



# Diocese of Athabasca

## Sunday School Lesson Plan – First Sunday in Lent

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 the **First Sunday in Lent (Year A)**. Bible Verses: Gen 2:15-17, 3:1-7; Psalm 32; Rom 5:12-19; Mt 4:1-11; Preface of Lent

## ✨ Sunday School Lesson Plan

**First Sunday in Lent (Year A)**

**Lesson Title**

**“Choosing God’s Way”**

**Theme**

God loves us and helps us choose what is right.

**Big Idea**

We can trust God and choose to follow God’s loving ways.

**Lesson Focus for Kids**

Even when choices are hard, God is with us and helps us make good choices.

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## Scripture Readings (Kid-Friendly Language)

**Genesis 2–3 (Adapted)**

God made a beautiful garden and took care of Adam and Eve. God gave them many good things and one rule to help keep them safe. Adam and Eve made a choice not to listen to God, and things became harder—but God still loved them.

## **Psalm 32 (Adapted)**

God forgives us and helps us when we make mistakes. God is always ready to love us.

## **Romans 5 (Adapted)**

God's love is stronger than our mistakes. Jesus helps us live in God's love.

## **Matthew 4:1–11 (Adapted)**

Jesus went into the desert and faced hard choices. He trusted God and chose God's way every time.

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# **Welcome & Opening Prayer / Circle Time**

### **Welcome:**

Gather children in a circle. Light a candle (or pretend candle).

### **Opening Prayer (repeat-after-me style):**

“Dear God,  
Thank you for loving us.  
Help us choose what is good.  
Be with us today.  
Amen.”

### **Circle Question:**

“What is something good you like to choose—being kind, sharing, helping?”

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## **Memory Verse**

“Choose this day whom you will serve.” – Joshua 24:15 (simplified)

(For younger children: “*I choose God's way.*”)

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## **Bible Story Time**

Tell the story using simple words, actions, and visuals:

- God gives good gifts and loving rules

- People sometimes make mistakes
- Jesus shows us how to trust God
- God never stops loving us

### **Wondering Questions:**

- I wonder what helps us make good choices?
  - I wonder how God helps us when choices are hard?
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## **Craft / Activity**

### **“Choice Path” Craft**

#### **Materials:**

- Paper with two paths drawn
- Crayons/markers
- Stickers

Children decorate one path with kind choices (sharing, praying, helping) and one with crossed-out unkind choices.

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## **Game**

### **“Good Choice / Loving Choice”**

Leader names actions; children step forward if it’s a good choice, stay still if not.

#### **Examples:**

- Sharing toys
  - Saying sorry
  - Hitting
  - Helping clean up
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## Song Suggestions

- “*Trust and Obey*” (chorus only)
  - “*Jesus Loves Me*”
  - “*This Little Light of Mine*”
  - “*He’s Got the Whole World in His Hands*”
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## Snack Suggestions

- **Apple slices** (talk about choices in the garden—no blame or fear)
- **Heart-shaped crackers or cookies**
- Water or juice

Say together:

“Thank you, God, for loving us and helping us choose what is good. Amen.”

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## Wrap-Up & Reflection

Ask:

- What helps us choose God’s way?
- Who helps us when we make mistakes?

Reassure children:

**God loves us all the time.**

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## Closing Prayer

“Loving God,  
Thank you for being with us.  
Help us choose kindness and love.  
Thank you for forgiving us.  
Amen.”

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## Take-Home Idea

Send home:

- A small **heart or footprint cutout**
  - Note: *“Ask your child how they can choose God’s way this week.”*
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## Teacher Notes

- Avoid shame or fear language
- Emphasize **God’s love, forgiveness, and help**
- Keep explanations concrete and brief
- Lent = a time to **practice loving choices**, not punishment

## Season of Lent

As we begin the season of lent you may want to think about doing some ongoing activities for the 40-day journey. Here are some ideas:

### Daily & Weekly Lenten Activities

- [Lenten Prayer Chain](#): Write acts of kindness or prayers on paper strips and link them daily.
- [Sacrifice Jar](#): Children add beans or beads for small sacrifices (e.g., giving up screen time), replaced by treats on Easter.
- [Acts of Kindness](#): Send notes to friends, help with chores, or donate toys.
- [Daily Prayer](#): Pray a decade of the Rosary, read a daily devotion, or spend 2 minutes in silent prayer.
- [Stations of the Cross](#): Create a visual, kid-friendly Stations of the Cross in the home.
- [Almsgiving/Charity](#): Support a local ministry or pick up litter.

### Fasting & Sacrifice:

- **Screen-Free Time**: Choose one day a week or a set time to avoid technology.

- **Sacrifice Box:** A designated box for toys or games kids choose to "fast" from until Easter.
- **Meatless Fridays:** Involve kids in cooking simple, meat-free meals.
- **Crafts & Activities:**
  - **Crown of Thorns:** Create a crown using playdough or a twig wreath, removing a "thorn" for each good deed or sacrifice.
  - **Lenten Tree:** Hang 40 purple ribbons or small items on a branch, removing one daily.
  - **Soft Pretzels:** Make pretzels, which originated as a Lenten food (their shape resembles arms crossed in prayer).

## 40 Lent Activities For Families

### GIVING:

1. do someone else's chore
2. give someone a hug
3. help someone
4. make a card for someone
5. make a craft for someone
6. do something nice for Mom/Dad
7. do something kind for the earth
8. read a book to a sibling
9. say something kind to a family member
10. say something kind to a friend
11. play with someone different at recess
12. tell your teacher one thing you like about her
13. smile at as many people as you can
14. write a letter/draw a picture for our sponsor child
15. bring some baking to a neighbour
16. give something of yours to a family member
17. give something of yours to a friend
18. wash someone's feet
19. do someone else's laundry
20. clean a bathroom
21. make someone else's bed

22. set aside some of your own money for giving to church
23. use your own money to buy food for the food bank

## **FASTING**

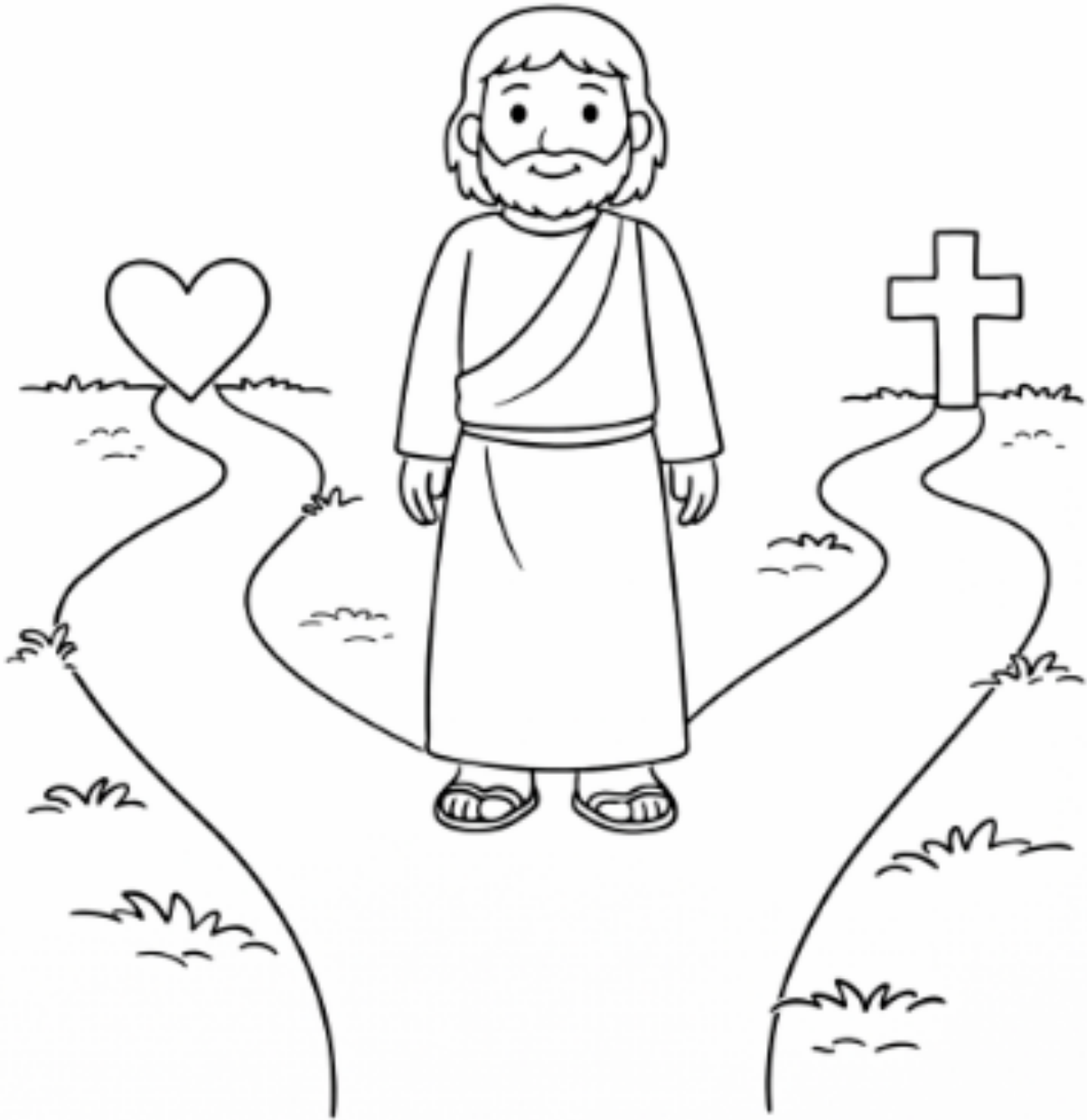
24. fast from TV
25. fast from dessert
26. fast from candy
27. fast from a bad habit
28. fast from sweet drinks
29. fast from meat
30. fast from reading anything but the Bible

## **PRAYING**

31. praise God for who He is
32. confess something to God that you feel bad about
33. thank God for your favourite people
34. pray for someone who is sick
35. sing a song of praise to God
36. kneel before God and pray
37. pray for a refugee
38. pray for someone who needs to know Jesus
39. pray for your pastor
40. read a Bible story together

# Choosing God's Way

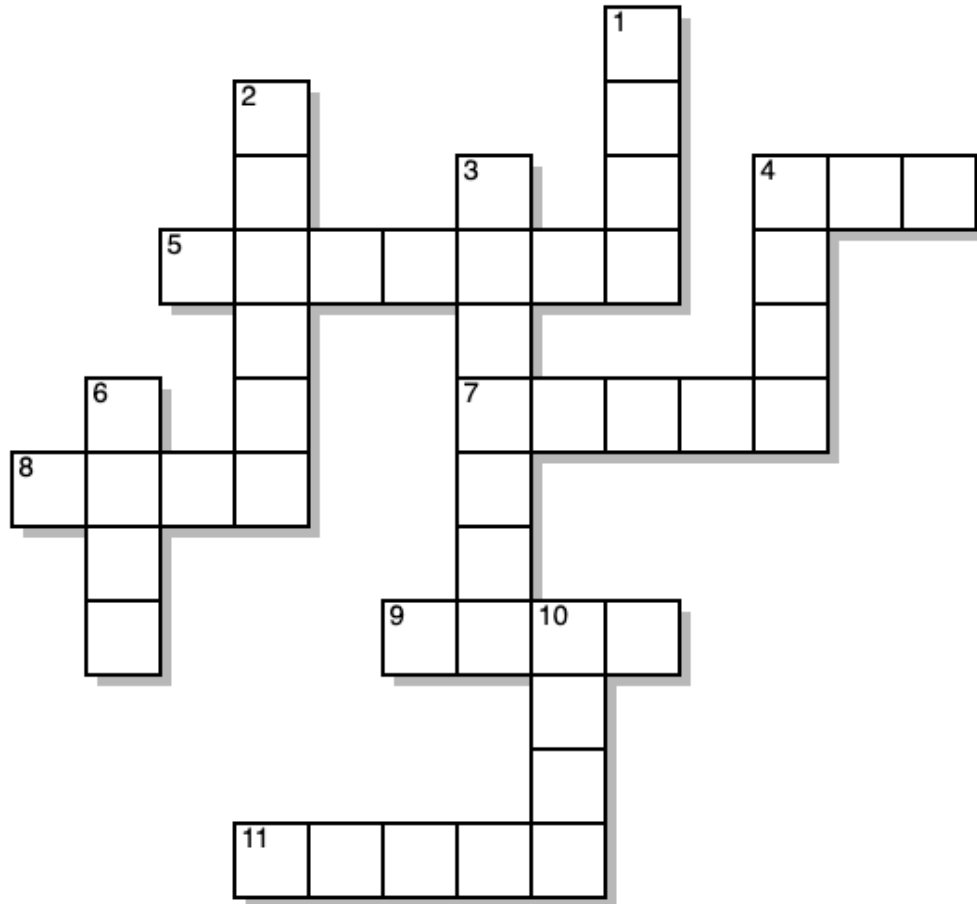
First Sunday in Lent



**Choose God's way.**

# Choosing God's Way

First Sunday in Lent



## ACROSS

- 4 Our Father
- 5 Pardon
- 7 Confidence in
- 8 Secure
- 9 Give aid
- 11 Not wrong

## DOWN

- 1 Affection
- 2 Select
- 3 Error
- 4 Present
- 6 Track
- 10 Time before Easter

# Choosing God's Way

First Sunday in Lent

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

God  
Choose  
Right  
Love  
Help  
Safe

Forgive  
Mistake  
Trust  
Gift  
Lent  
Path



**Crossword – Key:**

Across

- 4. God
- 5. Forgive
- 7. Trust
- 8. Safe
- 9. Help
- 11. Right

Down

- 1. Love
- 2. Choose
- 3. Mistake
- 4. Gift
- 6. Path
- 10. Lent

**Cryptogram – Key:**

**Matthew 4:4b**

One does not live by bread alone, but by every word that comes from the mouth of God.

# Lent

Year

first day of lent: 00/00/0000

Do something **NICE** for a teacher or pastor.

Make a cross with things you find in nature. *two*

Read a Bible story or book. 3



Play your favorite game with someone. *four*

5



Give someone a hug.

**NO** sweets today!

*six*

7

Learn an Easter song.



8

Make a cottonball lamb & think about how Jesus is the Lamb of God.



**DONATE**

9

Give away something to someone.

Help someone today.

*ten*

Draw or decorate colorful Easter eggs.

11



Surprise someone with a **SPECIAL NOTE.**

12



13

Draw a picture with chalk outside.

14

Pray for someone.



**GIVE SOMEONE A COMPLIMENT.**

15

16

Help with yardwork or pick up a piece of litter.



*seventeen*  
Share a meal with someone.

Perform a random act of **KINDNESS.**

18

Download Easter coloring pages, print and color.

19



*twenty*

Tell God what you are thankful for.

# LIST

reasons why you love Easter.

*twenty one*



22

Draw or purchase an Easter Lily for a friend.

*twenty three*

Read John 13:1-17 and wash someone's feet.

Have a palm parade around your home.

*twenty four*

# FORGIVE

someone for something they did to you.

*twenty six*

Talk to someone or think about why we celebrate Easter.

27

Read about Good Friday.

(John 19:16-37)

Go on a nature scavenger hunt & find things that remind you of Jesus.



25

Draw an Easter picture for your family.

*thirty*

Make something for someone.

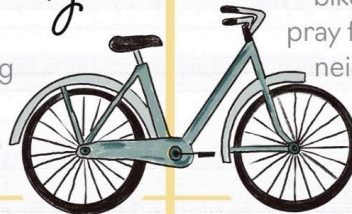
Go on a walk or bike ride & pray for your neighbors.



28

Collect items in a basket that remind you of Easter.

29



31

Play stack the Peeps.

(See who can stack the most Peeps in a minute.)

*thirty six*

# GIVE UP

Something for the day.



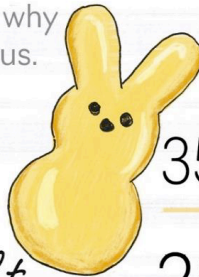
32

*thirty three*

Play a game in the dark with flashlights.

Tell someone why you love Jesus.

34



35

Make an Easter card.

37

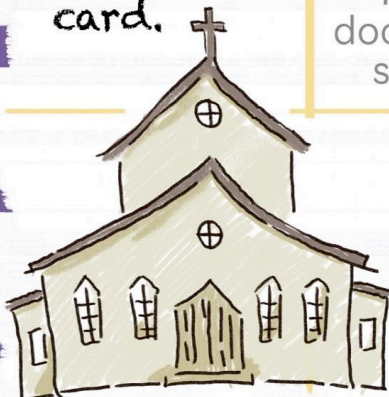
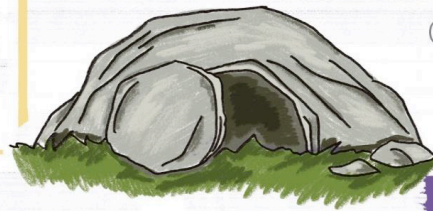
*thirty eight*

Hold the door open for someone.

39

Read about Jesus' resurrection.

(Matthew 28; Mark 16; Luke 24; John 20)



Attend an Easter service.

