



Diocese of Athabasca

Sunday School Lesson Plan – Sunday, March 22, 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 22, 2026 – Fifth Sunday in Lent (Year A)**. Bible Verses: Ezek 37:1-14; Ps 130; Rom 8:6-11; Jn 11:1-45; Preface of Lent



Sunday School Lesson Plan

Fifth Sunday in Lent – Year A

Date: March 22, 2026

Lesson Title

“Jesus Brings New Life”

Theme

God brings hope and new life.

Big Idea

Jesus has power to bring life, hope, and joy—even when things feel sad.

Lesson Focus for Kids

- Jesus cares when we are sad
 - Jesus brings hope
 - God makes all things new
-

Scripture Readings (Kid-Friendly Language)

Ezekiel 37:1–14

God shows Ezekiel dry bones.
God says, “I will bring life again.”
God can make something new and alive.

Psalm 130

We wait for God.
We trust God’s love.
God brings hope.

Romans 8:6–11 (simplified)

God’s Spirit gives us life and peace.

John 11:1–45 (Lazarus)

Jesus’ friend Lazarus died.
Jesus was sad.
Jesus prayed and said, “Lazarus, come out!”
And Lazarus came out alive!
Everyone was amazed.

Preface of Lent (Child-Friendly Meaning)

Lent is a time when we get ready for Easter.
We remember that Jesus loves us and brings new life.

Welcome & Opening Prayer / Circle Time

Opening Prayer (repeat-after-me):

“Dear God,
Thank you for loving us.
Thank you for giving us hope.
Help us trust you.
Amen.”

Circle Question:

“What makes you feel happy again after you feel sad?”

Memory Verse

“I am the resurrection and the life.” – John 11:25 (shortened)

Actions:

- Point up (I am)
 - Cross arms then open wide (life)
-

Bible Story Time

Tell the story gently and simply.

- Jesus had good friends: Mary, Martha, and Lazarus.
- Lazarus became very sick and died.
- Jesus felt sad too. (Important for children to hear!)
- Jesus prayed and trusted God.
- Jesus called Lazarus, and Lazarus came out alive!

Emphasize:

Jesus brings hope and new life.

Wondering Questions:

- How do you think Mary and Martha felt?
 - How did they feel when Lazarus came out?
-

Craft / Activity

 **“New Life Flower” Craft**

Supplies:

- Paper plates
- Construction paper flowers

- Glue
- Crayons

Children decorate flowers and glue them onto the plate.

Write in the center:

“Jesus brings new life!”

Talk about how flowers bloom after winter.

Game

“Wake Up!” Game

Children pretend to be “sleeping seeds” curled up small.

Teacher says: “Grow!”

Children slowly stand and stretch tall like flowers.

Message: God brings new life!

Song Suggestions

- “My God Is So Big”
 - “Jesus Loves Me”
 - “He’s Got the Whole World in His Hands”
 - “This Little Light of Mine”
-

Snack Suggestions

- Flower-shaped cookies
- Raisins (seeds!)
- Fresh fruit
- Water or juice

Snack Prayer:

“Thank you, God, for food and for new life. Amen.”

Wrap-Up & Reflection

Ask:

- Who gives us hope? (Jesus!)
- What does Jesus bring? (New life!)

Repeat together:

“Jesus brings hope!”

Closing Prayer

“Dear Jesus,
Thank you for loving us.
Thank you for bringing hope and new life.
Help us trust you always.
Amen.”

Take-Home Idea

Send home:

- The flower craft
 - Memory verse card
 - Encourage families to notice signs of new life (buds, sunshine, birds)
-

Teacher Notes

- Present the Lazarus story gently and avoid frightening details
- Emphasize hope, love, and joy
- Reassure children that Jesus understands sadness
- Keep language concrete and comforting

Lent Parent Handout

After the handouts for the children this week there is a Lent Parent Handout you could send home to the parents.

Other Idea Links

In searching for ideas for the lessons I sometimes come up with things that I choose not to add at this time but maybe you will find them helpful if the previous information is not what you are looking for. You can click on the links below to see more ideas.

<https://ministry-to-children.com/lazarus-raised-crafts/>

<https://www.pinterest.com/es152/lazarus/>

<https://ministryspark.com/jesus-raises-lazarus-elementary-lesson/>

Jesus Brings New Life

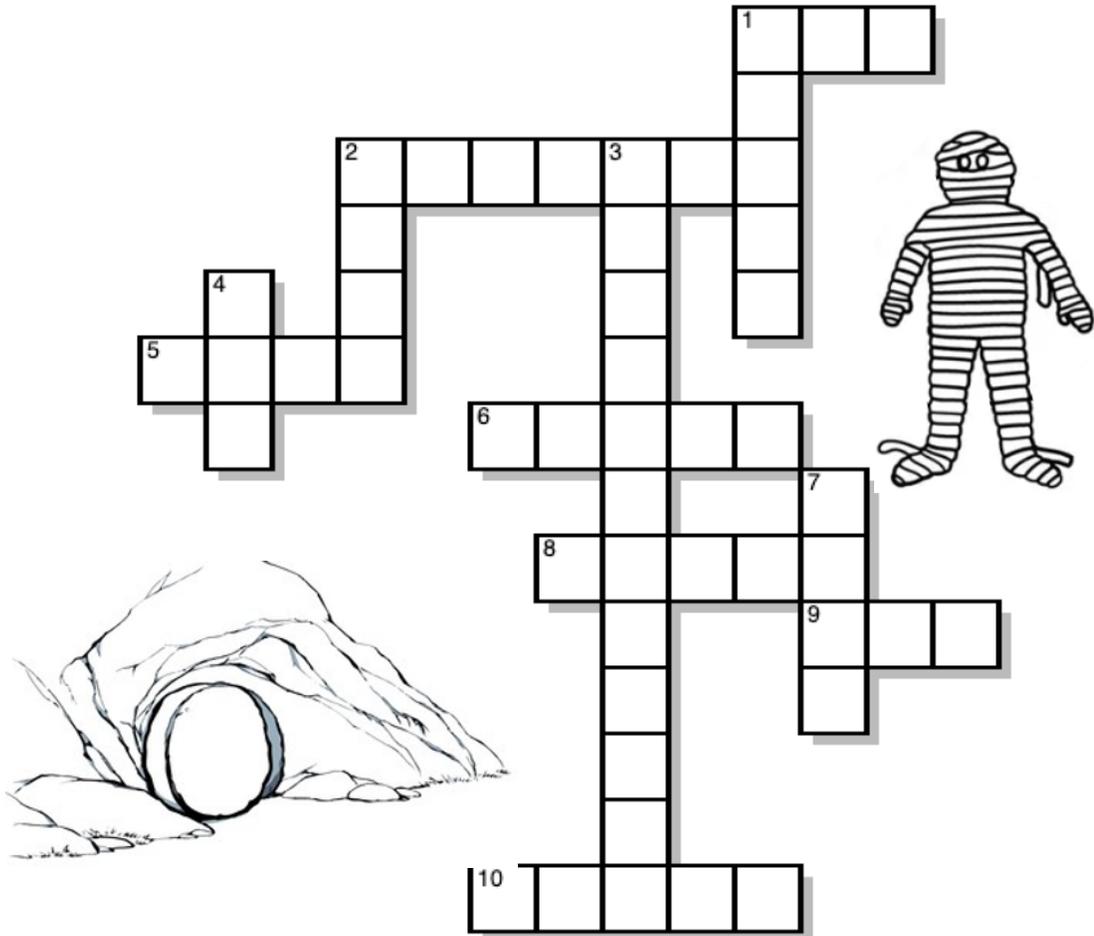
Fifth Sunday in Lent



Jesus brings new life.

Jesus Brings New Life

Fifth Sunday in Lent



ACROSS

- 1 Great happiness
- 2 Jesus brought back to life
- 5 Look forward to
- 6 Show concern
- 8 Free from disturbance
- 9 Not old
- 10 Skeleton

DOWN

- 1 Our Saviour
- 2 A _____ of its own
- 3 Rising again from the dead
- 4 Father of all
- 7 Season before Easter

Jesus Brings New Life

Fifth Sunday in Lent

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

Jesus
Life
God
Hope
Joy
Cares

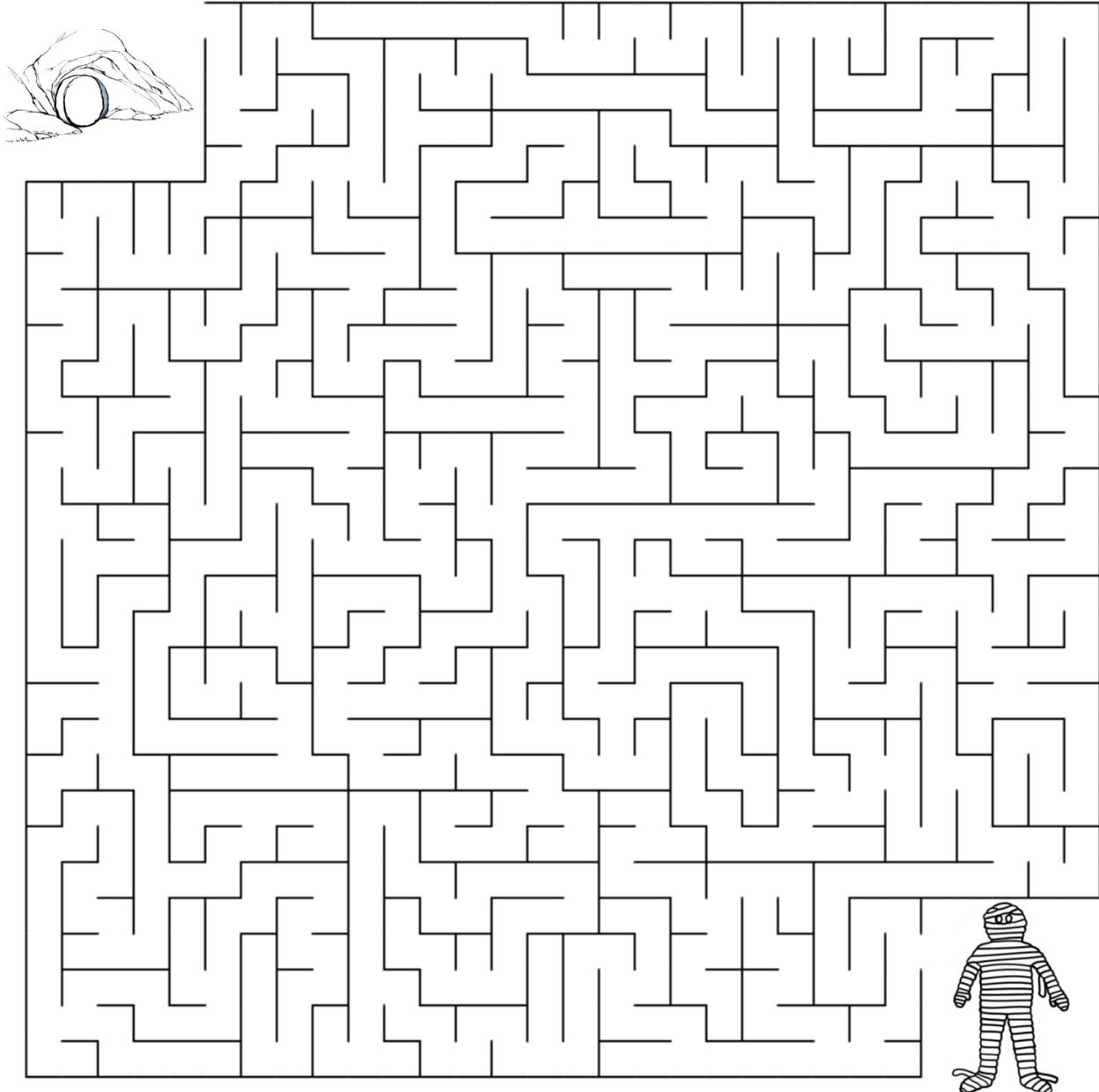
Bones
New
Peace
Lazarus
Lent
Resurrection



Jesus Brings New Life

Fifth Sunday in Lent

Help Lazarus find his way out of the tomb.



Jesus Brings New Life

Fifth Sunday in Lent

Lent Parent Handout

Preparing Our Hearts for Easter

Dear Parents and Families,

During this season of **Lent**, our Sunday School children are learning that Lent is a special time in the Church year when we prepare our hearts for Easter. Lent lasts for 40 days and helps us remember how much Jesus loves us.

Lent is a season of:

-  Prayer
-  Kindness
-  Turning back to God
-  Hope and New Life

What We Are Learning in Sunday School

Over the next few weeks, children will hear Bible stories about:

- Jesus giving **living water** (John 4)
- Jesus bringing **light to the world** (John 9)
- Jesus bringing **new life** (John 11)

We are learning that:

- Jesus loves us
 - Jesus brings hope
 - God makes all things new
-

Simple Ways to Practice Lent at Home

You do not need to do anything complicated. Simple, loving practices are perfect for young children.

1. Bedtime Prayer

Pray together:

“Dear Jesus, thank you for loving us. Help us share your love. Amen.”

2. Kindness Challenge

Each week, choose one small act of kindness:

- Help set the table
- Draw a picture for someone
- Share a toy
- Say “thank you”

3. Notice New Life

As we move toward Easter, look for signs of new life:

- Buds on trees
- Birds returning
- Longer days
- Melting snow

Talk about how Jesus brings new life and hope.

Memory Verse for Lent

“I am the resurrection and the life.” – John 11:25

You can say this together at meals or bedtime.

Conversation Starters

- What did you learn about Jesus today?
 - How can we show kindness this week?
 - Where do you see signs of new life?
-

Looking Ahead

Lent prepares us for the joy of Easter.

Even when stories feel serious or sad, we always remember:

✦✦ Jesus brings hope.

✦✦ Jesus brings light.

✦✦ Jesus brings new life.

Thank you for partnering with us as we help your child grow in faith.

Blessings,
Your Church Family 

Crossword – Key:

Across

1. Joy
2. Lazarus
5. Hope
6. Cares
8. Peace
9. New
10. Bones

Down

1. Jesus
2. Life
3. Resurrection
4. God
7. Lent

Cryptogram – Key:

John 11:43-44

When he had said this, he cried with a loud voice, "Lazarus, come out!" The dead man came out, his hands and feet bound with strips of cloth and his face wrapped in a cloth. Jesus said to them, "Unbind him, and let him go."