



Diocese of Athabasca

Sunday School Lesson Plan – Transfiguration Sunday

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 **Transfiguration Sunday (Year A)**. Bible Verses: Ex 24:12-18; Ps 2 or 99; 2 Peter 1:16-21; Mt 17:1-9; Preface of the Incarnation

✨ Sunday School Lesson Plan

Transfiguration Sunday (Year A)

Scripture Readings

- Exodus 24:12–18
- Psalm 2 *or* Psalm 99
- 2 Peter 1:16–21
- Matthew 17:1–9

📌 Lesson Overview

Lesson Title: Jesus Shines with God's Glory

Theme: Jesus is God's beloved Son—listen to Him.

Big Idea: God showed His glory through Jesus so we can trust Him and follow Him.

Lesson Focus for Kids: Jesus is special and full of God's light, and God asks us to listen to Him.

📖 Scripture Readings – Kid-Friendly Language

Exodus 24:12–18 (simplified):

God called Moses up the mountain. God's glory was like a bright cloud and shining light. Moses stayed with God and listened to Him.

Psalm 99 (or Psalm 2 – simplified):

“The Lord is King! God is holy and great. Let us praise God with joy.”

2 Peter 1:16–21 (simplified):

The disciples saw Jesus’ glory with their own eyes. God said Jesus is His Son, and we can trust God’s Word.

Matthew 17:1–9 (The Transfiguration – simplified):

Jesus went up a mountain with Peter, James, and John. Jesus’ face shone like the sun, and His clothes became bright white. A cloud covered them, and God said, “This is my Son. Listen to Him.”



Welcome & Opening Prayer / Circle Time

Welcome Question:

“Have you ever seen something very bright or beautiful—like the sun, snow, or a rainbow?”

Explain that today we will hear a story where **Jesus shines with God’s light**.

Opening Prayer:

“Dear God, thank You for Jesus, Your beloved Son. Help us listen carefully and learn how to follow Him. Amen.”



Memory Verse

“This is my Son... listen to him.” – Matthew 17:5

Actions:

- *This is my Son* – point upward
- *Listen* – cup hand to ear
- *to him* – point forward

Repeat together several times.

Bible Story Time

Story: *Jesus Shines on the Mountain*

Tell the story slowly using gestures and wonder:

Jesus took three friends up a high mountain. While they were there, Jesus changed—His face shone bright like the sun! Moses and Elijah appeared, and then a cloud came. God spoke from the cloud and said, “This is my Son. Listen to Him.” The friends were amazed, a little scared, and very quiet.

Wondering Questions:

- What do you think the light looked like?
 - How do we listen to Jesus today?
 - What helps you remember Jesus is special?
-

Craft / Activity

Craft: *Shining Jesus on the Mountain*

Supplies:

Paper, crayons/markers, aluminum foil or gold paper, glue.

Instructions:

1. Draw Jesus on a mountain.
2. Glue foil or gold paper on His clothes or face to make Him shine.
3. Add clouds and write: “**Listen to Jesus.**”

(Alternative craft: Paper plate sun with Jesus’ name in the center.)

Game

Game: *Listen and Follow*

Play like “Simon Says,” but call it “**Jesus Says.**”

Children only follow instructions that start with “Jesus says...”

Explain: God asks us to **listen to Jesus.**

Song Suggestions

- “Jesus Loves Me”
 - “This Little Light of Mine”
 - “He’s Got the Whole World in His Hands”
 - “Open My Eyes, Lord” (simple chorus)
-

Snack Suggestions

- **White marshmallows or popcorn** (bright clothes)
 - **Goldfish crackers** (God’s people listening)
 - **Apple slices** (God’s good gifts)
-

Wrap-Up & Reflections

Ask:

- What happened to Jesus on the mountain?
- What did God say?
- How can we listen to Jesus this week?

Say together:

“Jesus is God’s Son. We listen to Him!”

Closing Prayer

“Holy God, thank You for showing us Jesus’ glory. Help us listen to Him and follow Him every day. Amen.”

Take-Home Idea

“Listening Ears” Reminder:

Send home a small ear-shaped card or sticker with the words:

“Listen to Jesus.”

Encourage families to talk about one way they listened to Jesus that week.



Teacher Notes

- Keep the focus on **wonder, light, and listening**, not fear.
- Children may imagine the light—encourage creativity.
- This Sunday bridges Epiphany and Lent; emphasize **Jesus' glory and guidance**.
- Visuals (foil, light, white cloth) are very effective.

LEGO Video of the Transfiguration of Christ

<https://youtu.be/sT-S1F3gsVI>

Jesus Shines with God's Glory

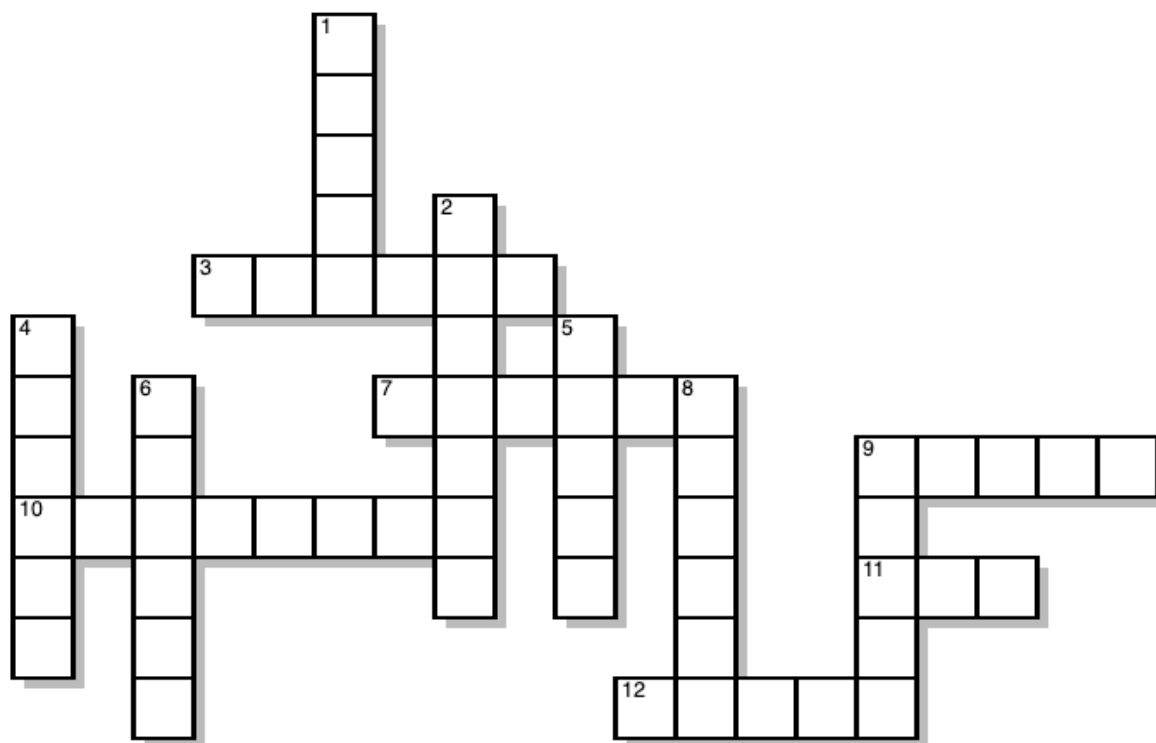
Transfiguration Sunday



Listen to Him.

Jesus Shines with God's Glory

Transfiguration Sunday



ACROSS

- 3 Hear
- 7 Come after
- 9 Gain skills
- 10 Given direction
- 11 Lord
- 12 Confident in

DOWN

- 1 God's son
- 2 Dearest
- 4 Shiny
- 5 Radiant beauty
- 6 Glistens
- 8 Marvel
- 9 Emitted by candle

Jesus Shines with God's Glory

Transfiguration Sunday

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

Shines
Jesus
Glory
Listen
Beloved
God

Trust
Follow
Light
Bright
Learn
Wonder
Guidance

Jesus Shines with God's Glory

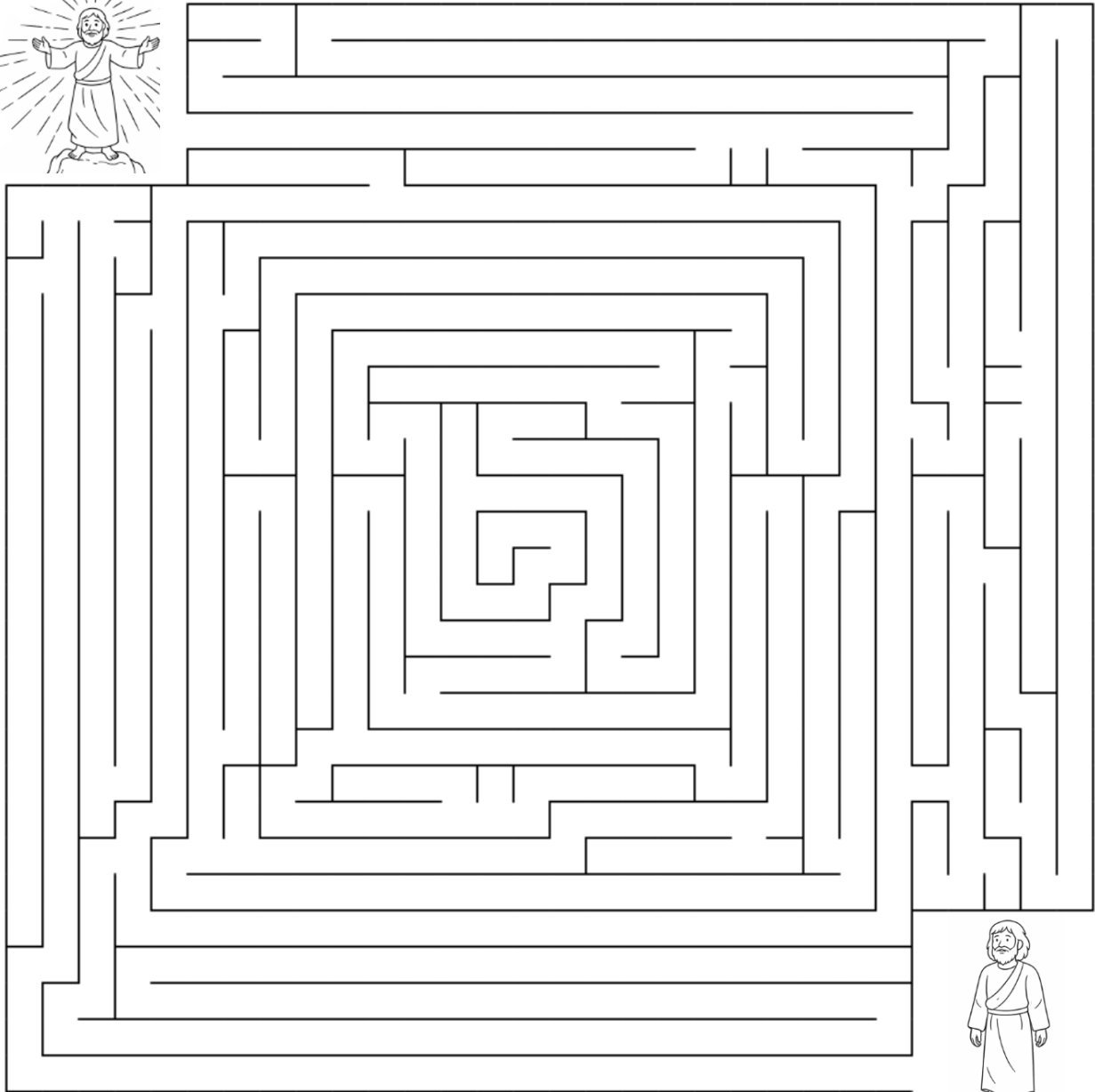
Transfiguration Sunday

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	

20 14 25 25 9 17 12 22 24
 6 1 10 13 16 26 23 12 5 14 25
 5 19 9 1 20 16 24 25 5 3 9 25
 26 16 9 7 24 17 25 24
 19 5 10 23 9 15 1 5 7 26 16 9
 23 12 5 14 25 20 24 10 25
 26 16 10 20 10 20 7 22 20 5 17
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 3 9 12 12 2 12 9 24 20 9 25
 12 10 20 26 9 17 26 5 16 10 7

Jesus Shines with God's Glory

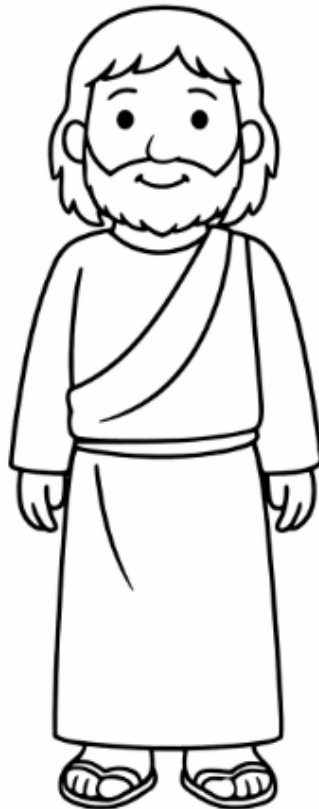
Transfiguration Sunday



Jesus Shines with God's Glory

Transfiguration Sunday

"This is my Son, the Beloved;
with him I am well pleased;
listen to him!"
Matthew 17:5b



Transfiguration Craft Video: <https://www.youtube.com/watch?v=uGwcHR715nQ>

To see how you can create a great activity for the class see the video above. You will need, for each child; tape, wax paper, electric tea light, scissors.

Crossword – Key:

Across

- 3. Listen
- 7. Follow
- 9. Learn
- 10. Guidance
- 11. God
- 12. Trust

Down

- 1. Jesus
- 2. Beloved
- 4. Bright
- 5. Glory
- 6. Shines
- 8. Wonder
- 9. Light

Cryptogram – Key:

Matthew 17:5b

Suddenly a bright cloud overshadowed them, and a voice from the cloud said, "This is my Son, the Beloved; with him I am well pleased; listen to him!"