



Diocese of Athabasca

Sunday School Lesson Plan – Sunday, February 8, 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 8, 2026 – Fifth Sunday after Epiphany (Year A)**. Bible Verses: Is 58:1-9a, (9b-12); Ps 112:1-9; 1 Cor 2:1-12, (13-16); Mt 5:13-20; Preface of the Lord's Day

🌟 Sunday School Lesson Plan

Fifth Sunday after Epiphany (Year A) – February 8, 2026

Scripture Readings

- **Isaiah 58:1–9a (9b–12)**
- **Psalm 112:1–9**
- **1 Corinthians 2:1–12 (13–16)**
- **Matthew 5:13–20**

📌 Lesson Overview

Lesson Title: Shining God's Light

Theme: God calls us to shine His love in the world.

Big Idea: Jesus says *we* can be God's light by loving and helping others.

Lesson Focus for Kids: When we follow Jesus, our kindness and love shine like a bright light for others to see.

📖 Scripture Readings – Kid-Friendly Language

Isaiah 58 (selected, simplified):

God says, "Help people who are hungry. Be kind to those who are hurting. When you do, your light will shine like the morning sun."

Psalm 112:

“People who love God are kind and generous. They help others and are not afraid, because God is with them.”

1 Corinthians 2:

God helps us understand His love through the Holy Spirit. God’s wisdom teaches us how to live and love.

Matthew 5:13–20 (focus verses):

Jesus said, “You are the salt of the earth and the light of the world. Let your light shine so others can see your good deeds and thank God.”



Welcome & Opening Prayer / Circle Time

Welcome Question:

“What things give us light?” (sun, lamp, candle, flashlight)

Explain: Jesus tells us *we* can be light too—not with lamps, but with love and kindness.

Opening Prayer:

“Dear God, thank You for loving us and calling us Your light. Help us learn how to shine Your love today. Amen.”



Memory Verse

“Let your light shine.” – Matthew 5:16

Actions:

- *Let* – open hands
- *your light* – wiggle fingers like rays
- *shine* – hands high in the air

Repeat several times, getting quieter then louder.



Bible Story Time

Story: Jesus Says We Are Light

Jesus told the people that light is not hidden under a basket. Light is meant to shine so everyone can see! Jesus said when we help others, share, forgive, and show love, we are shining God's light in the world.

Wondering Questions:

- How can we shine God's light at home?
- At school?
- At church?

Craft / Activity

Craft: “Let Your Light Shine” Lantern

Supplies:

Paper, crayons/markers, glue or tape, scissors, yellow tissue paper (optional).

Instructions:

1. Fold paper in half and cut slits (teacher help).
2. Decorate with hearts, stars, and crosses.
3. Write on the lantern: “**I shine God’s light!**”
4. Roll into a tube and tape.
(Optional: place a paper “candle” inside.)

Game

Game: Light or Hidden?

Teacher calls out actions.

Children shout “**SHINE!**” if it shows God’s light, or “**HIDE!**” if it does not.

Examples:

- Sharing toys → SHINE
- Helping someone → SHINE
- Being mean → HIDE
- Saying thank you → SHINE

🎵 Song Suggestions

- “This Little Light of Mine”
- “Jesus Loves the Little Children”
- “We Are Marching in the Light of God (Siyahamba)”
- “Lord, I Want to Be a Christian” (simple verse)

🍎 Snack Suggestions

- **Sun-shaped cookies or crackers**
- **Cheese cubes** (salt reminder!)
- **Fruit slices** (God’s good gifts)

Talk briefly about salt helping food taste good—just like kindness helps the world.

_WRAP-UP & Reflections

Ask:

- What does Jesus call us? (Light!)
- How can we shine this week?

Say together:

“We can shine God’s light by loving others!”

🙏 Closing Prayer

“Loving God, thank You for Jesus, the Light of the World. Help us shine Your love through our words and actions this week. Amen.”

🏡 Take-Home Idea

Light Challenge Card:

Give each child a small card with a lightbulb or candle.

Each day they draw or check one way they shined God's light (helped, shared, prayed).



Teacher Notes

- Emphasize **encouragement, not perfection**—every small act shines.
- Avoid abstract explanations of law; focus on *love in action*.
- This lesson pairs beautifully with movement, visuals, and repetition.
- A small flashlight or battery candle is a great visual aid.

Shining God's Light

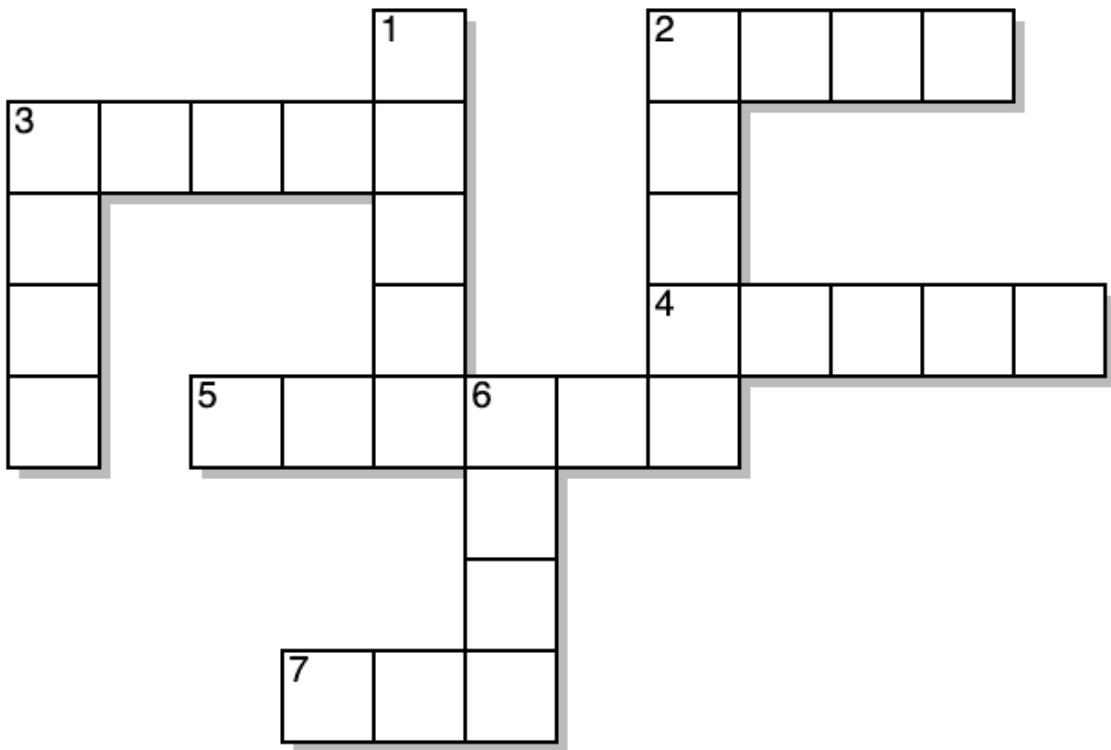
Fifth Sunday after Epiphany



Let your light shine.

Shining God's Light

Fifth Sunday after Epiphany



ACROSS

- 2 Adoration
- 3 Glow
- 4 Human pump
- 5 Hamper
- 7 Father of All

DOWN

- 1 Son of God
- 2 Illuminate
- 3 NaCl
- 6 Benevolent

Shining God's Light

Fifth Sunday after Epiphany

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D	Z	R	M	V	Q	L	J	P	N	H	R	M
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Light
Love
Jesus
Salt
God
Shine

Heart
Kind
Basket
Flashlight
Candle
Lamp
Sun

Shining God's Light

Fifth Sunday after Epiphany

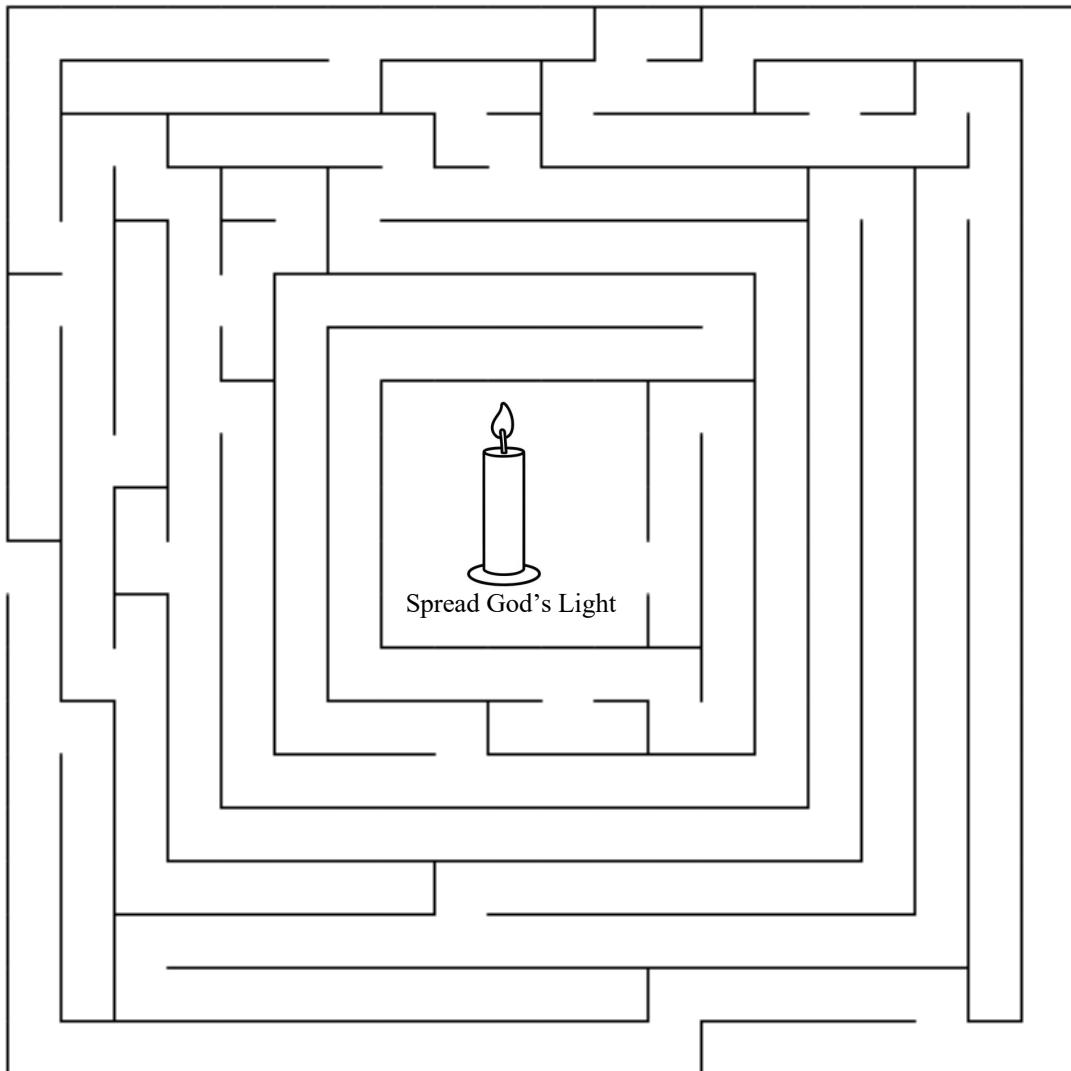
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21	13		10	3	5	1	3	13					

Shining God's Light

Fifth Sunday after Epiphany



To the whole world.



Crossword – Key:

Across	Down
2. Love	1. Jesus
3. Shine	2. Light
4. Heart	3. Salt
5. Basket	6. Kind
7. God	

Cryptogram – Key:

Matthew 5:15-16

People do not light a lamp and put it under the bushel basket; rather, they put it on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.