



Diocese of Athabasca

Sunday School Lesson Plan – Sunday, March 15, 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 15, 2026 – Fourth Sunday in Lent (Year A)**. Bible Verses: 1 Sam 16:1-13; Ps 23; Eph 5:8-14; Jn 9:1-41; Preface of Lent



Sunday School Lesson Plan

Fourth Sunday in Lent – Year A

Date: March 15, 2026

Lesson Title

“God Helps Us See with Love”

Theme

God sees our hearts, and Jesus brings light into our lives.

Big Idea

God loves us just as we are, and Jesus helps us see what really matters.

Lesson Focus for Kids

- God knows us and cares about our hearts
- Jesus is the Light who helps us see and follow God
- We can choose to live in God's light and love

Scripture Readings (Kid-Friendly Language)

- **1 Samuel 16:1–13**
God chooses David to be king—not because he looks strong, but because God sees his loving heart.
 - **Psalms 23**
God is our shepherd who takes care of us and leads us safely.
 - **Ephesians 5:8–14**
Jesus is the light. When we follow him, we live in love and kindness.
 - **John 9:1–41**
Jesus helps a man who cannot see. Jesus shows that God’s love brings light to everyone.
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Welcome & Opening Prayer / Circle Time

Gather children in a circle.

Opening Prayer (repeat after me):

“Dear God,
Thank you for loving us.
Thank you for Jesus, our light.
Help us see with loving hearts.
Amen.”

Circle Question:

“What helps you see better—your eyes, a light, or help from someone?”

Memory Verse

“Jesus said, ‘I am the light of the world.’” (John 9:5)

Action idea:

- Point to eyes (see)
 - Make a shining motion with hands (light)
-

Bible Story Time

Tell the story of **Jesus healing the man who could not see** using simple language:

- The man couldn’t see, but Jesus loved him
- Jesus helped him see again

- Some people didn't understand, but Jesus showed God's love
- Jesus teaches us to see others with kindness

Wondering Questions:

- How do you think the man felt when he could see?
 - How can we show love to others?
-

Craft / Activity

“Seeing with God’s Light” Glasses

- Cut out paper glasses
 - Decorate with bright colors, stickers, or crosses
 - Write: *“God helps me see with love”*
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Game

Follow the Light

- Turn off some lights (safely!)
 - One child holds a flashlight
 - Others follow the light around the room
 - Talk about how Jesus helps guide us
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Song Suggestions

- “This Little Light of Mine”
 - “Jesus Loves Me”
 - “The Lord’s My Shepherd” (simple refrain)
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Snack Suggestions

- Vanilla pudding or yogurt (white/light)
- Crackers shaped like circles (eyes/light)
- Water or juice (“God refreshes us”)

Wrap-Up & Reflections

Ask children to share:

- One kind thing they can do this week
- One way Jesus helps us

Reinforce:

Jesus helps us see with love and kindness.

Closing Prayer

“Dear Jesus,
Thank you for being our light.
Help us see others with love.
Help us walk in your light.
Amen.”

Take-Home Idea

- Send home a **mini paper flashlight** or **heart cut-out**
 - Include the memory verse and reminder:
“Jesus is our light!”
-

Teacher Notes

- Keep language concrete and gentle
- Avoid focusing on physical blindness as a “problem”—focus on love and light
- Encourage empathy and kindness
- Allow children to ask questions freely

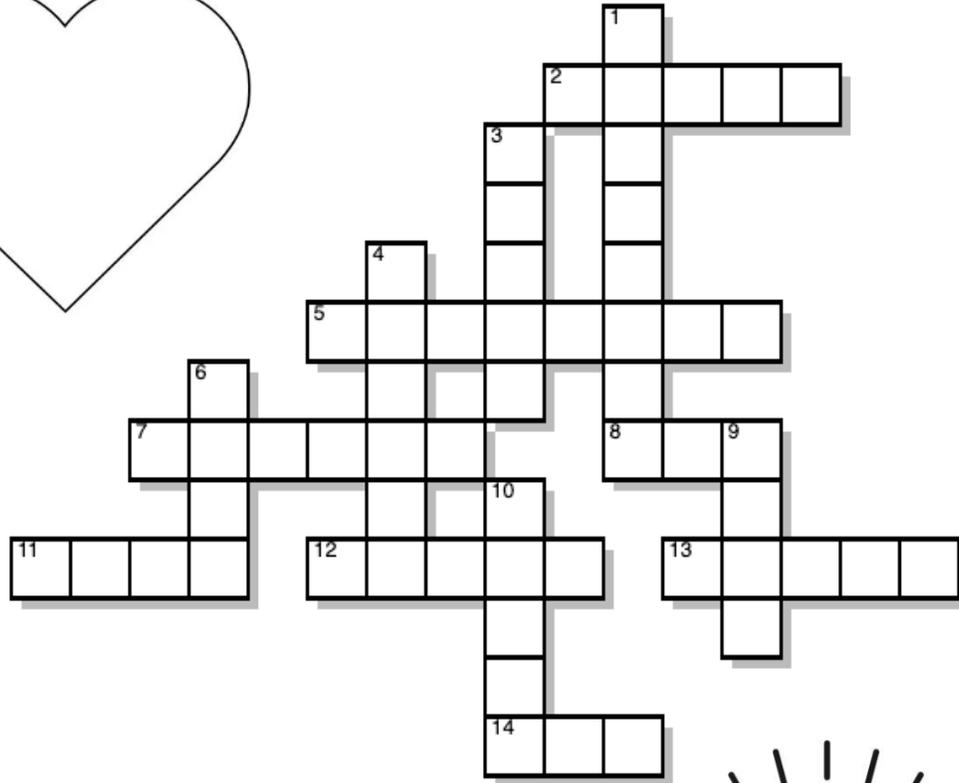
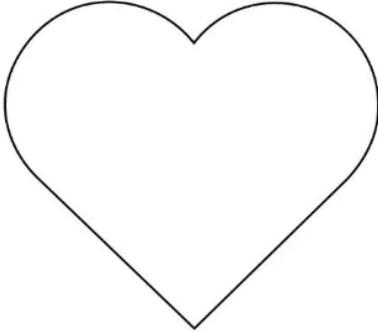
God Helps Us See with Love

Fourth Sunday in Lent



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ACROSS

- 2 Illuminate
- 5 Keeps sheep
- 7 Take after
- 8 Look
- 11 Be alive
- 12 It beats
- 13 Redeemer
- 14 Our Father

DOWN

- 1 Compassion
- 3 Gives aid
- 4 Select
- 6 God is _____
- 9 Peepers
- 10 Take with

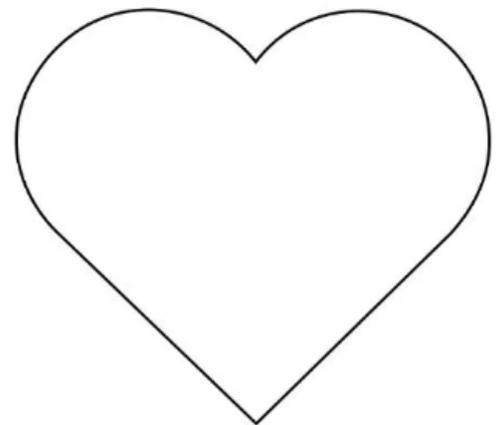
God Helps Us See with Love

Fourth Sunday in Lent

X B N T N R T N G L W T
W R P P K R K H S Q M M
O I D M A B D S G S B T
L N L E J M E P V I E D
L G H E D N P E T B L E
O S S G D R S L O V E V
F U P N O O E L R Y T N
S X I L O D I H E L D T
V K W H E V K S P G M Y
M Q C M E H Y V P E R P
T M G Y R Y R V B M H V
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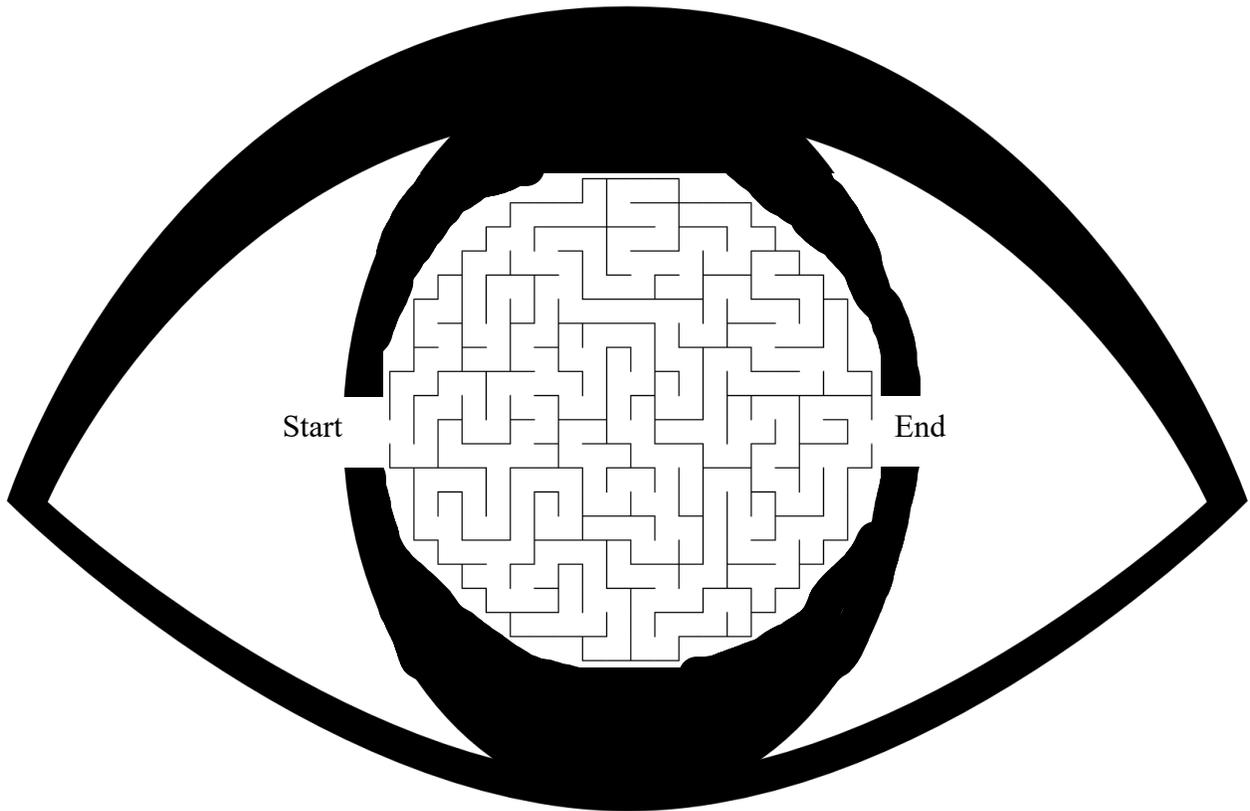
God
Helps
Love
Heart
Light
Follow
Bring

Live
Choose
Kindness
See
Shepherd
Eyes
Jesus



God Helps Us See with Love

Fourth Sunday in Lent

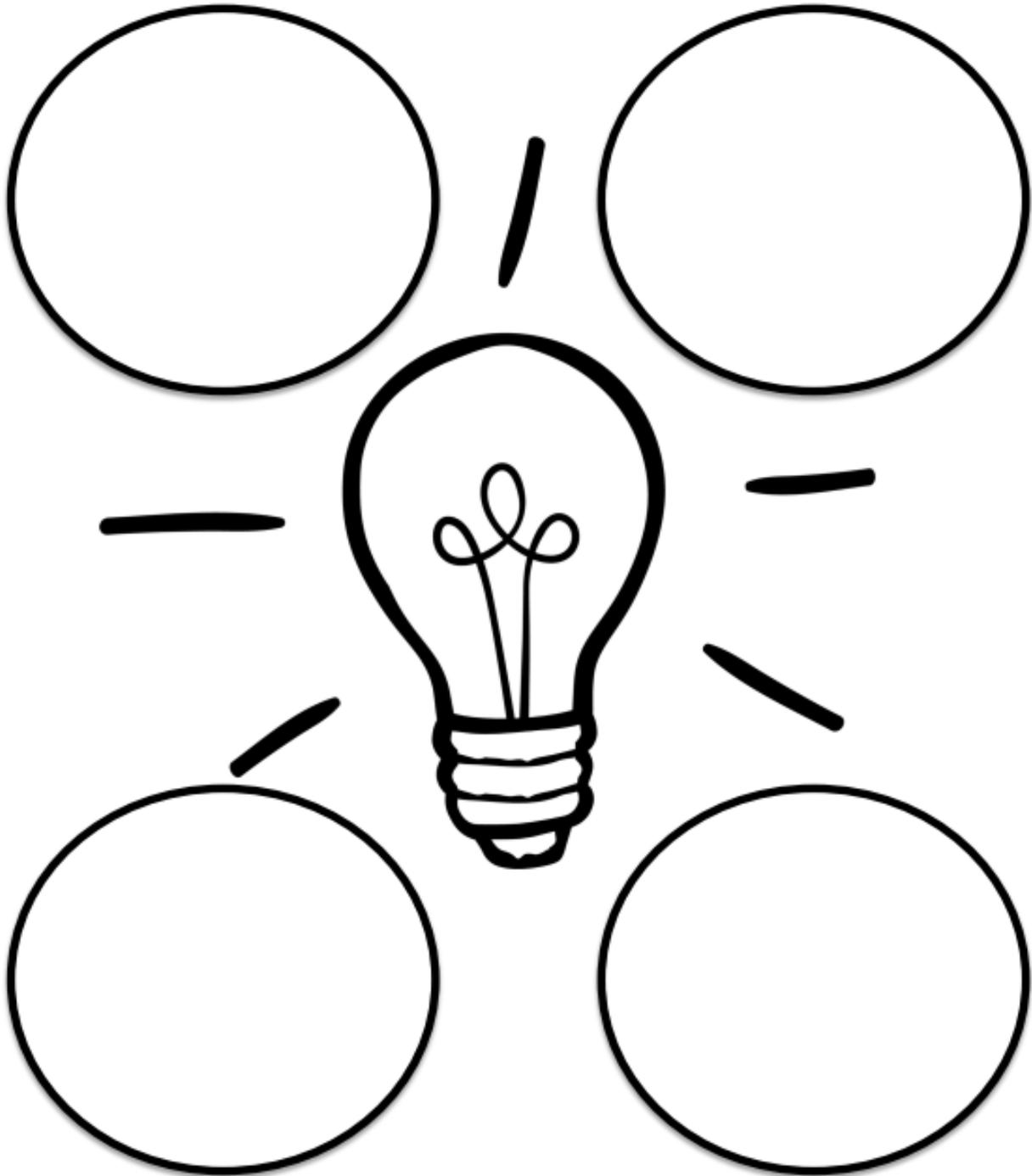


God Helps Us See with Love

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I CAN BE A LIGHT TO THE WORLD!

Directions: Fill in the circles with practical ideas of how you can share the light of Jesus with the world.



Crossword – Key:

Across

2. Light
5. Shepherd
7. Follow
8. See
11. Live
12. Heart
13. Jesus
14. God

Down

1. Kindness
3. Helps
4. Choose
6. Love
9. Eyes
10. Bring

Cryptogram – Key:

Ephesians 5:8-10

For once you were darkness, but now in the Lord you are light. Walk as children of light, for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord.