



Diocese of Athabasca

Sunday School Lesson Plan – Sunday, March 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 **March 1, 2026 – Second Sunday in Lent (Year A)**. Bible Verses: Gen 12:1-4a; Ps 121; Rom 4:1-5, 13-17; Jn 3:1-17 or Mt 17:1-9; Preface of Lent



Sunday School Lesson Plan

Second Sunday in Lent – Year A

Date: March 1, 2026

Lesson Title

“Following God’s Light”

Theme

God calls us, loves us, and guides us.

Big Idea

God invites us to follow Him, and His love lights our way.

Lesson Focus for Kids

God knows us, loves us, and shows us the way—just like a light in the dark.

Scripture Readings (Kid-Friendly Language)

Genesis 12:1–4a

God said to Abram, “Go to a new place I will show you. I will bless you.”
Abram trusted God and went, even though he didn’t know where he was going.

Psalm 121

God watches over us.
God keeps us safe day and night.
God is always with us.

Romans 4:1–5, 13–17 (simplified)

Abraham trusted God, and God was pleased.
God loves us and keeps His promises.

Gospel (Choose One)

John 3:1–17 (simplified)

Jesus tells Nicodemus that God loves the world so much that He sent Jesus to show us how to live and love.

or

Matthew 17:1–9 (Transfiguration, simplified)

Jesus shines with God’s light, and God says, “This is my Son. Listen to Him.”

Welcome & Opening Prayer / Circle Time

Gather children in a circle.

Opening Prayer:

“Dear God, thank you for bringing us together today.
Thank you for loving us and guiding us.
Help us listen, learn, and follow you.
Amen.”

Circle Question:

“What helps you feel safe when it’s dark?”

Memory Verse

“God so loved the world.” – John 3:16a

(Use hand motions: point up for God, hug arms for loved, circle arms for world)

Bible Story Time

Tell the story using a **storybook Bible**, felt figures, or simple props (a flashlight works beautifully).

Story Summary (for telling):

God called Abram to go on a big journey. Abram trusted God.

Jesus tells us that God loves everyone—so much!

God’s love is like a bright light that shows us the way, even when we’re not sure.

Wondering Questions:

- I wonder how Abram felt when God asked him to go?
 - I wonder how God’s love is like a light?
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Craft / Activity

“God’s Light Guides Me” Lantern

Supplies:

- Paper cups or jars
- Tissue paper (yellow/white)
- Glue
- Crayons
- Battery tea lights

Instructions:

Decorate the cup with hearts, stars, or crosses.

Place the tea light inside.

Talk about how God’s love shines for us.

Game

Follow the Light

Turn off some lights.
Teacher holds a flashlight and walks slowly.
Children follow the light carefully.

Message:

We follow God's light just like we follow the flashlight.

Song Suggestions

- *"This Little Light of Mine"*
- *"Jesus Loves Me"*
- *"He's Got the Whole World in His Hands"*

(Add simple actions!)

Snack Suggestions

- Star-shaped crackers or cookies
- Banana slices with honey drizzle
- "Light" snacks like popcorn

Say together:

"Thank you, God, for food and love. Amen."

Wrap-Up & Reflection

Ask:

- Who loves us? (God!)
- What helps guide us? (God's love!)

Reinforce:

God's love is always with us—day and night.

Closing Prayer

“Dear God, thank you for loving us so much.
Help us follow your light and share your love.
Amen.”

Take-Home Idea

Send home:

- The lantern craft
 - Memory verse card
 - Encourage families to pray Psalm 121 at bedtime
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Teacher Notes

- Keep language simple and reassuring
- Repeat key ideas often
- Movement and visuals help young children stay engaged
- Emphasize **God’s love**, not fear or confusion

Following God's Light

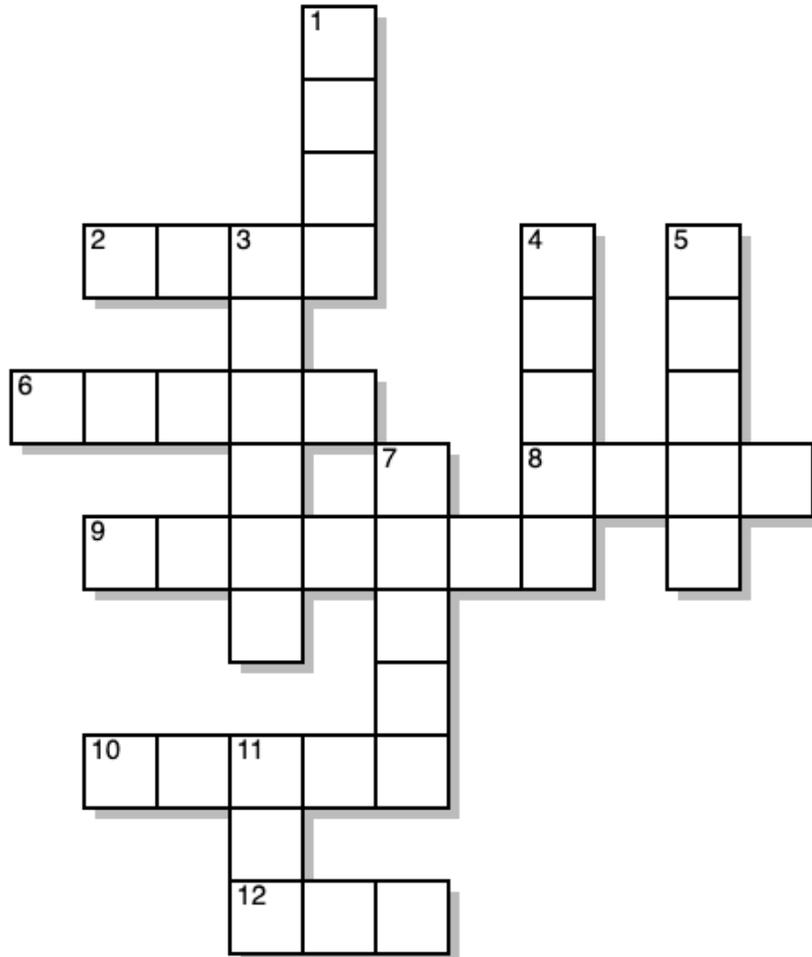
Second Sunday in Lent



**God's love
lights my way.**

Following God's Light

Second Sunday in Lent



ACROSS

- 2 Secure
- 6 Earth
- 8 Opposite of Light
- 9 Pledge
- 10 Opposite of Day
- 12 Opposite of Night

DOWN

- 1 Adoration
- 3 Pursue
- 4 Leader
- 5 My part
- 7 Opposite of Dark
- 11 Our Father

Following God's Light

Second Sunday in Lent



W L I G H T Z F Z
T O E S I M O R P
N T R L H L V E T
Y I O L L A D A Y
K V G O D I R E N
E R W H U O F E B
L M A G T A G W J
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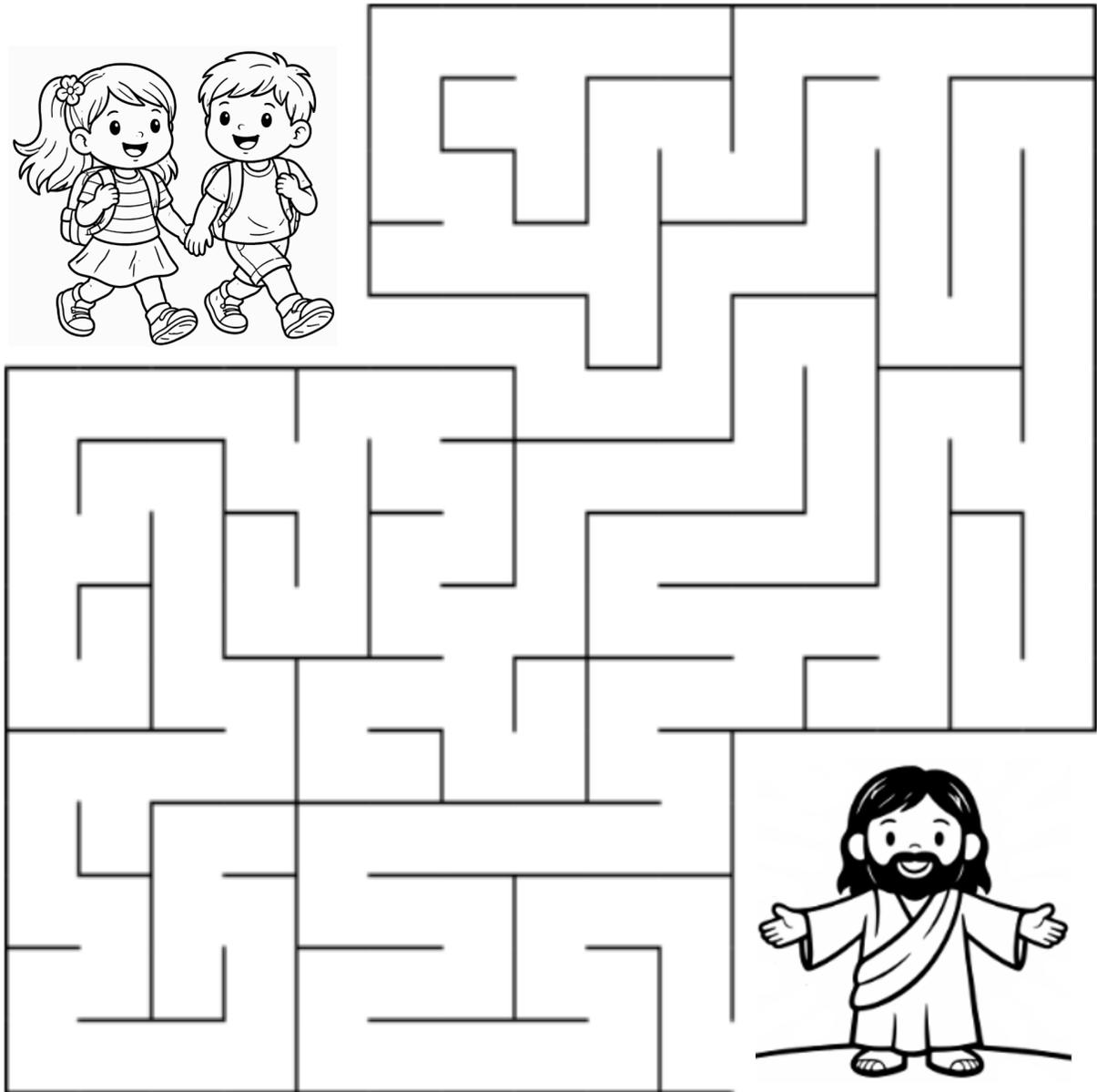
Safe
World
Dark
Promise
Night
Day

Love
Follow
Guide
Share
Light
God



Following God's Light

Second Sunday in Lent



Find your way to Jesus.

Following God's Light

Second Sunday in Lent

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>13</u>			<u>26</u>	<u>13</u>	<u>18</u>	<u>11</u>			<u>9</u>	<u>16</u>			<u>15</u>	<u>21</u>												
<u>23</u>	<u>21</u>	<u>23</u>	<u>7</u>			<u>11</u>	<u>17</u>			<u>11</u>	<u>2</u>	<u>23</u>														
<u>2</u>	<u>13</u>	<u>26</u>	<u>26</u>	<u>7</u>			<u>18</u>	<u>5</u>	<u>17</u>	<u>15</u>																
<u>6</u>	<u>2</u>	<u>23</u>	<u>5</u>	<u>23</u>			<u>6</u>	<u>13</u>	<u>26</u>	<u>26</u>			<u>15</u>	<u>21</u>												
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<u>23</u>	<u>25</u>	<u>5</u>	<u>11</u>	<u>2</u>																						



Following God's Light

Second Sunday in Lent

Lent is the time where we prepare for Easter. It commemorates the time Jesus spent fasting and was tempted in the wilderness. The time of Lent is a time for self-reflection and deepening our commitment to Christ. This is a season of fasting, prayer, and repentance that acts as a period of spiritual preparation for Easter.

Fill in the blanks with the words in the box.

Words to Use		
ash	church	desert
fasted	forty	Jesus
pray	Shrove	tempted
	Wednesday	

The Season of Lent

1. Ash _____ is the first day of Lent.
2. It is the day after _____ Tuesday.
3. Lent lasts for _____ days.
4. Jesus went to the _____ for forty days.
5. While in the desert, Jesus was _____.
6. Jesus _____ for forty days.
7. We go to _____ on Ash Wednesday.
8. The priest draws a cross of _____ on our foreheads on Ash Wednesday.
9. I _____ to Jesus.
10. I thank _____ for his journey to the desert.

Crossword – Key:

Across

2. Safe
6. World
8. Dark
9. Promise
10. Night
12. Day

Down

1. Love
3. Follow
4. Guide
5. Share
7. Light
11. God

Cryptogram – Key:

Psalm 121: 1-2

I lift up my eyes to the hills—
from where will my help come?
My help comes from the LORD,
who made heaven and earth.

Complete the Sentences - Key

1. Wednesday
2. Shrove
3. forty
4. desert
5. tempted
6. fasted
7. church
8. ash
9. pray
10. Jesus