



Diocese of Athabasca

Sunday School Lesson Plan – Sunday, March 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 **March 8, 2026 – Third Sunday in Lent (Year A)**. Bible Verses: Ex 17:1-7; Ps 95; Rom 5:1-11; Jn 4:5-42; Preface of Lent



Sunday School Lesson Plan

Third Sunday in Lent – Year A

Date: March 8, 2026

Lesson Title

“Jesus Gives Us Living Water”

Theme

God loves us and gives us what we need.

Big Idea

Jesus gives us God’s love, which fills us up and never runs out.

Lesson Focus for Kids

Jesus cares about us. God’s love refreshes us like cool water when we are thirsty.

Scripture Readings (Kid-Friendly Language)

Exodus 17:1–7

The people were thirsty in the desert.
God helped them by giving them water from a rock.
God took care of His people.

Psalm 95 (selected)

We thank God with happy songs.
God is our helper and our rock.
God loves us.

Romans 5:1–11 (simplified)

God loves us very much.
God shows us love through Jesus.

Gospel: John 4:5–42 (The Woman at the Well – simplified)

Jesus met a woman at a well.
Jesus told her about “living water.”
Living water is God’s love that fills our hearts forever.

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 caring for us.
Help us learn how Jesus gives us living water.
Amen.”

Circle Time Question:

“When do you feel thirsty?”

Memory Verse

“God’s love has been poured into our hearts.” – Romans 5:5 (shortened)

(Use motions: pretend to pour water into hands → point to heart)

Bible Story Time

Tell the story using:

- A children’s Bible
- A small cup or bottle of water
- Simple pictures of a well

Storytelling Summary:

God’s people were thirsty, and God gave them water.

Jesus met a woman who was thirsty, and He told her about living water.

Living water means God’s love—love that fills us and never runs out.

Wondering Questions:

- I wonder how the woman felt when Jesus talked to her?
 - I wonder how God’s love fills us up?
-

Craft / Activity

“Living Water Cup” Craft

Supplies:

- Paper cups
- Blue tissue paper or streamers
- Heart stickers
- Crayons
- Glue

Instructions:

Decorate the cup.

Glue blue paper inside to look like water.

Add hearts to show God’s love.

Talk About:

God's love fills us like water fills a cup.

Game

Water Relay (No Water Needed!)

Children pass an empty cup carefully from one child to another.

Message:

God's love is shared with everyone.

(Optional variation: use a soft blue ball as "water")

Song Suggestions

- *"Jesus Loves Me"*
- *"This Little Light of Mine"*
- *"I've Got Peace Like a River"*
- *"Deep and Wide"*

(Add gentle hand motions.)

Snack Suggestions

- Water with a slice of orange or cucumber
- Blue Jell-O cups
- Apple slices

Snack Prayer:

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

Wrap-Up & Reflection

Ask:

- Who gives us living water? (Jesus!)
- What fills our hearts? (God's love!)

Repeat together:

“God’s love never runs out!”

Closing Prayer

“Dear God, thank you for loving us so much.
Thank you for Jesus and living water.
Help us share your love with others.
Amen.”

Take-Home Idea

Send home:

- The Living Water Cup
 - Memory verse card
 - Encourage families to talk about how God gives us what we need
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Teacher Notes

- Keep explanations concrete and visual
- Avoid abstract theology—focus on love and care
- Repetition helps young children learn
- Lent is a season of love, care, and turning toward God

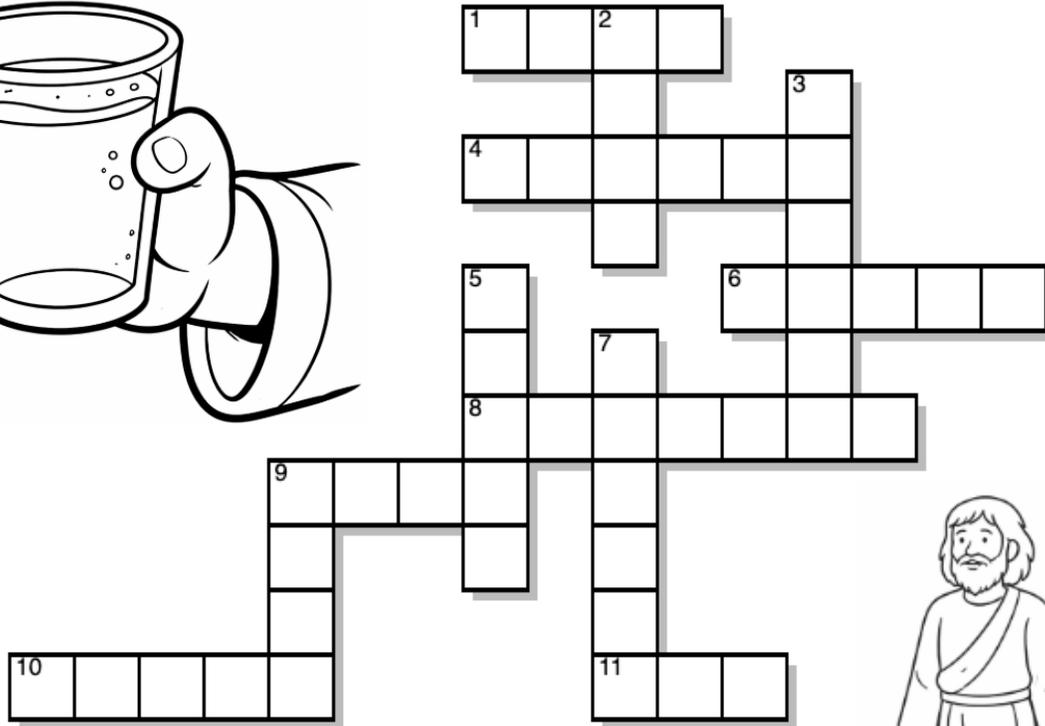
Jesus Gives Us Living Water

Third Sunday in Lent



Jesus Gives Us Living Water

Third Sunday in Lent



ACROSS

- 1 Stone
- 4 Persons
- 6 Son of God
- 8 Parched
- 9 Adore
- 10 Human pump
- 11 Our Father

DOWN

- 2 Chill
- 3 Land of sand
- 5 Moisture
- 7 Is alive
- 9 Season of 40 days

Jesus Gives Us Living Water

Third Sunday in Lent

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

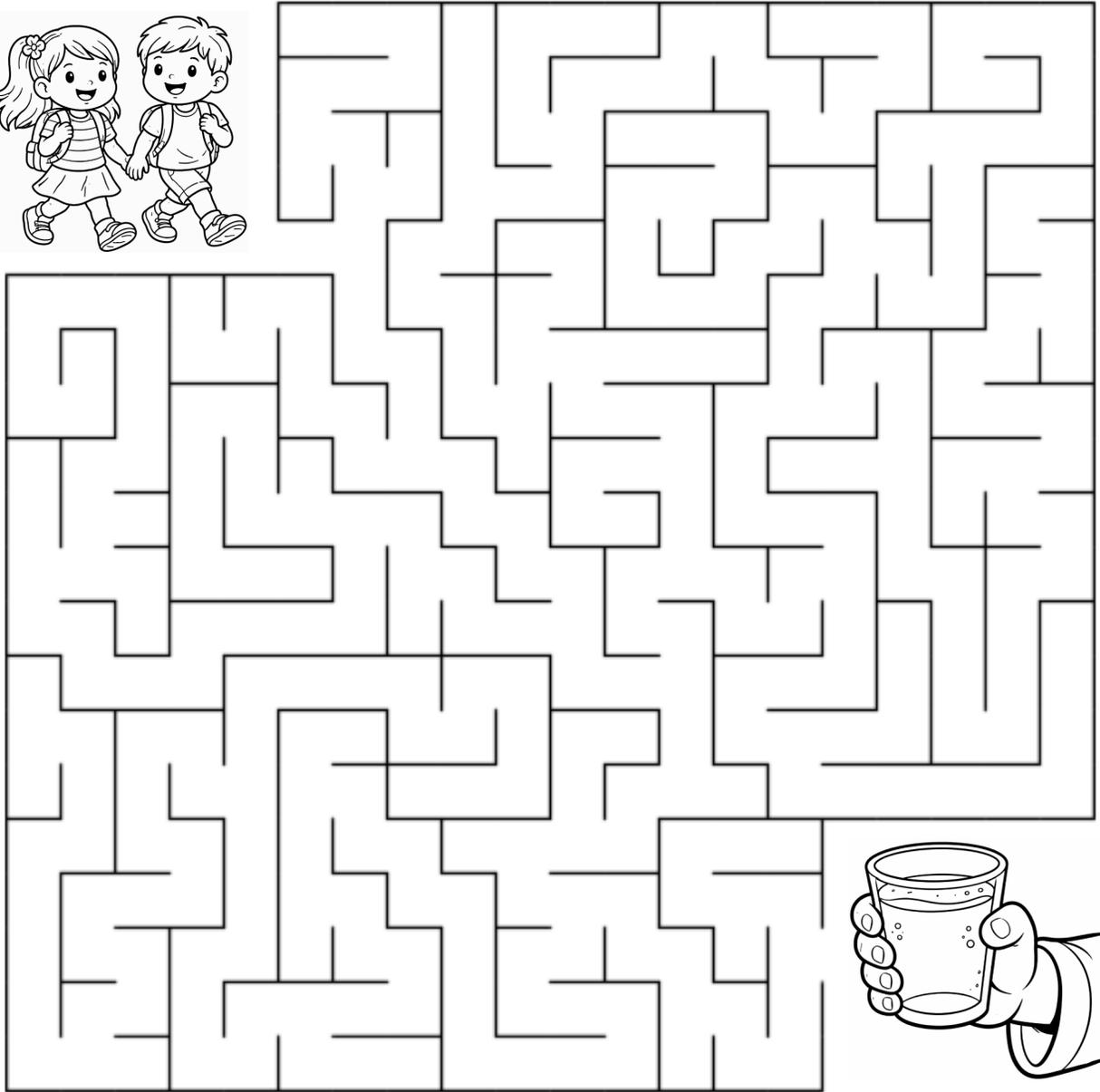
Lent
Water
Jesus
God
Living
Thirsty

Cool
Desert
Rock
People
Love
Heart



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Find your way to the living water.

Jesus Gives Us Living Water

Third 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	

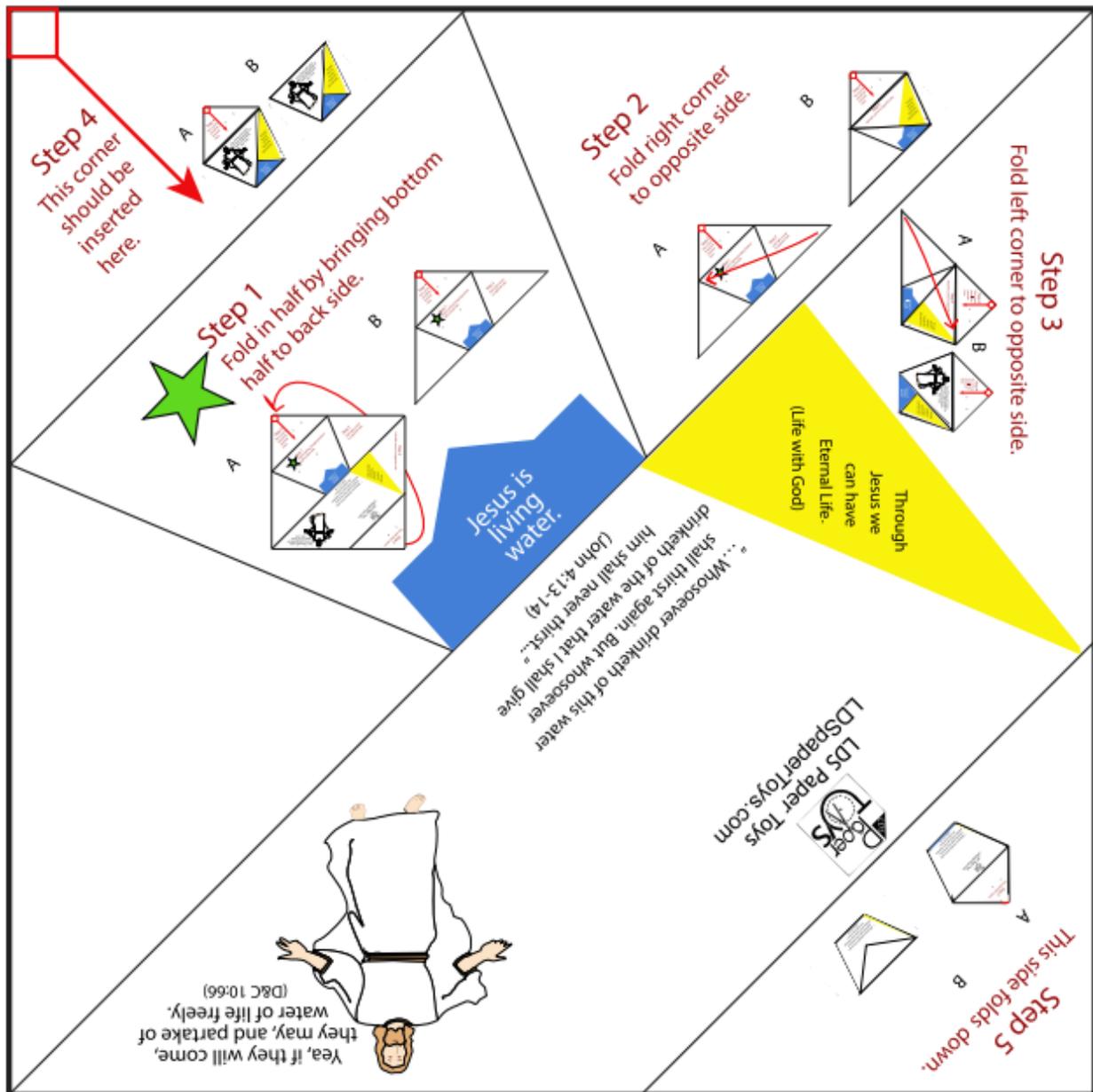
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Jesus Gives Us Living Water

Third Sunday in Lent

This is a folding activity. Print the picture below in paper or cardstock for children to fold. Cut out the square and then follow the steps to fold. It is suggested that you have one folded ahead of time for the children to see. When they are done the children will have a paper cup that they can drink from or take home. For live instructions go to: <https://youtu.be/dIOkodAjW0Y>



Crossword – Key:

Across

1. Rock
4. People
6. Jesus
8. Thirsty
9. Love
10. Heart
11. God

Down

2. Cool
3. Desert
5. Water
7. Living
9. Lent

Cryptogram – Key:

Psalm 95:1, 3

O come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation!
For the LORD is a great God and a great King above all gods.