



Diocese of Athabasca

Sunday School Lesson Plan – Ascension 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 **Ascension Sunday (Year A)**. Bible Verses: Acts 1:1-11; Psalm 47 or 93; Ephesians 1:15-23; Luke 24:44-53; Preface of Ascension

✨ Sunday School Lesson Plan

Ascension Sunday

Lesson Title

“Jesus Goes Up, But Stays With Us”

Theme

Jesus returns to heaven but promises to always be with us.

Big Idea

Jesus is King in heaven, and we are His helpers on earth.

Lesson Focus for Kids

Children will understand:

- Jesus went up to heaven (Ascension)
 - Jesus is still with us in a special way
 - We are called to share His love with others
-

Scripture Readings (Kid-Friendly Language)

Acts 1:1–11 (Simplified)

Jesus spent time with His friends after He rose from the dead. Then one day, He was lifted up into the sky and went to heaven. Angels said He would come again.

Psalms 47 (Simplified)

God is King over all the earth! Clap your hands and praise Him!

Ephesians 1:15–23 (Simplified)

Jesus is powerful and reigns in heaven. He is the head of the Church.

Luke 24:44–53 (Focus Passage)

Jesus blessed His friends and was taken up into heaven. They worshipped Him and were filled with joy.

Welcome & Opening Prayer (Circle Time)

Welcome Prompt:

“Have you ever watched something go up into the sky, like a balloon or airplane? Today we learn about Jesus going up to heaven!”

Opening Prayer:

“Dear God,
Thank you for Jesus.
Thank you that He is our King.
Help us follow Him and share His love.
Amen.”

Memory Verse

Acts 1:11 (Simplified)

“Jesus will come back the same way you saw Him go.”

Actions:

- “Jesus” → point up
 - “come back” → motion toward self
 - “go” → point upward again
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Bible Story Time

Storytelling Version:

After Jesus came back to life, He spent time with His friends. He taught them and helped them understand God's plan.

One day, Jesus took them outside. He lifted His hands and blessed them.

Then something amazing happened...

Jesus began to rise up—higher and higher—until a cloud covered Him!

His friends stood there looking up.

Suddenly, two angels appeared and said:

“Why are you looking up? Jesus will come back one day!”

The friends were not sad—they were full of joy! They knew Jesus was still their King.

Interactive Questions

- Where did Jesus go?
 - Is Jesus still our King?
 - What can we do while we wait for Him?
-

Craft / Activity

“Jesus Ascends” Lift Craft

Supplies:

- Paper
- Crayons/markers
- String or strip of paper
- Tape/glue

Instructions:

1. Draw Jesus and His friends
2. Cut a slit in the paper (sky area)

3. Attach Jesus to a pull tab/string
4. Pull the tab so Jesus “goes up” into the clouds

Message: Jesus went up to heaven!

Game

“Up to Heaven Relay”

- Children take turns carrying a cotton ball “cloud”
- Walk carefully to a finish line
- Drop it in a basket labeled “Heaven”

Lesson Tie-In:

“Jesus went up to heaven, and we celebrate Him as King!”

Song Suggestions

- “Lord, I Lift Your Name on High”
 - “This Little Light of Mine”
 - “He's Got the Whole World in His Hands”
 - “Alleluia, Praise the Lord”
-

Snack Suggestions

“Cloud Snacks”

- Mini marshmallows
- Whipped cream with fruit
- Popcorn

Tie-In: “These remind us of the clouds Jesus went up into!”

Wrap-Up & Reflection

Ask:

- What happened to Jesus?
- How did the disciples feel?
- What can we do for Jesus today?

Key Message:

“Jesus is King, and we can follow Him every day!”

Closing Prayer

“Dear Jesus,
We praise you as King.
Thank you for loving us and watching over us.
Help us share your love with others.
Amen.”

Take-Home Idea

Send home:

- Ascension craft
- Memory verse card

Family Encouragement:

Ask children:

“How can we show Jesus’ love this week?”

Teacher Notes

- Emphasize joy—not sadness—at Jesus’ ascension
- Avoid complex theology; focus on “Jesus is King”
- Reinforce that Jesus is still present (through love, prayer, Spirit)
- Encourage movement and visual learning
- Be enthusiastic—this is a celebration lesson!

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.twinkl.com/resource/f-2-ascension-of-jesus-sequencing-activity-sheet-au-re-52>

<https://www.twinkl.com/resource/ks2-ascension-day-fact-file-and-quick-quiz-t-re-1773075701>

https://sermons4kids.com/activities/ascension?srsId=AfmBOorrGMuVgGSRIA9Lob8U7v_InQiVrEvMVkzfOinthnUtmsykoTt

<https://sundayschool.works/lessons/ascension-of-jesus/>

<https://ca.pinterest.com/pin/9570217949568541/>

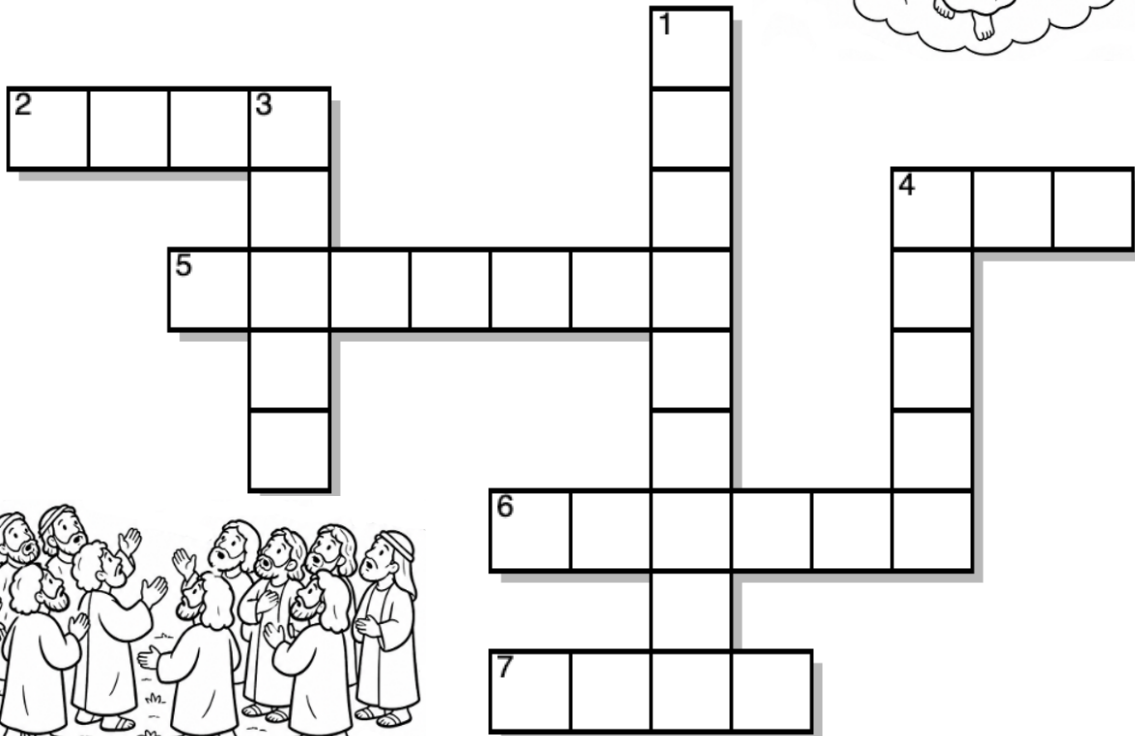
<https://www.youtube.com/watch?v=4cJtafGUVno>

Jesus Goes Up But Stays With Us



Jesus Goes Up But Stays With Us

Ascension Sunday



ACROSS

- 2 Devotion
- 4 Great happiness
- 5 Vow
- 6 Rules
- 7 Monarch

DOWN

- 1 Lifted up
- 3 Where we live
- 4 Saviour

Jesus Goes Up But Stays With Us

Ascension Sunday

Jesus	Love
Promise	Ascension
King	Reigns
Earth	Joy

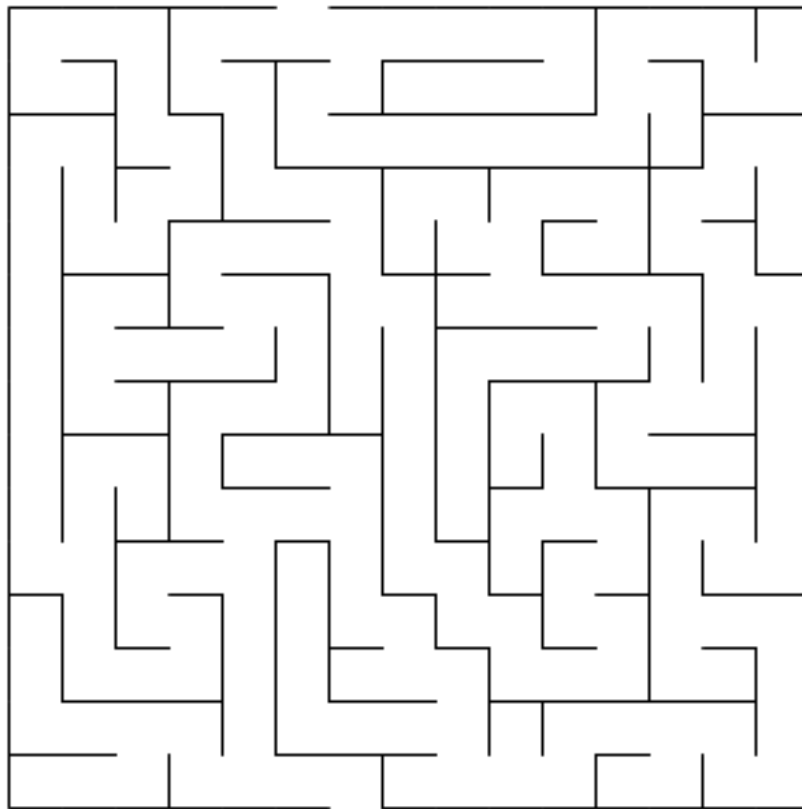


A S C E N S I O N
E S I M O R P B R
J A N L O V E M J
E O R G R K Z N Q
S B Y T I R R N W
U Y T N H E Y K Z
S M G B K T R B K

Jesus Goes Up But Stays With Us

Ascension Sunday

Help the disciples find their way to the Holy Spirit.



Jesus Goes Up But Stays With Us

Ascension Sunday

Fill in the missing vowels to find the message and instructions that Jesus gave his apostles after they saw him and before he ascended into heaven. The vowels are: a, e, i, o, u, and y. If you need help get a Bible and look up Acts 1:7-8.

H__r__pl__ __d, " __t __s n__t f__r y__ __
t__kn__w th__t__m__s __r p__r__ __ds
th__t th__F__th__r h__s s__t b__h__s
__wn __ __th__r__t__. B__t y__ __w__ll
r__c__ __v__ p__w__r wh__n th__H__ly
Sp__r__t h__s c__m__ __p__n y__ __,
__nd y__ __w__ll b__m__w__tn__ss__s
__n J__r__s__l__m, __n __ll J__d__ __
__nd S__m__r__ __, __nd t__th__ __nds
__f th__ __ __rth.



Crossword – Key:

Across

2. Love
4. Joy
5. Promise
6. Reigns
7. King

Down

1. Ascension
3. Earth
4. Jesus

Cryptogram – Key:

Acts 1: 7b-8a, 8c

It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses to the ends of the earth.

Fill-in-the-Vowels – Key:

Acts 1:7-8

He replied, "It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.