



Diocese of Athabasca

Sunday School Lesson Plan – Sunday, July 19, 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 **July 19, 2026 – Eighth Sunday after Pentecost (Year A)**. Bible Verses: Genesis 28:10-19a; Psalm 139:1-11, 22-23; Romans 8:12-25; Matthew 13:24-30, 36-43; Preface of the Lord's Day

✨ Sunday School Lesson Plan

Eighth Sunday after Pentecost – July 19, 2026

Theme

"God Is Always with Me"

Big Idea

No matter where we go, God is with us. He knows us, loves us, and helps us grow in his love.

Lesson Focus for Kids

Children will learn that God is always present, watching over them with love, and helping them grow into faithful followers of Jesus.

Scripture Readings (Kid-Friendly Language)

Genesis 28:10-19a

Jacob was traveling alone when he stopped to sleep. During the night he dreamed of a ladder reaching from earth to heaven with angels going up and down. God spoke to Jacob and promised to be with him wherever he went. When Jacob woke up, he knew God was near.

Psalm 139:1-11, 22-23

God knows everything about us. He knows when we sit, when we stand, and where we go. We can never be separated from God's love and care.

Romans 8:12-25

God has made us part of his family. Through the Holy Spirit, we are God's children and can trust him as our loving Father.

Matthew 13:24-30, 36-43

Jesus told a story about wheat and weeds growing together in a field. God is patient and loving, helping good things grow while caring for his people.

Welcome & Opening Prayer

Welcome Activity

As children arrive, give each child a footprint cutout.

Ask them to write or draw places they go:

- Home
- School
- Church
- Playground
- Grandparents' house

Discuss:

- Does God go with us everywhere?
- Can God see us wherever we are?

Explain:

Today's lesson teaches that God is always with us.

Opening Prayer

Dear God,

Thank you for loving us.

Thank you for being with us wherever we go.

Help us learn more about you today.
Help us trust your love and care.

Amen.

Circle Time

Object Lesson

Show:

- A flashlight
- A small stuffed animal

Ask:

- Have you ever been afraid in the dark?
- What helps you feel safe?

Explain:

Just as a flashlight helps us see, God's presence helps guide us. God is with us wherever we go.

Memory Verse

Psalm 139:7

"Where can I go from your Spirit? Where can I flee from your presence?"

Simplified Version for Young Children

"God is always with me."

Practice with actions:

- "God" – point upward.
 - "Always" – make a big circle with arms.
 - "With" – clasp hands together.
 - "Me" – point to self.
-

Bible Story Time

Jacob's Dream

One day Jacob was traveling far from home.

As night came, he found a place to sleep.

He used a stone as a pillow and fell asleep.

That night Jacob had an amazing dream.

He saw a ladder reaching from earth all the way to heaven.

Angels were going up and down the ladder.

Then God spoke to Jacob.

God promised:

"I am with you and will watch over you wherever you go."

When Jacob woke up, he was amazed.

He said,

"Surely God is in this place!"

Jacob learned that God was near, even when he felt alone.

We can remember that God is with us too.

Discussion Questions

- What did Jacob see in his dream?
 - Who was on the ladder?
 - What promise did God make?
 - How do you know God is with you?
 - When do you need God's help most?
-

Craft Activity

Jacob's Ladder Craft

Supplies

- Construction paper
- Popsicle sticks or paper strips
- Cotton balls
- Markers
- Glue

Directions

1. Create a ladder using paper strips or craft sticks.
2. Glue cotton-ball clouds at the top.
3. Draw small angels.
4. Write:

"God Is Always With Me"

5. Decorate with stars and hearts.
-

Game

Follow the Footsteps

Supplies

Paper footprints placed around the room.

Directions

1. Children follow the footprint trail.
2. At each footprint, read a statement:
 - At school
 - At church
 - At home
 - At the playground
 - At bedtime

Children respond:

"God is with me there!"

Song Suggestions

Traditional

- Jesus Loves Me
- This Little Light of Mine
- He's Got the Whole World in His Hands

Action Songs

- Father Abraham
- Deep and Wide
- I've Got the Joy, Joy, Joy

Reflection Songs

- Be Still and Know
 - Open Our Eyes, Lord
-

Snack Suggestions

Ladder Pretzels

Pretzel sticks arranged like ladders.

Discuss Jacob's ladder while eating.

Angel Snack

- Mini marshmallows
- Crackers
- Apple slices

Heavenly Trail Mix

- Cheerios
- Raisins
- Pretzels

Wrap-Up & Reflection

Ask:

- What did Jacob learn?
- Where is God?
- Does God leave us when we are afraid?
- What can we remember this week?

Give each child a paper heart.

Write:

"God Is Always With Me."

Encourage children to keep it somewhere they can see it during the week.

Closing Prayer

Dear God,

Thank you for always being with us.

Thank you for loving us wherever we go.

Help us remember that we are never alone.

Guide us and help us grow in your love.

Amen.

Take-Home Idea

Family God-With-Us Challenge

Each day this week:

1. Share one place you went.
2. Talk about how God was with you there.
3. Pray together:

"Thank you, God, for being with us everywhere we go."

Lesson Summary

Main Message

God is always with us. He knows us, loves us, watches over us, and helps us grow in faith wherever we go.

Teacher Notes

Key Teaching Points

- God is always present.
- God knows and loves each child.
- God's Spirit helps us grow.
- We belong to God's family.
- God helps us choose what is good and faithful.

Understanding the Wheat and Weeds

Young children can understand this story simply:

- Good plants and weeds may grow together.
- God is patient.
- God helps good things grow.
- We should focus on growing kindness, love, and faith.

Anglican Connection

The Preface of the Lord's Day reminds us that Christians gather each Sunday to worship, hear God's Word, and remember that God is always present with his people. Through worship and prayer, our faith grows stronger.

Other Idea Links

<https://sermons4kids.com/sermons/jacobs-ladder?srsId=AfmBOooRC85FGR-guHansUbyyODbK2cePP70l3SILDSWyHQCQQ8NiG2>

https://www.dltk-bible.com/anagrams/jacobs_ladder-index.htm

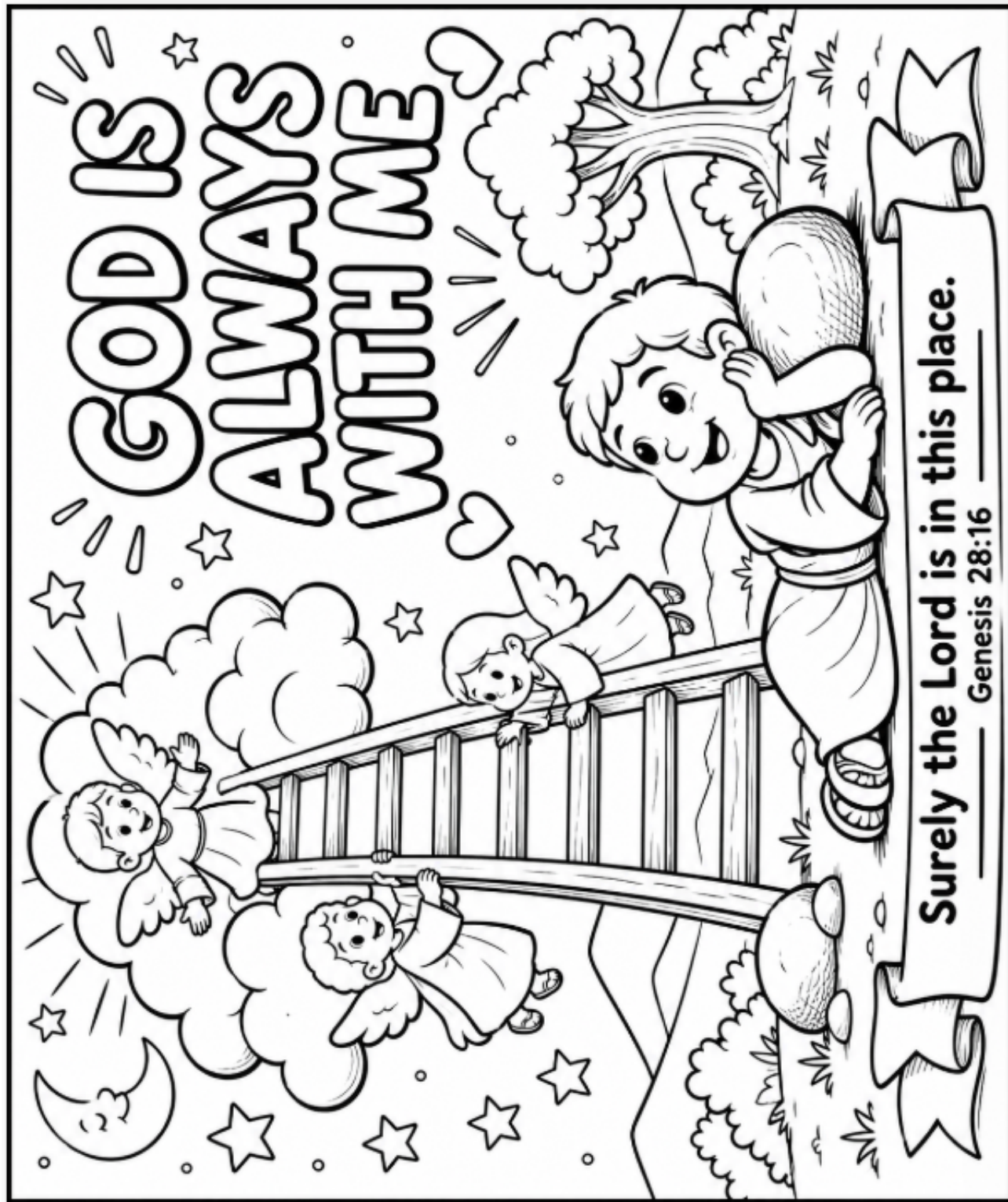
<https://ca.pinterest.com/pin/908953137725147837/>

<https://ca.pinterest.com/pin/4599301226733979392/>

<https://sermons4kids.com/activities/stairway-to-heaven>

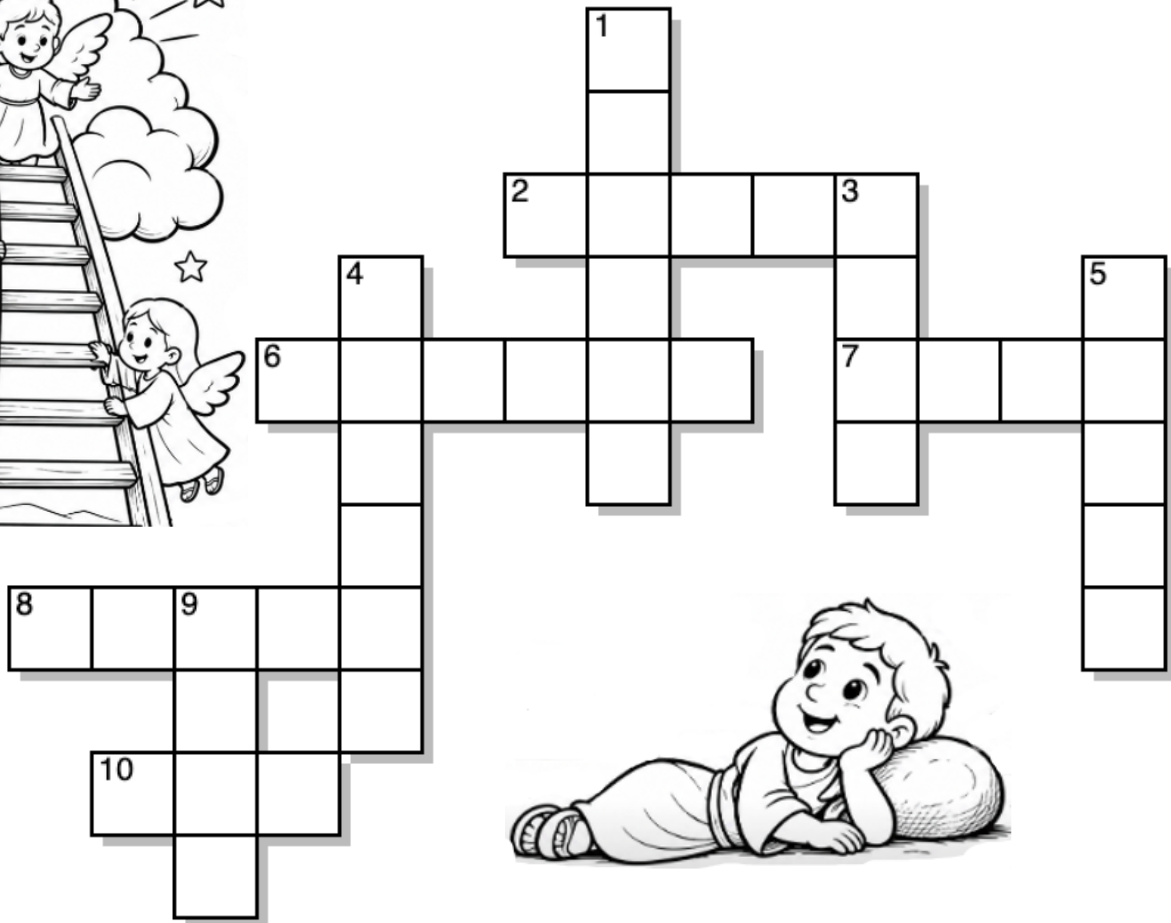
<https://www.mennonitechurch.ca/res/pub/Documents/Pandemic-worship-services/Children-s-Activity-Bulletin.pdf>

<https://ministry-to-children.com/crafts-parable-of-wheat-and-ares/>



God is Always with Me

Eighth Sunday after Pentecost



ACROSS

- 2 Seeing over time
- 6 Climbing device
- 7 Deep caring
- 8 God's messenger
- 10 Always with us

DOWN

- 1 Divine realm
- 3 Give aid
- 4 Kinfolk
- 5 Our Saviour
- 9 Get bigger

God is Always with Me

Eighth Sunday after Pentecost

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

God
Love
Watch
Help
Grow

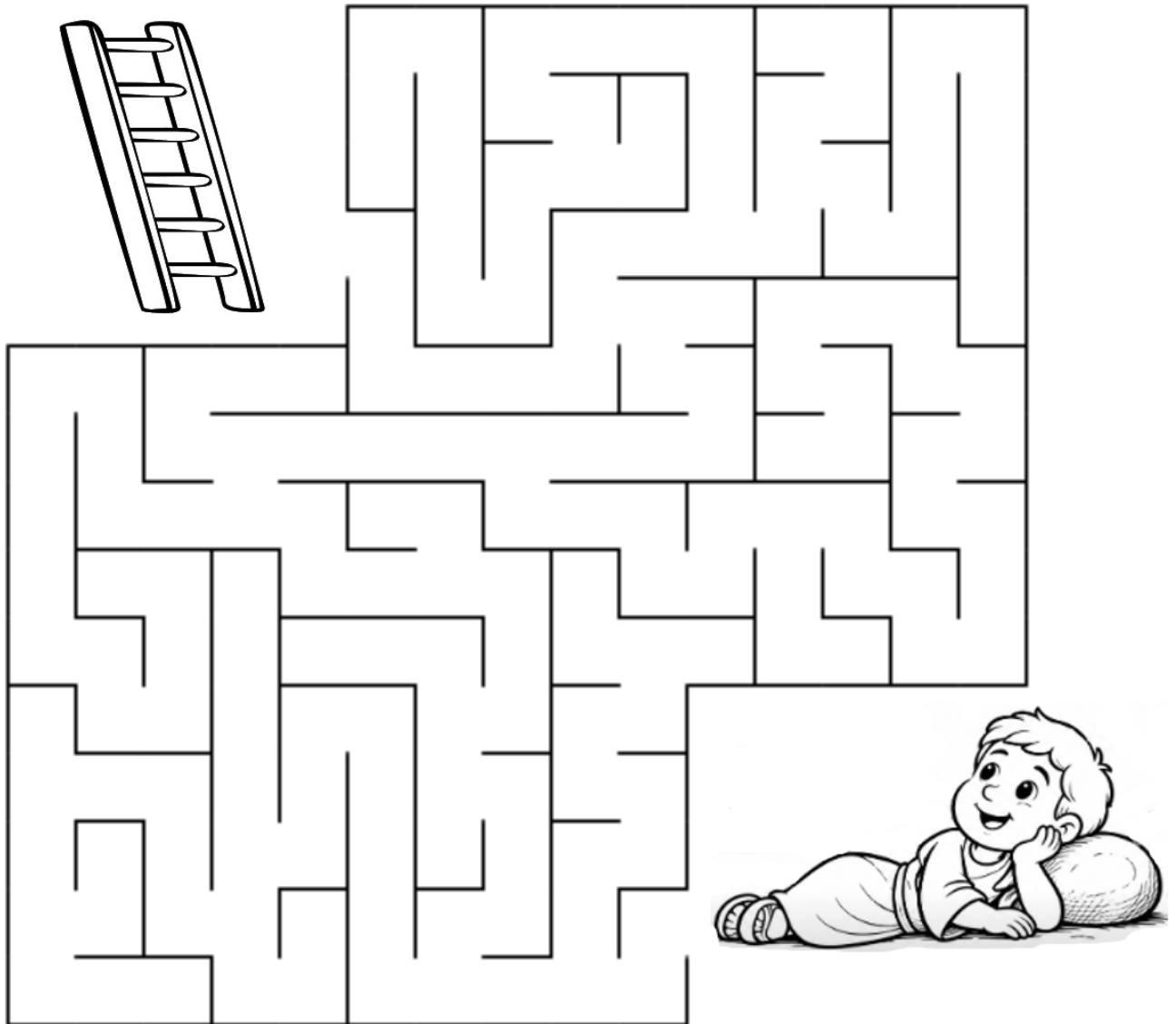
Jesus
Ladder
Heaven
Angel
Family



God is Always with Me

Eighth Sunday after Pentecost

Help Jacob find the ladder.



Surely the Lord is in this place.
Genesis 28:16

God is Always with Me

Eighth Sunday after Pentecost

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
8																	10	19	9						

15			20	15	10	24				25	15	14													
17	8	1	7					19	7	8	10	12	17	7	24										
3	7			8	26	24				22	26	15	2	26											
3	7			25	15	14				22	26	15	2												
2	17	7	26				6			19	6	9													
24	15	2	26				8	26	24				2	17	7	26									
6			10	6	19	7				14	4					25	15	14							
24	6	19	12	7	10	26				3	25														
9	17	15	14	11	17	9	19						5	10	15	3									
5	8	10					8	2	8	25															



God is Always with Me

Eighth Sunday after Pentecost

Draw yourself in your favourite place. Inside the picture write:
“God is with me here.”



God is Always With Me

Eighth Sunday after Pentecost

Fill in the blanks of the story with the words in the box.

Words to Use				
answered	asleep	barn	bundles	burned
enemy	field	first	gather	gathering
good	grain	harvest	heaven	Master
parable	reapers	seed	together	weeds
wheat				

The Parable of Weeds among the Wheat

He put before them another _____: “The kingdom of _____ may be compared to someone who sowed good _____ in his field, but while everybody was _____ an _____ came and sowed weeds among the _____ and then went away. So when the plants came up and bore grain, then the _____ appeared as well. And the slaves of the householder came and said to him, ‘_____, did you not sow _____ seed in your _____? Where, then, did these weeds come from?’ He _____, ‘An enemy has done this.’ The slaves said to him, ‘Then do you want us to go and _____ them?’ But he replied, ‘No, for in _____ the weeds you would uproot the wheat along with them. Let both of them grow _____ until the _____, and at harvest time I will tell the _____, Collect the weeds _____ and bind them in _____ to be _____, but gather the wheat into my _____.’”

Crossword – Key:

Across

- 2. Watch
- 6. Ladder
- 7. Love
- 8. Angel
- 10. God

Down

- 1. Heaven
- 3. Help
- 4. Family
- 5. Jesus
- 9. Grow

Cryptogram – Key:

Psalm 139:1-2

O LORD, you have searched me and known me.
You know when I sit down and when I rise up;
you discern my thoughts from far away.

Fill in the Blanks Story – Key

The Parable of Weeds among the Wheat (Matthew 13:24-30)

He put before them another parable: "The kingdom of heaven may be compared to someone who sowed good seed in his field, but while everybody was asleep an enemy came and sowed weeds among the wheat and then went away. So when the plants came up and bore grain, then the weeds appeared as well. And the slaves of the householder came and said to him, 'Master, did you not sow good seed in your field? Where, then, did these weeds come from?' He answered, 'An enemy has done this.' The slaves said to him, 'Then do you want us to go and gather them?' But he replied, 'No, for in gathering the weeds you would uproot the wheat along with them. Let both of them grow together until the harvest, and at harvest time I will tell the reapers, Collect the weeds first and bind them in bundles to be burned, but gather the wheat into my barn.'"