



Diocese of Athabasca

Sunday School Lesson Plan – Sunday, May 31, 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 **May 31, 2026 – Trinity Sunday (Year A)**. Bible Verses: Gen 1:1-2, 4a; Psalm 8; 2 Corinthians 13:11-13; Matthew 28:16-22; Preface of Trinity Sunday

✨ Sunday School Lesson Plan

Trinity Sunday – May 31

Lesson Title

“One God: Father, Son, and Holy Spirit”

Theme

God is one God in three persons: Father, Son, and Holy Spirit.

Big Idea

We worship one God who loves us in three amazing ways.

Lesson Focus for Kids

Children will learn:

- God is Father, Son, and Holy Spirit
 - God made the world and loves creation
 - Jesus is with us always
 - The Holy Spirit helps us every day
-

Scripture Readings (Kid-Friendly Language)

Genesis 1:1–2, 4a (Simplified)

God created the world. At the beginning, God’s Spirit was over the waters, and God made light.

Psalms 8 (Simplified)

God made the stars, moon, and everything. God cares for people and loves us.

2 Corinthians 13:11–13 (Simplified)

Paul blesses the church: “The grace of Jesus, the love of God, and the friendship of the Holy Spirit be with you.”

Matthew 28:16–20 (Simplified)

Jesus tells His disciples to go and share His love with everyone and baptize people in the name of the Father, Son, and Holy Spirit.

Welcome & Opening Prayer (Circle Time)

Welcome Prompt:

“Did you know Christians believe in one God who loves us in three special ways?”

Opening Prayer:

“Dear God,
Thank you for making us and loving us.
Thank you for Jesus and the Holy Spirit.
Help us learn more about you today.
Amen.”

Memory Verse

Matthew 28:19 (Simplified)

“Baptize people in the name of the Father, Son, and Holy Spirit.”

Actions:

- Father → point up
 - Son (Jesus) → cross arms
 - Holy Spirit → wave hands
-

Bible Story Time

Storytelling Version:

Jesus met His disciples on a mountain after He rose from the dead.

He gave them a very important message:

“Go and share my love with everyone everywhere!”

He told them to baptize people in the name of:

- God the Father (who made everything)
- Jesus the Son (who saves us)
- The Holy Spirit (who is always with us)

The disciples worshipped Jesus and were filled with joy.

Interactive Questions

- Who made the world?
 - Who is Jesus?
 - Who helps us today?
-

Craft / Activity

“Trinity Triangle Mobile”

Supplies:

- Paper triangles
- Crayons/markers
- String
- Glue

Instructions:

1. Draw one symbol on each triangle:
 - Sun → Father
 - Cross → Son
 - Dove → Holy Spirit
 2. Hang them together as a mobile
 3. Write: “One God, Three Persons”
-

Game

“Three-in-One Action Game”

Call out:

- Father → hands up (sky)
- Son → arms like cross
- Holy Spirit → spinning or wind motion

Children respond quickly!

Lesson Tie-In: One God in three ways.

Song Suggestions

- “Father, I Adore You”
- “Holy, Holy, Holy” (simple version)
- “Jesus Loves Me”
- “This Little Light of Mine”

Snack Suggestions

“Trinity Treat”

- Three fruits (e.g., apple, banana, grapes)
- Or three crackers stacked
- Juice or water

Tie-In: “Three parts, one snack—just like the Trinity!”

Wrap-Up & Reflection

Ask:

- Who is God the Father?
- Who is Jesus?
- Who is the Holy Spirit?

Key Message:

“God loves us in three amazing ways!”

Closing Prayer

“Dear God,
Thank you for loving us as Father, Son, and Holy Spirit.
Help us follow Jesus and share your love.
Amen.”

Take-Home Idea

Send home:

- Trinity triangle craft
- Memory verse card

Family Idea:

Ask children:

“How do you see God’s love this week?”

Teacher Notes

- Keep theology simple: “One God, three ways of loving us”
- Avoid complex explanations of Trinity mystery
- Use symbols heavily (sun, cross, dove)
- Reinforce repetition: Father, Son, Holy Spirit
- Emphasize love, not abstraction

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://www.etsy.com/ca/listing/4317686285/holy-trinity-3-d-pyramid-craft-for-kids?ls=a&ga_order=most_relevant&ga_search_type=all&ga_view_type=gallery&ga_search_query=holy+trinity+craft&ref=sc_gallery-1-1&sr_prefetch=0&pf_from=market&sts=1&dd=1&plkey=Eug51AXmduAENwCqjXbc5OgLOa6%3ALTa7b266015856f494d5d93341ca7ad224d61555c6

https://www.etsy.com/ca/listing/4495529107/holy-trinity-coloring-page-for-kids?ls=s&ga_order=most_relevant&ga_search_type=all&ga_view_type=gallery&ga_search_query=holy+trinity+craft&ref=sr_gallery-1-8&sr_prefetch=0&pf_from=market&dd=1&content_source=4764813c-803c-4dce-859f-e4706f56faa1%253ALT2a5969aa62e5fae7f61fe20d86cbbbb12f1b0ea9&organic_search_click=1&logging_key=4764813c-803c-4dce-859f-e4706f56faa1%3ALT2a5969aa62e5fae7f61fe20d86cbbbb12f1b0ea9

<https://ca.pinterest.com/pin/283586107773560111/>

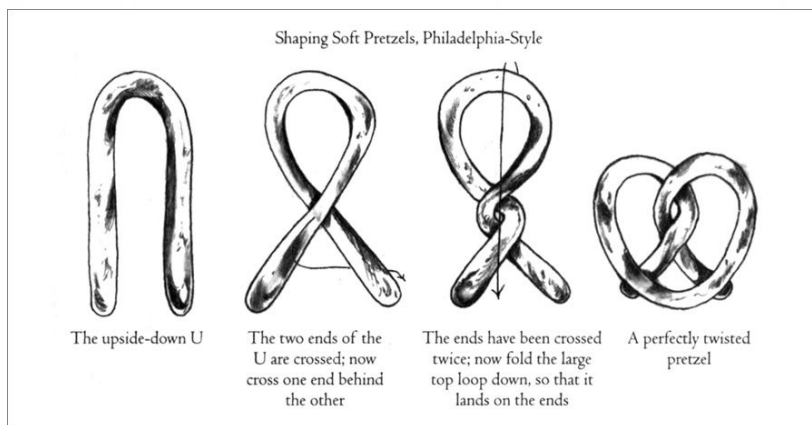
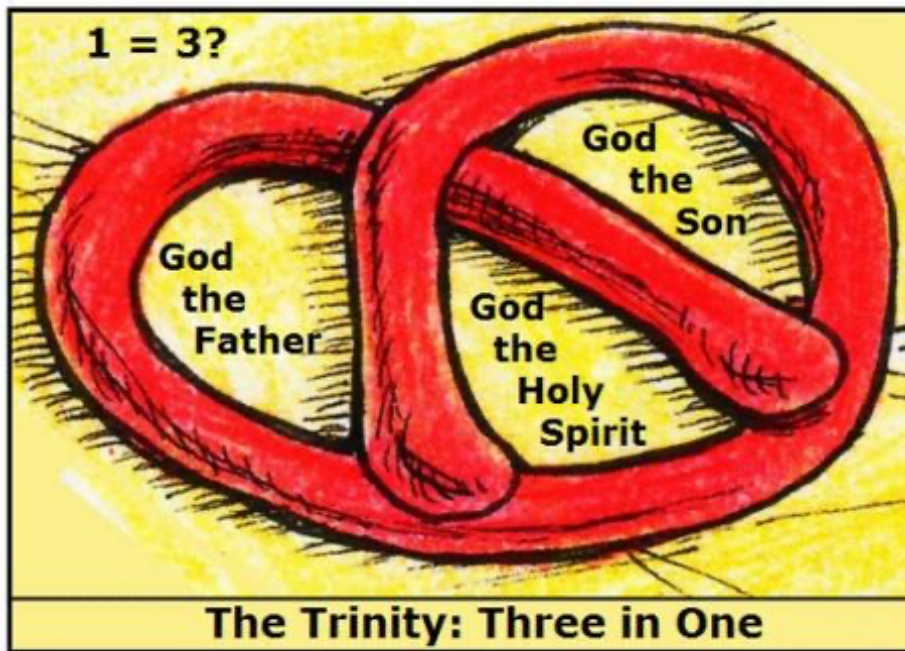
<https://ahearttoknow.com/wp-content/uploads/2025/08/Trinity-Knot-Coloring-Page-by-A-Heart-to-Know.pdf>

<https://app.coptic.education/sundayschool/4thgrade/faith/week1trinityinthecreed>

Option One: The History of the Pretzel

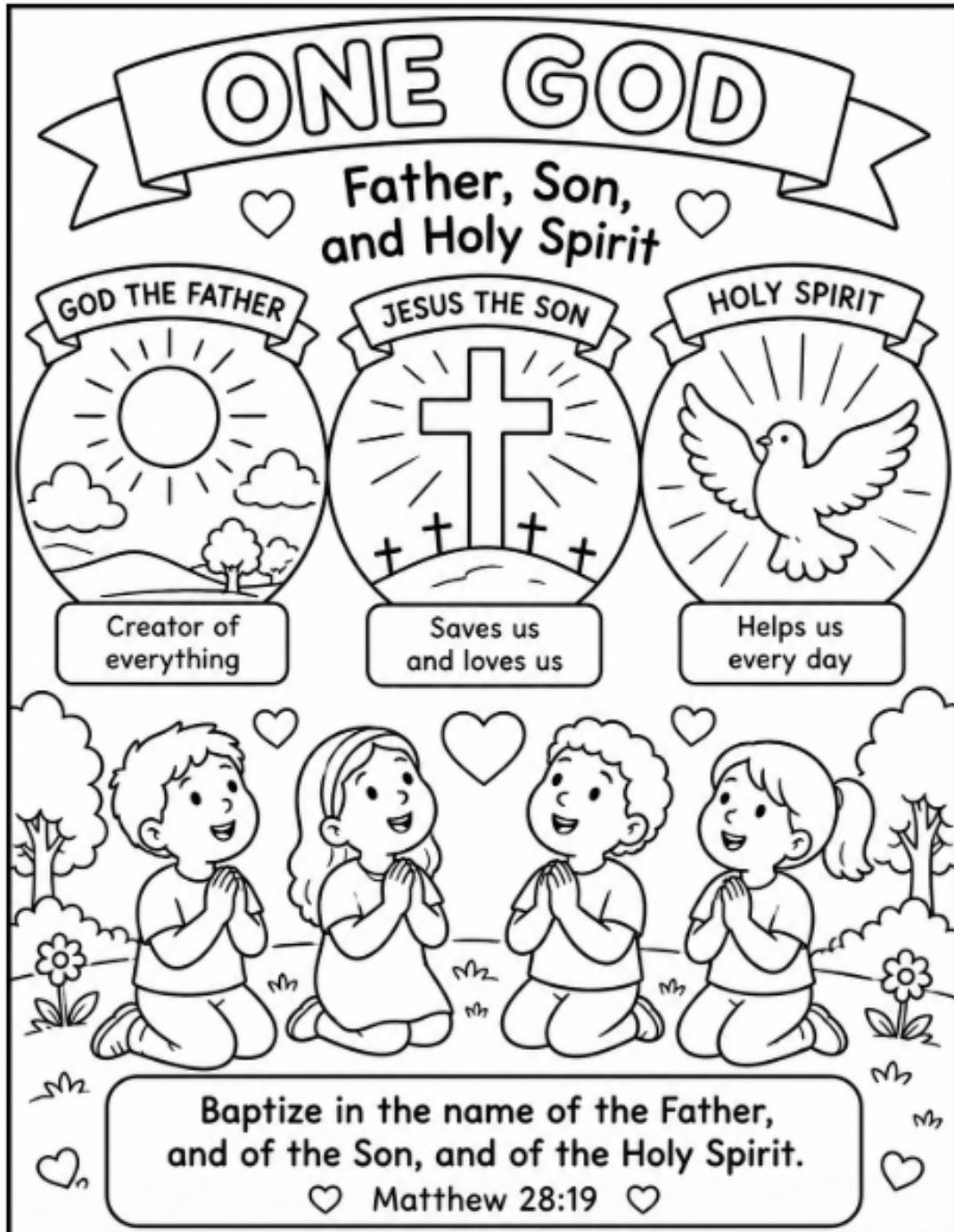
Around the year 610, a monk decided to make a treat for the children who memorized their prayers. He took extra bread scraps and tried to imitate the shape of their arms crossed across their bodies as they prayed. The shape he created had three spaces that seemed to him, a reminder of the Holy Trinity. He gave this treat the name pretiola, which became pretzel, which in Latin means "little reward."

Give each child one tub of play-dough to try to recreate the pretzel shape. Discuss how there are three spaces in the shape, but only one pretzel.



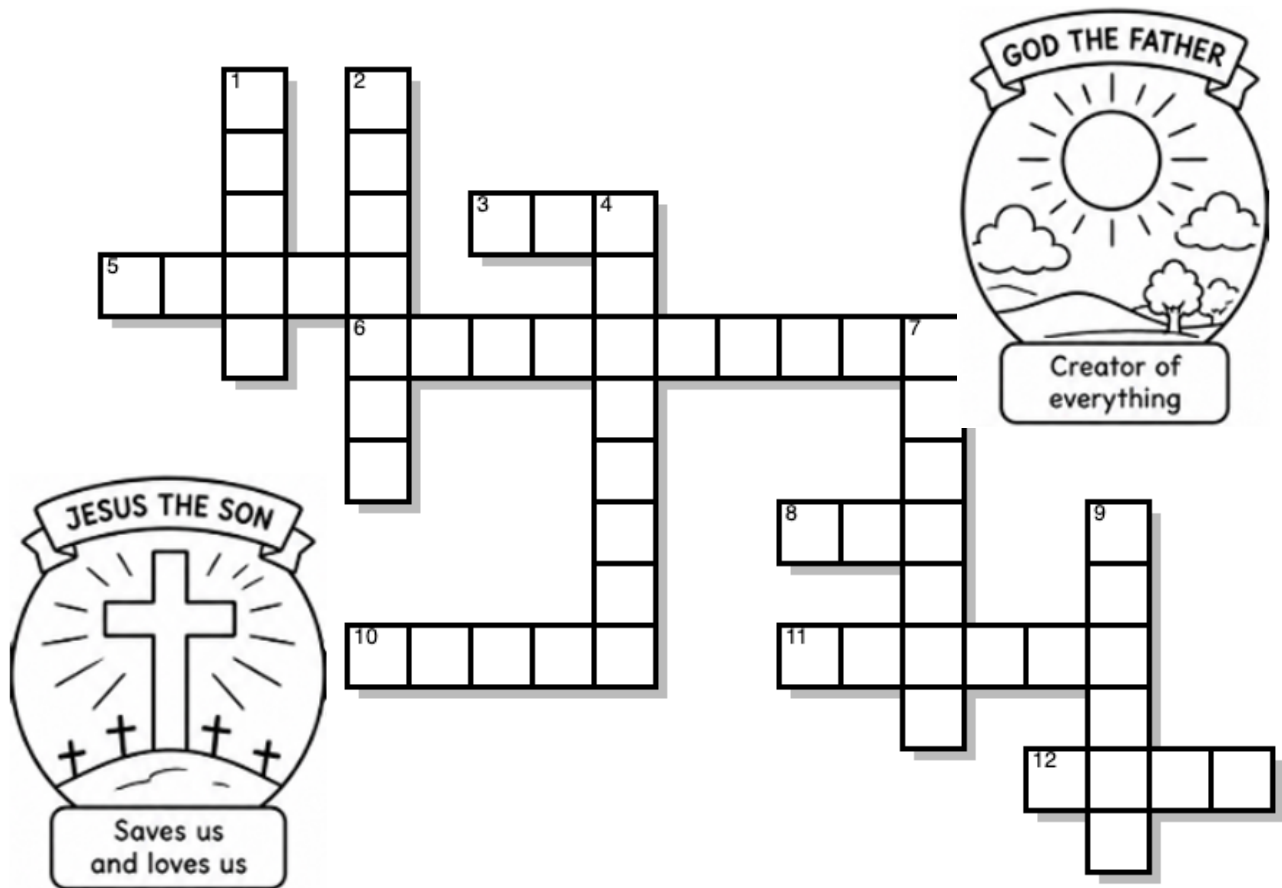
One God: Father, Son and Holy Spirit

Trinity Sunday



One God: Father, Son and Holy Spirit

Trinity Sunday



ACROSS

- 3 Creator
- 5 Christ
- 6 Holy Ghost
- 8 Male child
- 10 Honour
- 11 Dad
- 12 Adore

DOWN

- 1 Holy seal
- 2 Glorify
- 4 Jesus' follower
- 7 Trio
- 9 Individual



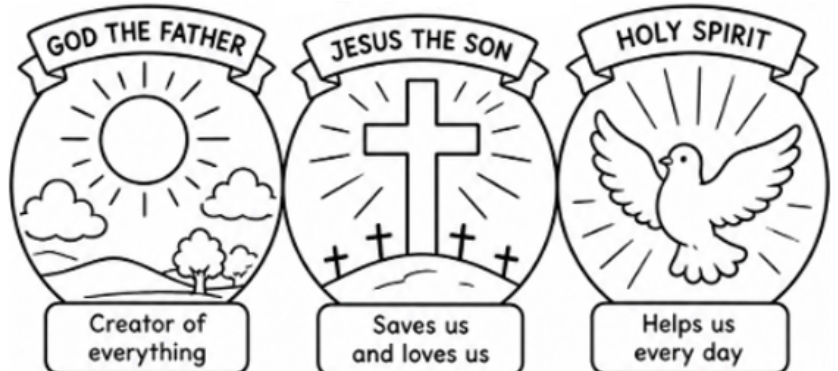
One God: Father, Son and Holy Spirit

Trinity Sunday

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

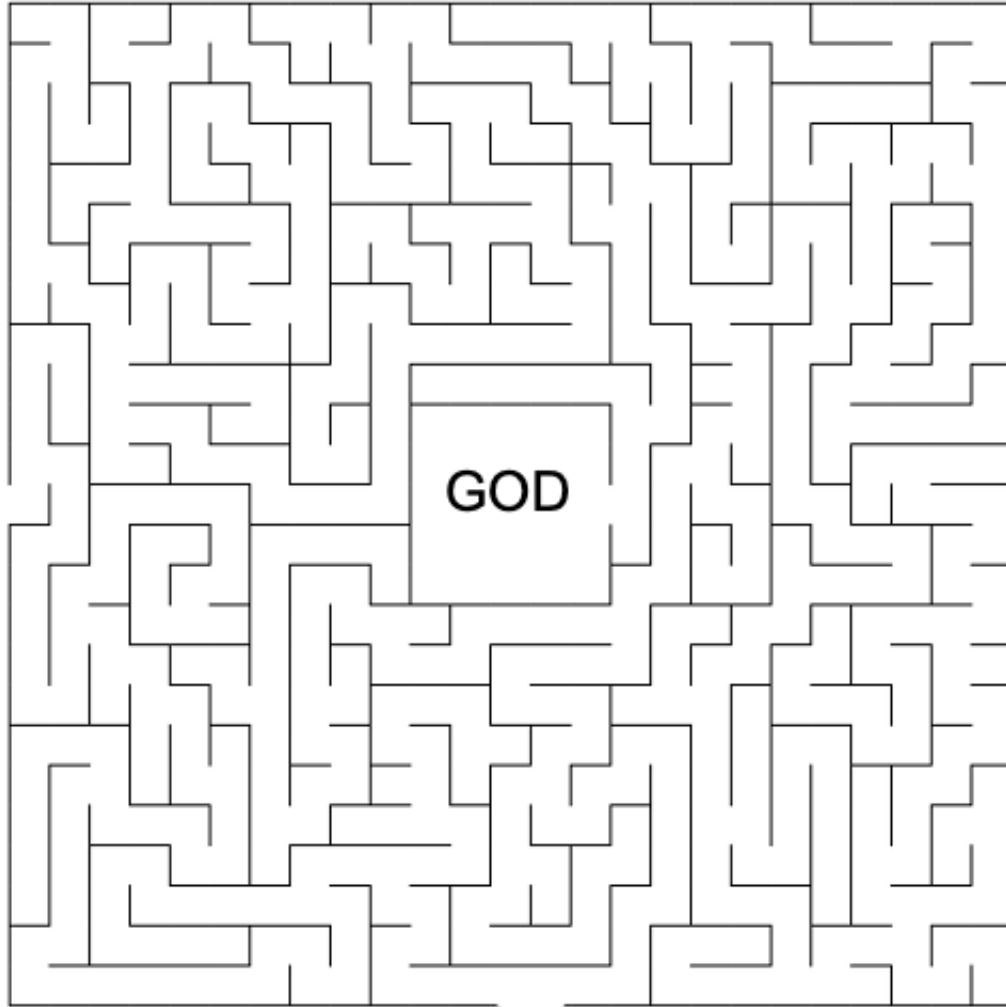
God
Father
Son
Holy Spirit
Trinity
Person

Worship
Love
Jesus
Grace
Bless
Disciple



One God: Father, Son and Holy Spirit

Trinity Sunday
Bring the Trinity together.

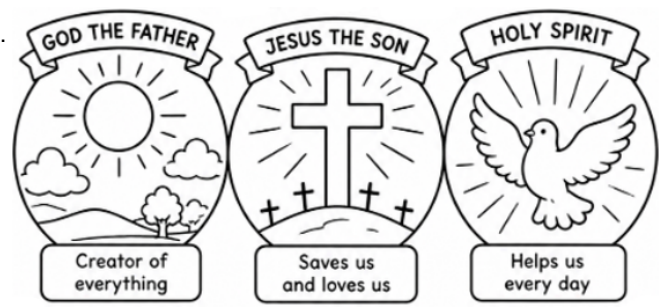


One God: Father, Son and Holy Spirit

Trinity Sunday

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>11</u>	<u>4</u>	<u>15</u>					<u>20</u>	<u>2</u>	<u>9</u>	<u>24</u>	<u>9</u>						<u>1</u>	<u>24</u>	<u>9</u>						
<u>6</u>	<u>1</u>	<u>24</u>	<u>13</u>	<u>9</u>	<u>20</u>	<u>13</u>	<u>9</u>	<u>3</u>									<u>4</u>	<u>22</u>							
<u>7</u>	<u>13</u>	<u>22</u>	<u>20</u>	<u>3</u>			<u>16</u>	<u>14</u>	<u>20</u>								<u>20</u>	<u>2</u>	<u>9</u>						
<u>3</u>	<u>1</u>	<u>17</u>	<u>9</u>				<u>3</u>	<u>8</u>	<u>13</u>	<u>24</u>	<u>13</u>	<u>20</u>													
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Crossword – Key:

Across

- 3. God
- 5. Jesus
- 6. Holy Spirit
- 8. Son
- 10. Grace
- 11. Father
- 12. Love

Down

- 1. Bless
- 2. Worship
- 4. Disciple
- 7. Trinity
- 9. Person

Cryptogram – Key:

1 Corinthians 12:4-6

Now there are varieties of gifts but the same Spirit, and there are varieties of services but the same Lord, and there are varieties of activities, but it is the same God who activates all of them in everyone.