



# Diocese of Athabasca

## Sunday School Lesson Plan – Sunday, October 4, 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 **October 4, 2026 – Nineteenth Sunday after Pentecost (Year A)**. Bible Verses: Exodus 20:1-4, 7-9, 12-20; Psalm 19; Philippians 3:4b-14; Matthew 21:33-46; Preface of the Lord's Day

## ✨ Sunday School Lesson Plan

### Nineteenth Sunday after Pentecost – October 4, 2026

Based on the Revised Common Lectionary

- Exodus 20: 1-4, 7-9, 12-20
- Psalm 19
- Philippians 3:4b-14
- Matthew 21:33-46

## Lesson Title: God Shows Us the Way

**Theme:** God gives us loving guidance, and Jesus helps us keep growing in faith.

**Big Idea:** God's commandments show us how to love God and love other people. We do not follow God perfectly, but Jesus helps us keep moving forward.

### Lesson Focus for Kids:



God loves us.



God shows us how to live.



We can listen to God's teaching.



Jesus helps us keep going.

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# Scripture Readings — Kid-Friendly Language

Exodus 20:1–4, 7–9, 12–20

## God Gives His People Commandments

God had rescued the Israelites from Egypt.

Now God wanted to teach them how to live together as God’s people.

God gave them special commandments.

God said:

**“Love and worship me.”**

**“Use my name with respect.”**

**“Remember a special day for worship and rest.”**

**“Honour your father and mother.”**

**“Do not hurt others.”**

**“Do not take things that do not belong to you.”**

**“Tell the truth.”**

**“Do not spend your time wanting everything someone else has.”**

The people were amazed and a little frightened by the thunder and lightning around the mountain.

Moses reminded them that God was teaching them how to live.

## Kid Connection

God’s commandments are not just a list of rules.

They help us understand how to:

Love God and love one another.

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# Psalm 19

## God's Teaching Is Good

Psalm 19 tells us that creation shows us God's glory.

The sun, sky, and world around us remind us how wonderful God is.

The psalm also says that God's teaching is good.

God's ways can:

- make us wise,
- bring joy,
- guide us,
- and help us know what is right.

## Kid Connection

God gives us good teaching because God loves us.

Just as a light helps us see where to walk, God's words can help us know which way to go.

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# Philippians 3:4b–14

## Keep Going Toward Jesus

Paul had many things he could have been proud of.

But he said that knowing Jesus was more important than everything else.

Paul knew he was not perfect.

He had not finished learning and growing.

So he said:

**"I press on."**

Paul pictured following Jesus like running toward a finish line.

He did not spend all his time looking backward.

He kept moving forward.

## Kid Connection

We do not have to be perfect to follow Jesus.

When we make a mistake, we can:

- say sorry,
  - learn,
  - try again,
  - and keep following Jesus.
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## Matthew 21:33–46

### The Vineyard Belongs to the Owner

Jesus told another story about a vineyard.

A landowner planted a vineyard.

He worked hard to prepare it.

Then he trusted some workers to take care of it.

When harvest time came, the owner sent servants to collect what belonged to him.

But the workers treated the servants badly.

The owner sent more people.

The workers would not listen.

Finally, he sent his son.

But the workers still refused to respect the owner.

Jesus told this serious story to people who were refusing to listen to God.

## Kid Connection

For young children, keep the lesson simple:

Everything belongs to God.

God gives us good things to care for.

God wants us to listen and respond with love.

We can care for:



God's world



God's people



God's gifts



God's teaching

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## Welcome & Opening Prayer / Circle Time

Place a small path made of paper footprints on the floor.

At the end, place a cross or picture of Jesus.

Ask:

- What helps us know which way to go?
- Who helps us learn right from wrong?
- What are some good choices we can make?
- What happens when we make a mistake?

Say:

**“Today we are learning that God shows us the way. God gives us good teaching, and Jesus helps us keep going.”**

Have the children walk the short footprint path one at a time.

Each child can say:

**“I can follow Jesus.”**

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## Opening Prayer

Dear God, thank you for loving us. Thank you for giving us good ways to live. Help us listen to you. Help us love you. Help us care for others. Help us tell the truth, share, be kind, and make good choices. When we make mistakes, help us try again and keep following Jesus. **Amen.**

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## Memory Verse

“I press on toward the goal.”

**Philippians 3:14**

For very young children:

“I keep following Jesus.”

### Actions

**I** — point to yourself.

**Press on** — move your hands forward.

**Toward the goal** — point ahead.

Finish by taking one step forward and saying:

“I keep following Jesus!”

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## Bible Story Time

### God Shows Us the Way

Hold up a simple road sign or arrow.

Ask:

**“What does a sign do?”**

It helps us know where to go.

Say:

“God also gives us help to know which way to go.”

Long ago, God’s people needed to learn how to live together.

So God gave them commandments.

God said:

Love me.

Respect my name.

Take time to worship and rest.

Honour your family.

Do not hurt people.

Do not steal.

Tell the truth.

Be thankful for what you have.

These teachings helped God’s people know how to live.

But did everyone always get everything right?

No!

Neither do we.

That is why today’s reading from Philippians is so helpful.

Paul said:

“I press on.”

Imagine running a race.

If you trip, do you have to stay on the ground forever?

No!

You get up and keep going.

Following Jesus is like that.

Sometimes we make wrong choices.

We might:

- say something mean,
- refuse to share,
- tell a lie,
- or ignore someone who needs help.

But Jesus helps us:

stop,

say sorry,

make a better choice,

and keep going.

Then Jesus told people a serious story about a vineyard.

The vineyard belonged to an owner.

The workers forgot that it did not belong to them.

They stopped listening to the owner.

Jesus wanted people to remember:

**God is God.**

The world belongs to God.

Our lives are gifts from God.

And God asks us to listen, love, and care for what God has given us.

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## Craft / Activity

### God Shows Me the Way Footprints

#### Materials

- Paper footprints
- Crayons or markers
- Glue
- Large sheet of cardstock
- Cross or simple picture of Jesus

Give each child several paper footprints.

On each footprint, write or draw one way to follow God:

- LOVE
- SHARE
- TELL THE TRUTH
- HELP
- PRAY
- LISTEN
- BE KIND
- FORGIVE

Glue the footprints onto a large sheet, making a path toward a cross.

Across the top:

## GOD SHOWS ME THE WAY

At the bottom:

“I press on toward the goal.”

#### **Philippians 3:14**

For younger children, prepare the words ahead of time and let them colour the footprints.

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# Game

## Follow the Good Way

Place picture cards around the room showing different choices.

Examples:

- sharing toys,
- grabbing toys,
- helping,
- pushing,
- telling the truth,
- lying,
- praying,
- comforting someone.

Children walk around the room.

When they arrive at a card, ask:

“Does this help us follow God’s way?”

If yes, everyone takes one step forward and says:

“Follow God’s way!”

If no, everyone freezes and says:

“Try again!”

Finish by gathering around the cross.

Say:

“Jesus helps us keep going.”

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## Song Suggestions

- **Jesus Loves Me**
- **I Have Decided to Follow Jesus**
- **This Little Light of Mine**

- **Jesus Loves the Little Children**
- **God Is So Good**
- **Trust and Obey**
- **Seek Ye First**
- **He's Got the Whole World in His Hands**
- **Praise Him, Praise Him, All Ye Little Children**

For a very simple action song, sing to the tune of *Row, Row, Row Your Boat*:

**Walk, walk, walk God's way,  
Love in all you do.  
Help and share and tell the truth,  
Jesus walks with you.**

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## Snack Suggestions

### Follow-the-Path Snack

Arrange simple snack foods in a winding “path” on a plate:

- crackers,
- fruit pieces,
- cheese cubes.

At the end, place a heart-shaped piece of fruit or cheese.

Say:

**“God’s teaching helps us follow a good path.”**

Another option is a simple vineyard snack to connect with Matthew:

- grapes cut safely lengthwise,
- crackers,
- cheese.

Always check allergies and use age-appropriate food preparation.

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## Wrap Up & Reflections

Ask:

**Who gave the commandments?**

God.

**Why did God give them?**

To help people know how to live.

**Does God expect us never to make a mistake?**

No.

**What can we do when we make a wrong choice?**

Say sorry, make a better choice, and keep going.

**What did Paul say?**

“I press on.”

Repeat together:

GOD LOVES ME.

GOD SHOWS ME THE WAY.

I CAN MAKE GOOD CHOICES.

I CAN TRY AGAIN.

I CAN FOLLOW JESUS.

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## Closing Prayer

Dear God, thank you for showing us how to live. Help us love you. Help us love others. Help us tell the truth. Help us share. Help us listen. Help us care for your world. When we make mistakes, help us say sorry, make a better choice, and keep following Jesus. **Amen.**

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# Take-Home Idea

## Follow God's Way Challenge

Send each child home with a footprint card.

### This Week I Can...

- ☐ Tell the truth.
- ☐ Help someone.
- ☐ Share something.
- ☐ Pray.
- ☐ Listen.
- ☐ Make a better choice if I make a mistake.

At the bottom:

👣 I KEEP FOLLOWING JESUS! 👣

**Philippians 3:14**

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## Teacher Notes

The readings this week contain material that can feel quite heavy for young children, especially the fear surrounding Sinai and the violence in Matthew's vineyard parable.

For young children, the strongest themes are:

God gives good guidance.

God wants us to listen.

Our lives and the world belong to God.

Jesus helps us keep growing.

When teaching the Ten Commandments, avoid presenting God mainly as someone waiting to punish children for mistakes.

Instead explain:

God gives commandments because God loves us and wants people to live safely and lovingly together.

Philippians 3 offers an important balance.

Following God is a lifelong journey.

Children should hear clearly:

Making a mistake does not mean you have failed forever.

We can learn, change, and continue.

For Matthew 21, avoid describing the violence in detail. Focus on the vineyard belonging to the owner and the workers refusing to listen.

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## Anglican Connection

### The Ten Commandments

The Ten Commandments are an important part of Anglican Christian teaching.

Explain:

**“The commandments help us understand what it means to love God and love our neighbours.”**

They can be summarized through Jesus’ Great Commandment:

Love God.

Love your neighbour.

For young children, that is enough.

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## Confession and Forgiveness

In Anglican worship, we regularly confess the things we have done wrong.

We do not stay trapped in our mistakes.

We receive God's forgiveness and begin again.

Connect this with Philippians:

**We keep moving forward with Jesus.**

Teach this simple prayer:

**God, I'm sorry.**

**Please forgive me.**

**Help me choose your way.**

**Amen.**

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## Baptismal Promises

At Baptism, Christians promise to follow Jesus.

One of the most important responses is: "I will, with God's help."

Explain: "We do not follow Jesus all by ourselves. God helps us."

That connects beautifully with today's theme:

**God shows us the way, and God helps us walk it.**

# God Shows us the Way

Nineteenth Sunday after Pentecost

## GOD SHOWS ME THE WAY!



♥ "I press on toward the goal." ♥  
Philippians 3:14

# God Shows us the Way

Nineteenth Sunday after Pentecost

## Which Way Follows God?

♡ Circle the picture that shows GOD'S WAY. ♡



Telling the truth



Hiding the truth



Grabbing everything



Sharing



Walking away



Helping



Listening

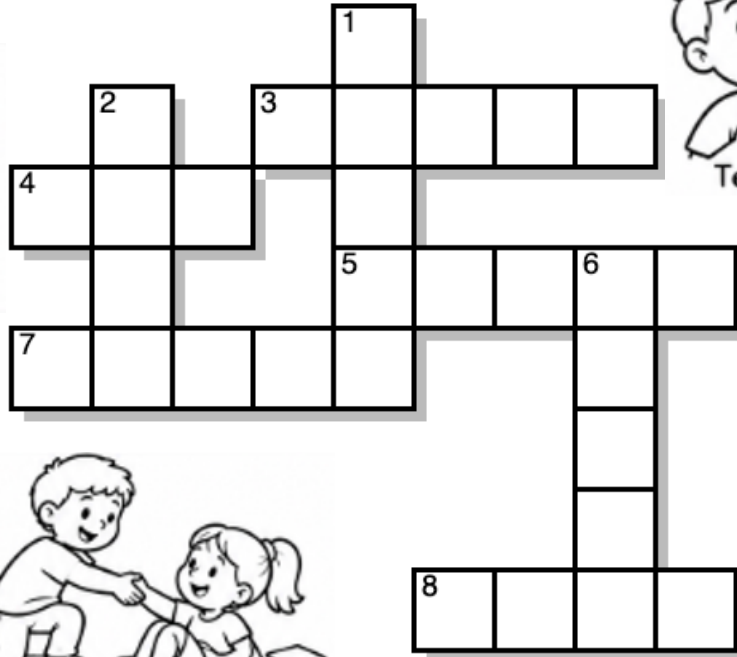


Refusing to listen

♡ LOVE GOD. LOVE OTHERS. ♡

# God Shows us the Way

Nineteenth Sunday after Pentecost



## ACROSS

- 3 We should tell the \_\_\_\_\_.
- 4 Who gave the commandments?
- 5 We can \_\_\_\_\_ what we have with others.
- 7 Who helps us follow God's way?
- 8 Who received God's commandments for the people?

## DOWN

- 1 Paul said, "I \_\_\_\_\_ on toward the goal."
- 2 Jesus teaches us to show this to everyone.
- 6 Moses helped God's people learn God's \_\_\_\_\_.

♥ LOVE GOD. LOVE OTHERS. ♥

# God Shows us the Way

Nineteenth Sunday after Pentecost

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| T | L | G | G | T | T | T | T |
| R | E | I | J | E | S | U | S |
| U | R | M | S | E | G | Y | Y |
| T | A | S | O | T | V | O | X |
| H | H | G | S | S | E | O | D |
| D | S | E | Y | E | E | N | L |
| X | J | A | L | D | R | S | R |
| M | W | Z | M | P | Q | P | N |

GOD  
JESUS  
LOVE  
TRUTH  
SHARE

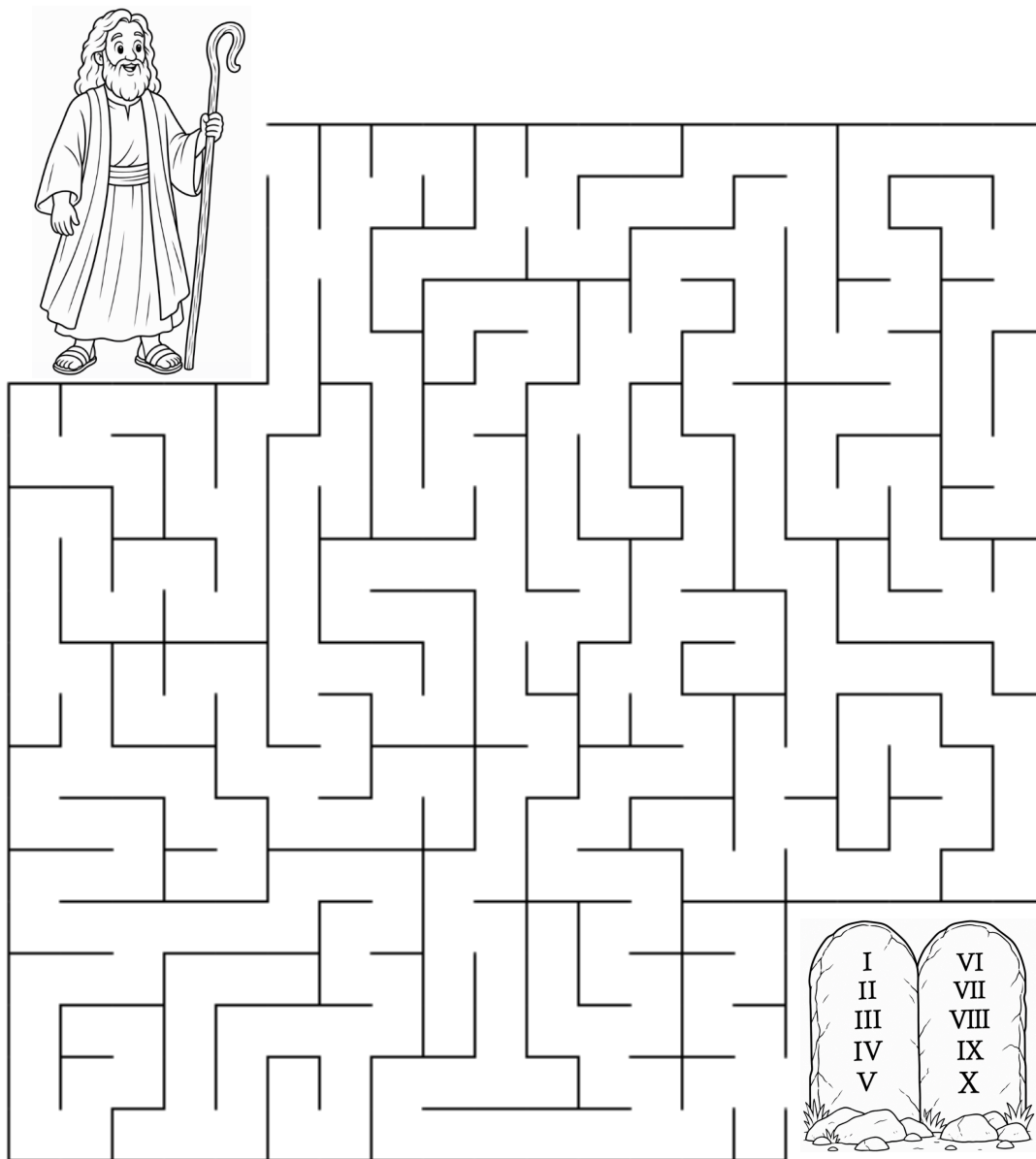
MOSES  
LISTEN  
PRESS  
HELP  
WAY



# God Shows us the Way

Nineteenth Sunday after Pentecost

Help Moses find the commandments.



# God Shows us the Way

## Nineteenth 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 |
|---|---|---|----|----|---|----|---|---|---|---|---|----|----|---|---|---|---|---|---|---|---|---|---|---|---|
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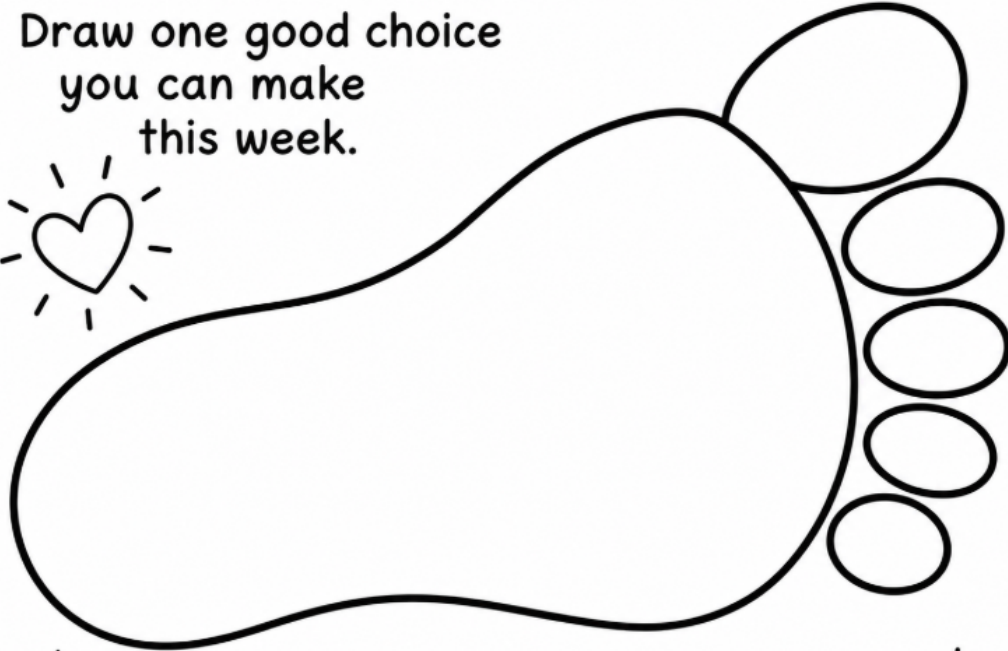
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|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|--|--|--|--|--|--|--|--|--|--|
| <u>18</u> | <u>8</u>  | <u>10</u> |           |           |           | <u>22</u> | <u>2</u>  | <u>26</u> | <u>11</u> | <u>14</u> | <u>5</u>  | <u>14</u> | <u>13</u> | <u>10</u> | <u>19</u> |  |  |  |  |  |  |  |  |  |  |
| <u>22</u> | <u>7</u>  |           |           |           | <u>18</u> | <u>8</u>  | <u>10</u> |           |           | <u>24</u> | <u>22</u> | <u>2</u>  | <u>26</u> |           |           |  |  |  |  |  |  |  |  |  |  |
| <u>5</u>  | <u>2</u>  | <u>10</u> |           |           |           | <u>18</u> | <u>2</u>  | <u>23</u> | <u>10</u> |           |           | <u>5</u>  | <u>14</u> | <u>26</u> |           |  |  |  |  |  |  |  |  |  |  |
| <u>2</u>  | <u>11</u> | <u>12</u> | <u>8</u>  | <u>18</u> | <u>10</u> | <u>22</u> | <u>23</u> | <u>19</u> |           |           |           |           |           |           |           |  |  |  |  |  |  |  |  |  |  |
| <u>5</u>  | <u>24</u> | <u>18</u> | <u>22</u> | <u>12</u> | <u>10</u> | <u>18</u> | <u>8</u>  | <u>10</u> | <u>2</u>  |           |           |           |           |           |           |  |  |  |  |  |  |  |  |  |  |
| <u>15</u> | <u>22</u> | <u>2</u>  | <u>10</u> |           |           | <u>18</u> | <u>22</u> |           |           | <u>20</u> | <u>10</u> |           |           |           |           |  |  |  |  |  |  |  |  |  |  |
| <u>26</u> | <u>10</u> | <u>19</u> | <u>11</u> | <u>2</u>  | <u>10</u> | <u>26</u> |           |           | <u>5</u>  | <u>2</u>  | <u>10</u> |           |           |           |           |  |  |  |  |  |  |  |  |  |  |
| <u>18</u> | <u>8</u>  | <u>10</u> | <u>17</u> |           |           | <u>18</u> | <u>8</u>  | <u>5</u>  | <u>14</u> |           |           | <u>12</u> | <u>22</u> | <u>24</u> | <u>26</u> |  |  |  |  |  |  |  |  |  |  |
| <u>10</u> | <u>21</u> | <u>10</u> | <u>14</u> |           |           | <u>15</u> | <u>23</u> | <u>13</u> | <u>8</u>  |           |           | <u>7</u>  | <u>11</u> | <u>14</u> | <u>10</u> |  |  |  |  |  |  |  |  |  |  |
| <u>12</u> | <u>22</u> | <u>24</u> | <u>26</u> |           |           | <u>19</u> | <u>3</u>  | <u>10</u> | <u>10</u> | <u>18</u> | <u>10</u> | <u>2</u>  |           |           |           |  |  |  |  |  |  |  |  |  |  |
| <u>5</u>  | <u>24</u> | <u>19</u> | <u>22</u> |           |           | <u>18</u> | <u>8</u>  | <u>5</u>  | <u>14</u> |           |           |           |           |           |           |  |  |  |  |  |  |  |  |  |  |
| <u>8</u>  | <u>22</u> | <u>14</u> | <u>10</u> | <u>17</u> |           |           | <u>5</u>  | <u>14</u> | <u>26</u> |           |           |           |           |           |           |  |  |  |  |  |  |  |  |  |  |
| <u>26</u> | <u>2</u>  | <u>11</u> | <u>6</u>  | <u>6</u>  | <u>11</u> | <u>14</u> | <u>12</u> | <u>19</u> |           |           | <u>22</u> | <u>7</u>  |           |           |           |  |  |  |  |  |  |  |  |  |  |
| <u>18</u> | <u>8</u>  | <u>10</u> |           |           |           | <u>8</u>  | <u>22</u> | <u>14</u> | <u>10</u> | <u>17</u> | <u>13</u> | <u>22</u> | <u>15</u> | <u>20</u> |           |  |  |  |  |  |  |  |  |  |  |



# Go Shows us the Way

Nineteenth Sunday after Pentecost

Draw one good choice  
you can make  
this week.



**GOD SHOWS ME THE WAY!**



# Go Shows us the Way

## Nineteenth Sunday after Pentecost

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

| Words to Use |       |              |      |
|--------------|-------|--------------|------|
| God          | Moses | commandments | love |
| truth        | Jesus | press        | goal |



## Keep Following Jesus

Long ago, \_\_\_\_\_ gave special teachings to the people.

God gave these teachings to \_\_\_\_\_.

They were called the \_\_\_\_\_.

They helped people learn how to \_\_\_\_\_ God and one another.

God wants us to tell the \_\_\_\_\_, share, help, and care for others.

Paul said that knowing \_\_\_\_\_ was more important than anything else.

Paul said:

“I \_\_\_\_\_ on toward the \_\_\_\_\_.”

This means we keep following Jesus even when we make mistakes.

## I CAN KEEP FOLLOWING JESUS!

This Week’s Message:

God gives us loving guidance. Jesus helps us make good choices, learn from our mistakes, and keep moving forward.

### **Crossword - Key**

Across

- 3. Truth
- 4. God
- 5. Share
- 7. Jesus
- 8. Moses

Down

- 1. Press
- 2. Love
- 6. Rules

### **Cryptogram – Key:**

#### **Psalm 19: 9b-10**

The ordinances of the LORD are true and righteous altogether. More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb.

### **Fill-in-the-Blank – Key**

- **GOD**
- **MOSES**
- **COMMANDMENTS**
- **LOVE**
- **TRUTH**
- **JESUS**
- **PRESS**
- **GOAL**