



Diocese of Athabasca

Sunday School Lesson Plan – Sunday, August 23, 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 **August 23, 2026 – Thirteenth Sunday after Pentecost (Year A)**. Bible Verses: Exodus 1:8-2, 10; Psalm 124; Romans 12:1-8; Matthew 16:13-20; Preface of the Lord's Day

✨ Sunday School Lesson Plan

Thirteenth Sunday after Pentecost – August 23, 2026

Based on the Revised Common Lectionary

- Exodus 1:8–2:10
- Psalm 124
- Romans 12:1–8
- Matthew 16:13–20

Preface of the Lord's Day

Lesson Title

Jesus Is Our Rock

Theme

Jesus is God's Son, and we can build our lives on him.

Big Idea

When we believe in Jesus and follow him, he gives us a strong foundation that will never fail.

Lesson Focus for Kids

Children will learn that:

- Jesus is the Son of God.
 - Peter trusted Jesus and told others who Jesus is.
 - God protected baby Moses because he had a special plan for him.
 - God has a special purpose for each of us.
-

Scripture Readings (Kid-Friendly Language)

Exodus 1:8–2:10

The king of Egypt was afraid of God's people. Baby Moses' mother hid him to keep him safe. She placed him in a basket on the Nile River. Pharaoh's daughter found Moses and cared for him. God protected Moses because he had an important job for him.

Psalms 124

God is our helper and protector. He rescues us and stays with us through every challenge.

Romans 12:1–8

God has given each of us special gifts. We can use our gifts to help others and serve God with joy.

Matthew 16:13–20

Jesus asked his disciples,

"Who do you say I am?"

Peter answered,

"You are the Messiah, the Son of the living God."

Jesus was pleased with Peter's answer. He called Peter "the rock" because Peter trusted Jesus, and he would help build God's Church.

Welcome Activity

"Building on the Rock"

Provide children with wooden blocks or building bricks.

Challenge them to build the strongest tower they can.

Ask:

- What makes a building strong?
- What happens if the bottom is weak?

Explain:

Today Jesus teaches us that he is our strong foundation.

Opening Prayer

Dear Jesus,

Thank you for loving us.

Thank you for being our strong rock.

Help us trust you every day.

Help us use our gifts to serve others. Amen.

Circle Time

Object Lesson

Show:

- A large smooth rock
- A handful of sand

Ask:

- Which would you rather build a house on?
- Why?

Explain:

A strong foundation keeps a building safe.

Jesus wants us to build our lives on him.

Memory Verse

Matthew 16:16

"You are the Messiah, the Son of the living God."

Simplified Version for Young Children

"Jesus is the Son of God."

Actions

Jesus — point upward.

Son — cradle arms like a baby.

God — lift hands toward heaven.

Repeat several times together.

Bible Story Time

Peter's Wonderful Answer

One day Jesus asked his friends,

"Who do people say I am?"

Some people had many different answers.

Then Jesus asked,

"Who do you say I am?"

Peter answered,

"You are the Messiah, the Son of the living God."

Jesus smiled.

Peter had spoken the truth.

Jesus said Peter would help build God's Church because he trusted Jesus.

Just as a rock is strong, our faith becomes strong when we trust Jesus.

Baby Moses

Long before Jesus was born, baby Moses needed protection.

His mother placed him in a basket and gently floated him among the tall reeds beside the river.

God watched over Moses.

Pharaoh's daughter found the basket and cared for Moses.

God had a wonderful plan for Moses' life.

God has a wonderful plan for each of us, too.

Discussion Questions

- Who did Peter say Jesus is?
 - What does it mean to trust Jesus?
 - How did God protect baby Moses?
 - What special gifts has God given you?
 - How can you use your gifts to help others?
-

Craft Activity

Rock of Faith

Supplies

- Large rock template or smooth stone
- Markers or crayons
- Stickers
- Glue

Directions

Decorate the rock.

Write:

"Jesus Is My Rock"

Add hearts, crosses, and stars.

Alternative Craft

Moses' Basket

Children weave strips of brown paper to make a paper basket.

Glue inside:

- Baby Moses
- Blue river
- Green reeds

Write:

"God Watches Over Me."

Game

Rock or Sand?

Place signs on opposite sides of the room:

ROCK

SAND

Read statements:

- Trust Jesus
- Tell the truth
- Be kind
- Help someone
- Ignore others
- Share toys

Children move to the side that shows building on the "Rock."

Discuss each choice.

Song Suggestions

Traditional

- Jesus Loves Me
- The Wise Man Built His House Upon the Rock
- This Little Light of Mine

Action Songs

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

Reflection Songs

- Cornerstone (simple chorus if familiar)
- The B-I-B-L-E

Snack Suggestions

Building Snack

- Graham crackers
- Cheese cubes
- Pretzel sticks

Build small "houses."

River Snack

- Blue gelatin cups
- Fish crackers

Talk about baby Moses.

Rock Trail Mix

- Pretzels
- Cheerios
- Raisins
- Mini crackers

Wrap-Up & Reflection

Ask:

- Who is Jesus?
- What did Peter say?
- Who protected Moses?
- What gifts has God given you?

Give each child a paper rock.

Write:

"Jesus Is My Rock."

Invite them to place it somewhere at home where they will see it each day.

Closing Prayer

Dear Jesus,

Thank you for being our strong rock.

Help us trust you every day.

Thank you for protecting us and loving us.

Help us use our gifts to serve you and others.

Amen.

Take-Home Idea

Family Rock Hunt

Take a family walk and collect a small rock.

Write on it:

"Jesus Is My Rock."

Place it in the garden or on a windowsill.

Each time you see it, remember that Jesus is always with you.

Teacher Notes

Main Teaching Points

- Jesus is the Son of God.
 - Peter boldly shared his faith.
 - God protected Moses for a special purpose.
 - God has given every person unique gifts.
 - Jesus is the strong foundation for our lives.
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For Younger Children

Keep the focus on:

- Jesus loves us.
- Jesus is our rock.
- God watches over us.
- Everyone has special gifts from God.

Avoid detailed discussion about Pharaoh's actions. Simply explain that Moses needed protection and God kept him safe.

Anglican Connection

The **Preface of the Lord's Day** reminds us that each Sunday we gather as God's people to worship Jesus Christ, hear God's Word, and be strengthened in faith. Like Peter, we confess that Jesus is the Son of God, and together we are built into Christ's Church.

Lesson Summary

Main Message

Jesus is the Son of God and our strong Rock. When we trust him, he guides us, protects us, and helps us use our gifts to love and serve others.

Other Idea Links

<https://www.kidssundayschool.com/gradeschool/lessons/old-testament/the-life-of-moses/moses-as-a-baby>

<https://ministry-to-children.com/god-saves-baby-moses/>

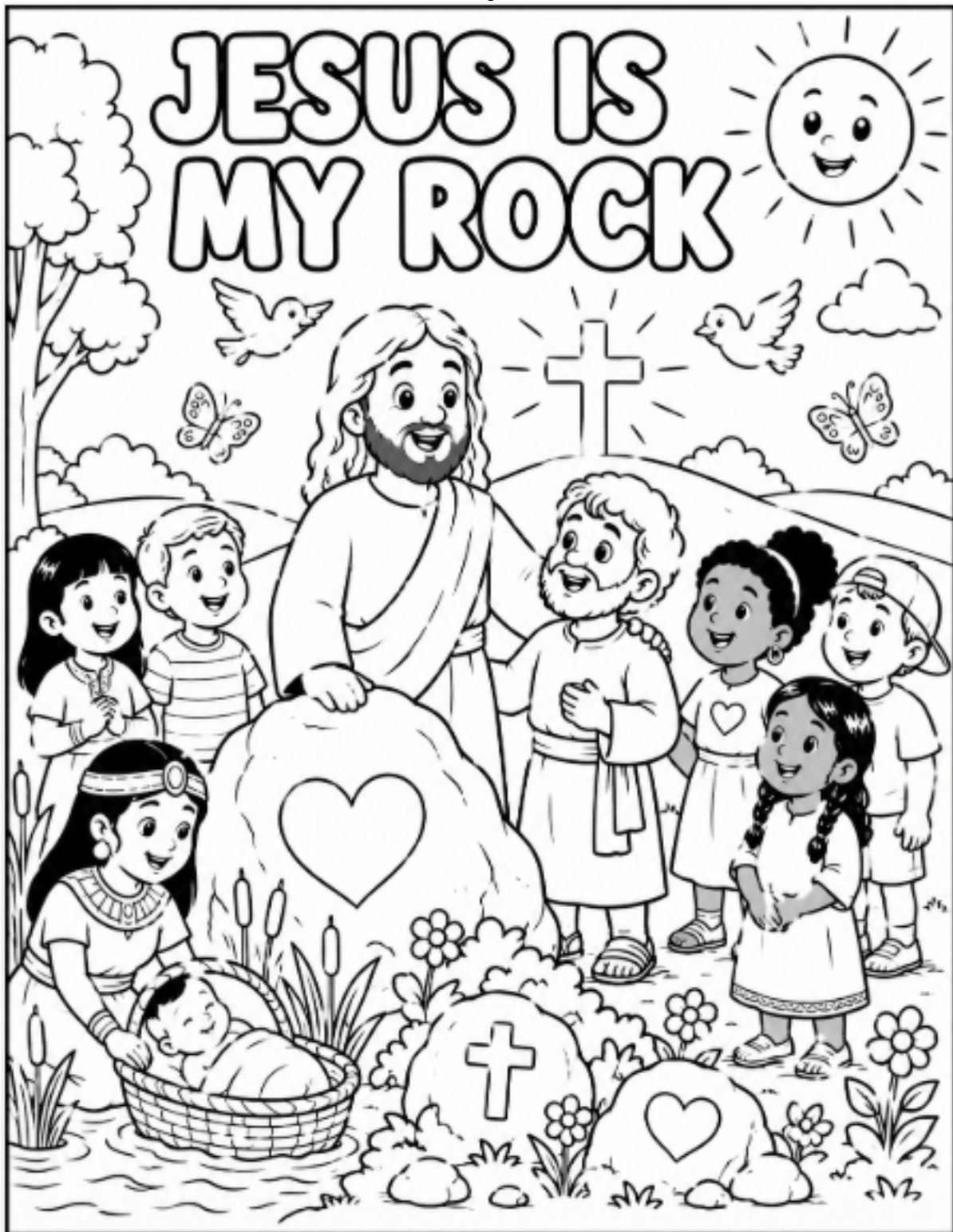
<https://www.poetprints.ca/blog/birth-of-moses-bible-story-for-kids>

<https://sundayschool.works/lessons/god-saves-baby-moses-exodus-18-210-sunday-school-lesson/>

<https://www.teachusthe bible.com/Lesson.php?Lesson=baby-moses>

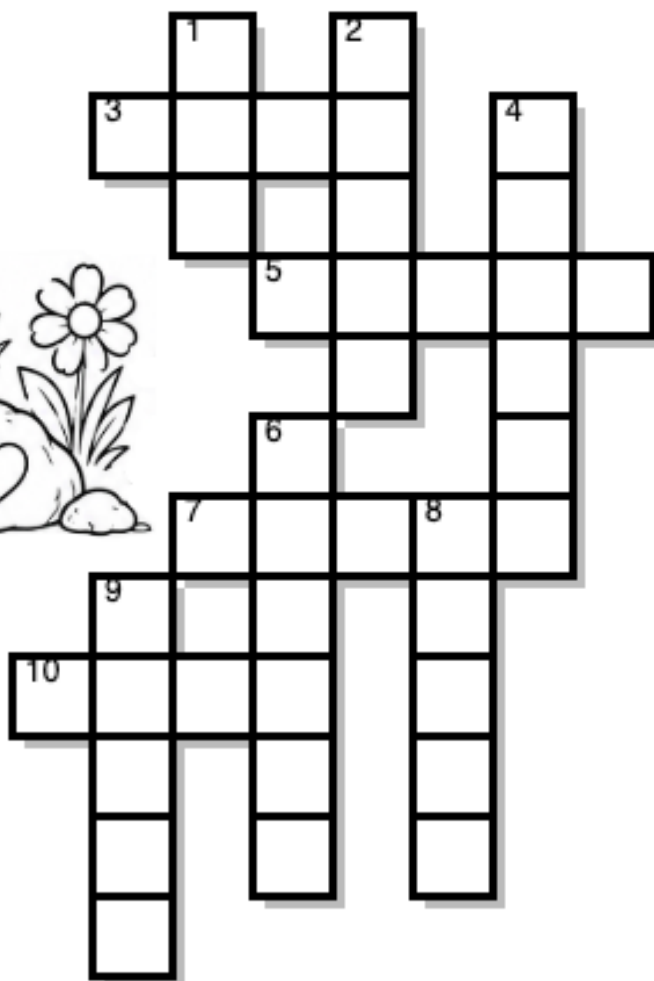
Jesus is Our Rock

Thirteenth Sunday after Pentecost



Jesus is Our Rock

Thirteenth Sunday after Pentecost



ACROSS

- 3 Devotion
- 5 Son of God
- 7 Belief
- 10 Stone

DOWN

- 1 Creator
- 2 Walked on water
- 4 House of worship
- 6 Woven container
- 8 Rely on
- 9 Baby in a basket

Jesus is Our Rock

Thirteenth Sunday after Pentecost

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

Jesus
Rock
God
Peter
Moses

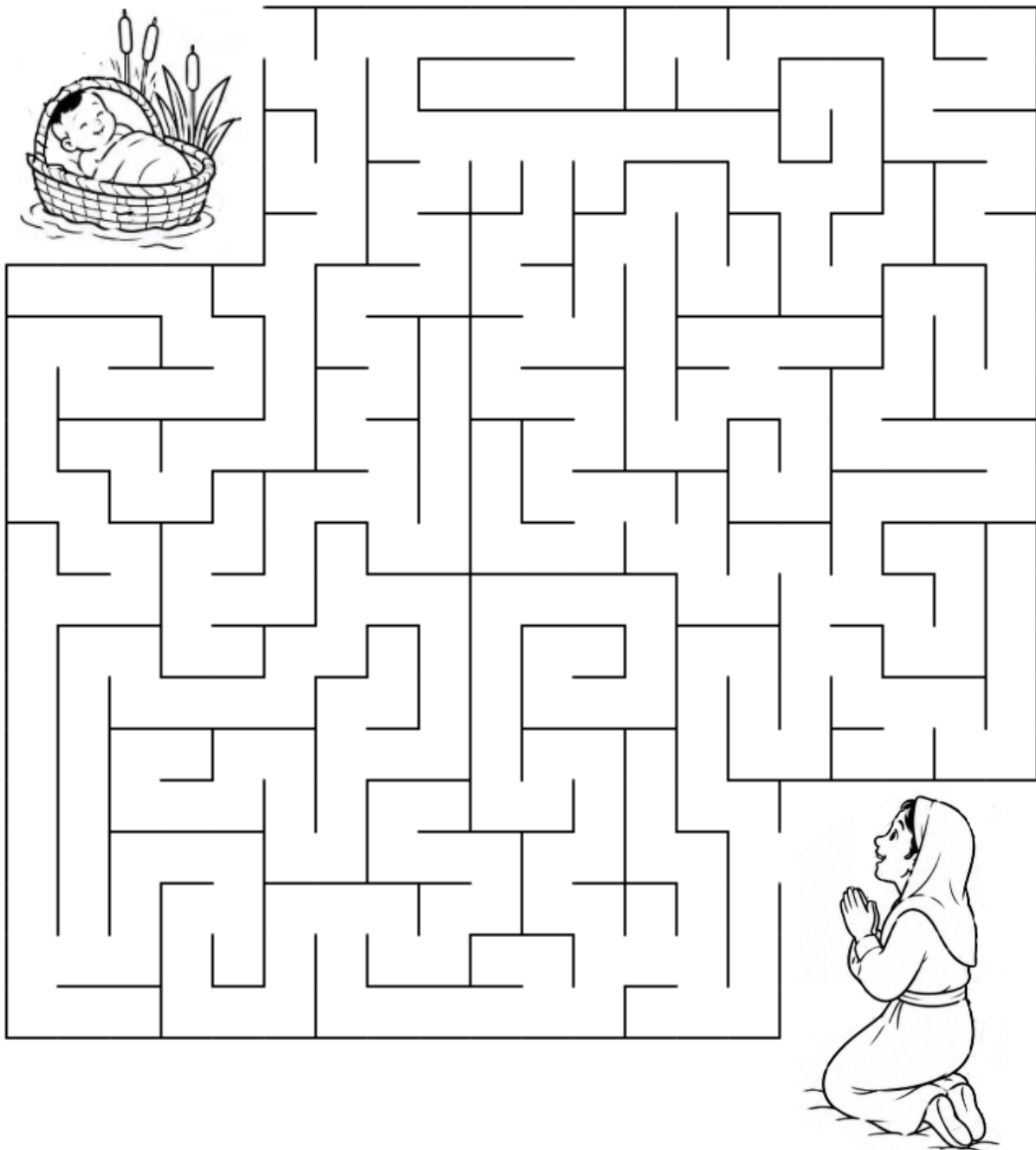
Faith
Trust
Love
Church
Basket



Jesus is Our Rock

Thirteenth Sunday after Pentecost

Help Moses float safely to Pharoah's daughter.



Jesus is Our Rock

Thirteenth 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
		15	17			23								1			22								

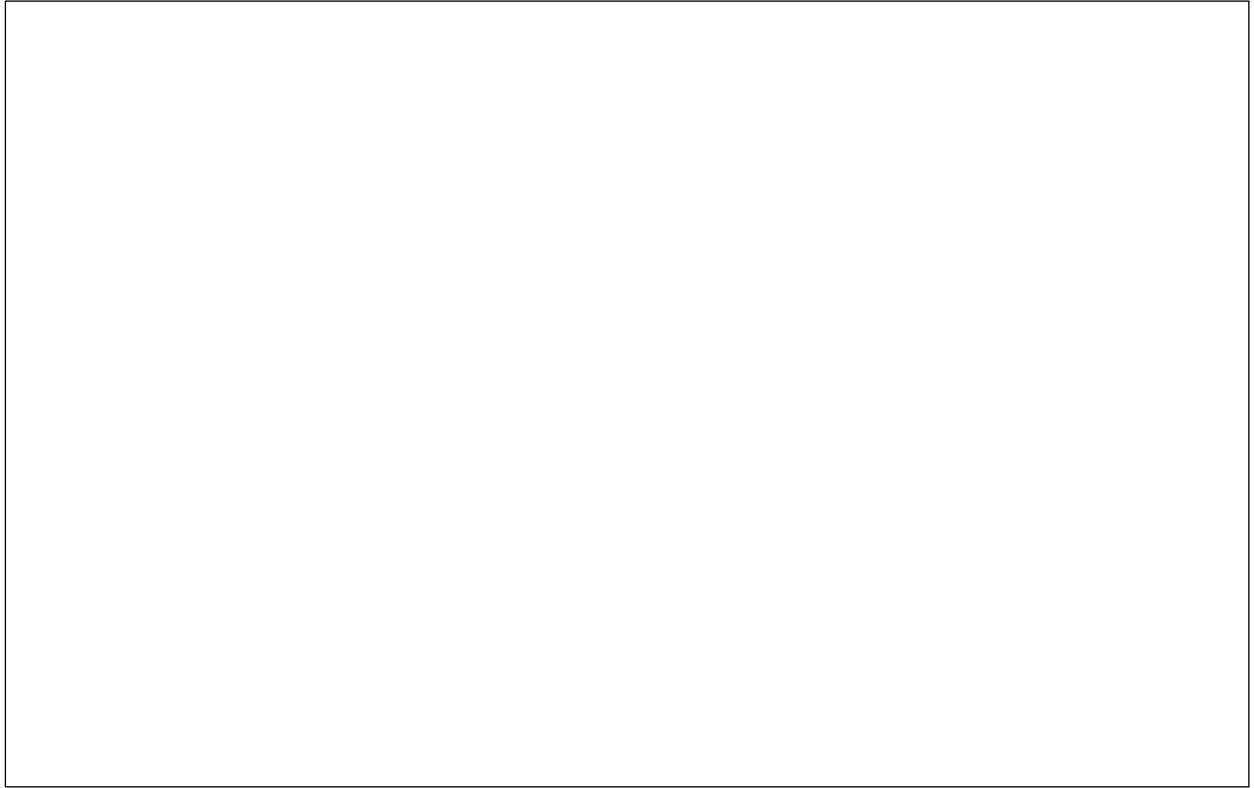
17	1				5	1	9				18	16													
15	1	5	25	1	22	24	16	17			9	1													
9	7	3	21			19	23	16			18	12	9												
18	16			9	22	19	5	21	25	1	22	24	16	17											
18	13			9	7	16																			
22	16	5	16	10	3	5	23			1	25														
9	7	16		24	3	5	17			21	1														
9	7	19	9		13	1	12			24	19	13													
17	3	21	15	16	22	5		10	7	19	9														
3	21		9	7	16		10	3	14	14		1	25												
23	1	17		10	7	19	9		3	21															
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19	15	15	16	26	9	19	18	14	16		19	5	17												
26	16	22	25	16	15	9																			



Jesus is Our Rock

Thirteenth Sunday after Pentecost

Draw something you can do to help others.



Crossword – Key:

Across

- 3. Love
- 5. Jesus
- 7. Faith
- 10. Rock

Down

- 1. God
- 2. Peter
- 4. Church
- 6. Basket
- 8. Trust
- 9. Moses

Cryptogram – Key:

Romans 12:2

Do not be conformed to this age, but be transformed by the renewing of the mind, so that you may discern what is the will of God—what is good and acceptable and perfect.