8.



BIESSED are  
THE PeaceMakers  
\* For \* They \* Shall \* be  
Called \* The \*  
CHILDREN  
\* OF \* GOD



BLESSED are  
the  
POOR in Spirit:  
for theirs is  
the  
Kingdom  
of HEAVEN





BLESSED ARE  
THE MERCIFUL:  
FOR THEY SHALL  
OBTAIN  
MERCY

BLESSED are THEY  
which are ...  
PERSECUTED  
for Righteousness'  
SAKE: for theirs  
is the KINGDOM  
of HEAVEN

BLESSED are THEY:  
That HUNGER  
and THIRST  
AFTER  
Righteousness:  
for THEY  
shall be FILLED



BLESSED are  
They That Mourn:  
For they  
shall be  
Comforted

### **Crossword – Key:**

#### **Across**

- 2. Right
- 3. Strong
- 5. God
- 7. Trust
- 10. Blessed
- 11. Wise
- 12. Love

#### **Down**

- 1. Caring
- 4. Together
- 6. Humble
- 8. Kind
- 9. Help

### **Cryptogram – Key:**

#### **1 Corinthians 1:30-31**

God is why you are in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, “Let the one who boasts, boast in the Lord.”

### **Fill in the blank – Key:**

#### **The Beatitudes**

And Jesus began to speak and taught them, saying:

<sup>3</sup> “Blessed are the poor in spirit, for theirs is the kingdom of heaven.

<sup>4</sup> “Blessed are those who mourn, for they will be comforted.

<sup>5</sup> “Blessed are the meek, for they will inherit the earth.

<sup>6</sup> “Blessed are those who hunger and thirst for righteousness, for they will be filled.

<sup>7</sup> “Blessed are the merciful, for they will receive mercy.

<sup>8</sup> “Blessed are the pure in heart, for they will see God.

<sup>9</sup> “Blessed are the peacemakers, for they will be called children of God.

<sup>10</sup> “Blessed are those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

<sup>11</sup> “Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely<sup>[b]</sup> on my account. <sup>12</sup> Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.