



Diocese of Athabasca

Sunday School Lesson Plan – Sunday, October 25, 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 25, 2026 – Twenty-Second Sunday after Pentecost (Year A)**. Bible Verses: Deuteronomy 34:1-12; Psalm 90: 1-6, 13-17; 1 Thessalonians 2:1-8; Matthew 22:34-26; Preface of the Lord's Day

✨ Sunday School Lesson Plan

Twenty-Second Sunday after Pentecost

Revised Common Lectionary — Year A

Scripture Readings:

- Deuteronomy 34:1–12
- Psalm 90:1–6, 13–17
- 1 Thessalonians 2:1–8
- Matthew 22:34–46

Preface: The Lord's Day Liturgical Colour: Green Age Group: Preschool–Young Elementary (approximately ages 3–9) Suggested Lesson Length: 30–45 minutes, with additional activities as time permits

Scripture reference note: Matthew 22:34–46 is used here, as Matthew 22:34–26 appears to be a typographical error. The main teaching comes from verses 34–40, the Great Commandment.

1. Lesson Title, Theme & Big Idea

LOVE GOD. LOVE OTHERS.

Theme: Jesus teaches us the two greatest commandments.

Big Idea: God wants us to love God with our whole hearts and to love other people as we love ourselves.

Lesson Focus for Kids:

- God loves every one of us.
- We can show God our love through prayer, worship, and thankfulness.
- We can show love to others by being kind, helpful, patient, and generous.
- Jesus teaches us that loving God and loving others belong together.
- God's love helps us make good choices every day.

Main Message:

 **LOVE GOD. LOVE OTHERS.** 

2. Scripture Readings — Kid-Friendly Language

Deuteronomy 34:1–12 — Moses Sees the Promised Land

Moses had been leading God's people for many years.

He had helped them travel through the wilderness.

God had cared for them and guided them.

One day God took Moses to the top of a mountain.

From the mountain, Moses could see the beautiful land God had promised to the people.

There were hills, valleys, rivers, and wonderful places to live.

God showed Moses the land, but Moses would not be the one to lead the people into it.

Moses was very old, and his life was coming to an end.

After Moses died, the people were sad because they loved him.

But God had not forgotten them.

Joshua would become their new leader.

God's love and care would continue.

Kid Connection

Moses loved God and spent his life helping God's people.

We can learn from Moses that loving God means listening, trusting, and helping others.

God's love continues from one generation to the next.

Psalm 90:1–6, 13–17 — God Is Always With Us

Psalm 90 is a prayer connected with Moses.

It reminds us that God has always cared for God's people.

Before the mountains were formed, God was there.

Before the earth was made, God was there.

God was there long ago.

God is with us today.

And God will be with us tomorrow.

The psalm asks God to show love and kindness to the people and bless the work they do.

Kid Connection

People grow and change, but God's love never ends.

We can thank God for loving us, our families, and all the people who came before us.

1 Thessalonians 2:1–8 — Sharing God's Love

Paul loved the people in the church at Thessalonica.

He wanted them to know how much God loved them.

Paul did not just tell them about Jesus.

He cared for them.

He encouraged them.

He treated them gently and lovingly.

Paul compared his care for them to the tender love of a parent caring for a child.

He wanted to share not only the good news about Jesus but also his own life with them.

Kid Connection

We can tell people that God loves them.

But we can also show God's love by what we do.

We can share, help, encourage, listen, and care for one another.

Matthew 22:34–46 — The Greatest Commandment

One day, some religious teachers came to Jesus.

They wanted to ask him a difficult question.

One of them asked:

"Teacher, which commandment in the law is the greatest?"

Jesus answered:

"You shall love the Lord your God with all your heart, and with all your soul, and with all your mind."

Then Jesus said there was another commandment just as important:

"You shall love your neighbour as yourself."

Jesus explained that these two commandments were the foundation of God's teaching.

Later, Jesus asked the religious leaders a question about the Messiah, helping them think more deeply about who he was.

Kid Connection

Jesus teaches us two very important things:

1. LOVE GOD.

We can pray, sing, worship, give thanks, and trust God.

2. LOVE OTHERS.

We can share, help, welcome, forgive, and be kind.

Jesus wants us to remember that every person is precious to God.

3. Welcome & Opening Prayer / Circle Time

Activity: Two Big Hearts

Prepare two large paper hearts.

Write on the first:

LOVE GOD

Write on the second:

LOVE OTHERS

Place the hearts in the centre of the circle.

Ask the children:

- Who loves you?
- How do you know someone loves you?
- How can we show God that we love God?
- How can we show other people that we love them?

Explain:

"Today Jesus is going to teach us the two most important commandments. They are so important that we can remember them using just four words!"

Hold up the hearts and say together:

LOVE GOD! LOVE OTHERS!

Opening Prayer

Dear God,

Thank you for loving us.

Thank you for our families, our friends, and our church.

Thank you for Jesus, who teaches us how to love.

Help us love you with all our hearts.

Help us love other people with kindness and care.

Help us listen, share, forgive, and help.

May everything we do show your love.

Amen.

4. Memory Verse

"You shall love your neighbour as yourself."

Matthew 22:39

For younger children, use the simplified phrase:

"LOVE GOD. LOVE OTHERS."

Based on Matthew 22:37–39

Memory Verse Actions

Words	Actions
Love	Make a heart with your hands
God	Point upward
Love	Put both hands over your heart
Others	Stretch your arms outward

Repeat several times, gradually saying the words more softly and then more loudly.

Finish with everyone saying:

"JESUS TEACHES ME TO LOVE!"

5. Bible Story Time

Jesus Teaches the Greatest Commandment

One day Jesus was teaching the people.

Many people had gathered to listen.

Some religious teachers were there too.

They knew that God had given the people many commandments.

They wanted to ask Jesus a question.

One teacher stepped forward.

"Jesus," he asked, "which commandment is the greatest?"

Now, that was a very big question!

There were many commandments.

Which one would Jesus choose?

Jesus answered:

"Love the Lord your God with all your heart, and with all your soul, and with all your mind."

Put your hands over your heart.

Jesus was saying that we should love God with our whole selves!

Not just a little bit.

Not just sometimes.

But with all our hearts.

Then Jesus said something else.

"Love your neighbour as yourself."

Ask the children:

"Who is your neighbour?"

Let them answer.

Explain:

"Our neighbours are not just the people who live beside us. They are all the people we meet and the people who need our love and care."

That means we can love:

- our families,

- our friends,
- people at church,
- children at school,
- people who are lonely,
- people who need help,
- and even people who are difficult to get along with.

Jesus taught that loving God and loving others are the most important things.

Let's imagine some ways to show love.

If someone falls down, what can we do?

Help them!

If someone has no one to play with, what can we do?

Invite them to join us!

If someone is sad, what can we do?

Comfort them!

If someone needs something, what can we do?

Share!

And how can we show God our love?

Pray! Sing! Give thanks! Worship!

Jesus smiled upon people who wanted to learn God's ways.

And today, Jesus teaches us too.

LOVE GOD. LOVE OTHERS.

That is a wonderful way to live!

6. Craft / Activity

Craft 1 — Two Hearts of Love

Materials: Red or white construction paper, crayons, glue, scissors, and a large piece of cardstock.

Give each child two paper hearts.

On one heart write:

LOVE GOD

On the other write:

LOVE OTHERS

Ask the children to draw ways they can show each kind of love.

For the first heart, they might draw praying hands, a church, a Bible, or someone singing.

For the second heart, they might draw children sharing, helping, hugging, or playing together.

Glue both hearts onto a sheet of cardstock.

Across the top write:

JESUS TEACHES ME TO LOVE!

At the bottom:

Matthew 22:37–39

Craft 2 — Helping Hands Heart

Trace each child's hand onto paper.

Cut out the handprint.

On the handprint write:

MY HANDS CAN SHOW LOVE!

Have the children decorate their handprints with small hearts.

Ask each child to name something loving their hands can do.

Ideas include helping, sharing, cleaning up, comforting, giving, and welcoming.

Display the handprints around a large heart labelled:

GOD'S LOVE IN ACTION!

7. Game

Game 1 — Love God or Love Others?

Place two large hearts on opposite sides of the room.

One says LOVE GOD and the other says LOVE OTHERS.

Read a simple action aloud.

Children point to the heart that best matches the action.

Examples:

Action	Suggested answer
Praying	Love God
Helping a friend	Love Others
Singing praises to God	Love God
Sharing crayons	Love Others
Thanking God	Love God
Welcoming a new child	Love Others
Reading a Bible story	Love God
Comforting someone sad	Love Others

Explain that many loving actions belong to both hearts because when we love others, we are also showing our love for God.

Game 2 — Pass the Heart

Have children sit in a circle.

Pass a large paper or soft toy heart around while music plays.

When the music stops, the child holding the heart names one way to show love.

If a child cannot think of something, the group can help.

Finish by saying:

"God's love is for everyone!"

8. Song Suggestions

- Jesus Loves Me — God's love for us
- Jesus Loves the Little Children — God's love for everyone
- Love One Another — Loving our neighbours
- This Little Light of Mine — Showing God's love
- They'll Know We Are Christians by Our Love — Love in action
- God Is So Good — Thanking God
- The Wise Man Built His House Upon the Rock — Following God's teaching
- He's Got the Whole World in His Hands — God's care for everyone
- I Have Decided to Follow Jesus — Choosing to follow Jesus

Simple Action Song

To the tune of "Are You Sleeping?"

Love one another, Love one another, Every day, Every day.

Jesus taught us how to, Jesus taught us how to, Love God's way, Love God's way.

9. Snack Suggestions

Heart-Shaped Snacks

Offer heart-shaped sandwiches, biscuits, or age-appropriately cut fruit.

Before eating, ask:

"What does a heart remind us of?"

LOVE!

"Who teaches us how to love?"

JESUS!

Sharing Snack

Give each child a small portion of crackers or fruit.

Invite them to help serve or distribute the snacks, with appropriate hygiene and supervision.

Explain:

"When we share and care for one another, we show love."

Snack Prayer

Dear God,

Thank you for this food.

Thank you for the people who prepared it.

Help us remember to share what we have and care for one another.

Amen.

Check allergies and follow age-appropriate food safety practices.

10. Wrap Up & Reflections

Gather the children in a circle.

Hold up the two large hearts again.

Ask:

What is the greatest commandment?

Love God.

What is the second great commandment?

Love your neighbour as yourself.

How can we show love for God?

By praying, worshipping, singing, listening, and giving thanks.

How can we show love for others?

By helping, sharing, welcoming, forgiving, and being kind.

Does God love only some people?

No! God loves everyone.

Repeat Together

GOD LOVES ME!

I CAN LOVE GOD!

I CAN LOVE OTHERS!

JESUS HELPS ME LOVE!

11. Closing Prayer

Loving God,

Thank you for your wonderful love.

Thank you for Jesus, who teaches us the greatest commandments.

Help us love you with all our hearts.

Help us love our neighbours as ourselves.

Give us kind words, helping hands, listening ears, and loving hearts.

When someone is lonely, help us be a friend.

When someone needs help, show us how to care.

When we make mistakes, help us say sorry and try again.

May our lives be filled with your love.

Amen.

12. Take-Home Idea

My Love Challenge

Send each child home with a simple card.

This week I can show love by:

- ☐ Saying a prayer to thank God.
- ☐ Helping someone at home.

- ☐ Sharing with another person.
- ☐ Being kind to someone who is sad.
- ☐ Welcoming someone who feels left out.
- ☐ Telling someone that I love them.
- ☐ Doing something helpful without being asked.

At the bottom:

 **LOVE GOD. LOVE OTHERS.** 

Matthew 22:37–39

Encourage families to talk about one loving thing they did each day.

13. Teacher Notes

Understanding the Great Commandment

Matthew 22:34–40 is the central teaching for this lesson.

Jesus is asked to identify the greatest commandment in the Law.

His answer draws from two Old Testament passages:

Deuteronomy 6:5 — Love the Lord your God.

Leviticus 19:18 — Love your neighbour as yourself.

Jesus brings these commandments together.

For young children, focus on the idea that love is not only something we feel. Love is something we can express through our words and actions.

Important Teaching Points

1. God loves us first. Children should understand that God's love is not something they must earn by being good.
2. Loving others includes caring for ourselves. The commandment says to love our neighbours as ourselves. Children should learn that they, too, deserve kindness, safety, and respect.
3. Love is shown through actions. Kindness, sharing, helping, and welcoming are concrete examples young children can understand.
4. God's love is for everyone. Encourage children to think beyond their closest friends and family.
5. We will not always get it right. Jesus helps us learn, ask forgiveness, and try again.

Connecting the Other Readings

Deuteronomy 34: Moses spent his life serving God and leading the people. His story shows faithful service and reminds us that God's work continues through others.

Psalm 90: God has loved and cared for people throughout all generations. We can trust in God's lasting love.

1 Thessalonians 2: Paul showed love through gentle care, encouragement, and sharing his life with others.

Matthew 22: Jesus teaches that loving God and loving others are at the heart of faithful living.

A Note About Moses

Deuteronomy 34 includes the death of Moses. Some young children may have questions about death, especially if they have experienced a loss.

Keep the explanation gentle and simple:

"Moses grew old and died. The people were sad because they loved him. But God continued to care for them."

Allow questions without requiring a lengthy discussion.

14. Anglican Connection

The Great Commandment in Anglican Worship

Anglicans regularly hear Jesus' teaching about loving God and loving our neighbours.

In Anglican liturgy, the Summary of the Law reminds us of these two commandments.

Explain to children:

"At church, we hear Jesus' words because they help us remember how God wants us to live."

Our Baptismal Promises

At Baptism, Christians promise to follow Jesus and live as members of God's family.

The Baptismal Covenant includes promises to:

- Continue in worship, prayer, and learning.
- Turn away from wrongdoing and return to God.
- Share the good news of Jesus.
- Seek and serve Christ in all persons.
- Love our neighbours as ourselves.
- Work for justice, peace, and respect for the dignity of every human being.
- Care for God's creation.

The response to these promises is:

"I will, with God's help."

Tell the children:

"We do not have to learn to love all by ourselves. God helps us!"

The Peace

During Anglican worship, we share the Peace.

We may say:

"The peace of the Lord be always with you."

This reminds us that we belong to one family in Christ.

We are called to live peacefully and lovingly with one another.

The Eucharist

At Holy Communion, we gather around the Lord's Table.

We remember Jesus' love for us and give thanks.

We are then sent into the world to share that love.

Explain:

"We come to church to worship God, and we leave church to share God's love with others."

Love God. Love Others.

Twenty-Second Sunday after Pentecost



“Love your neighbour as yourself.”

Matthew 22:39

Love God. Love Others.

Twenty-Second Sunday after Pentecost



Which Choice Shows Love?

Circle the picture that shows LOVE.



1



2



3



4



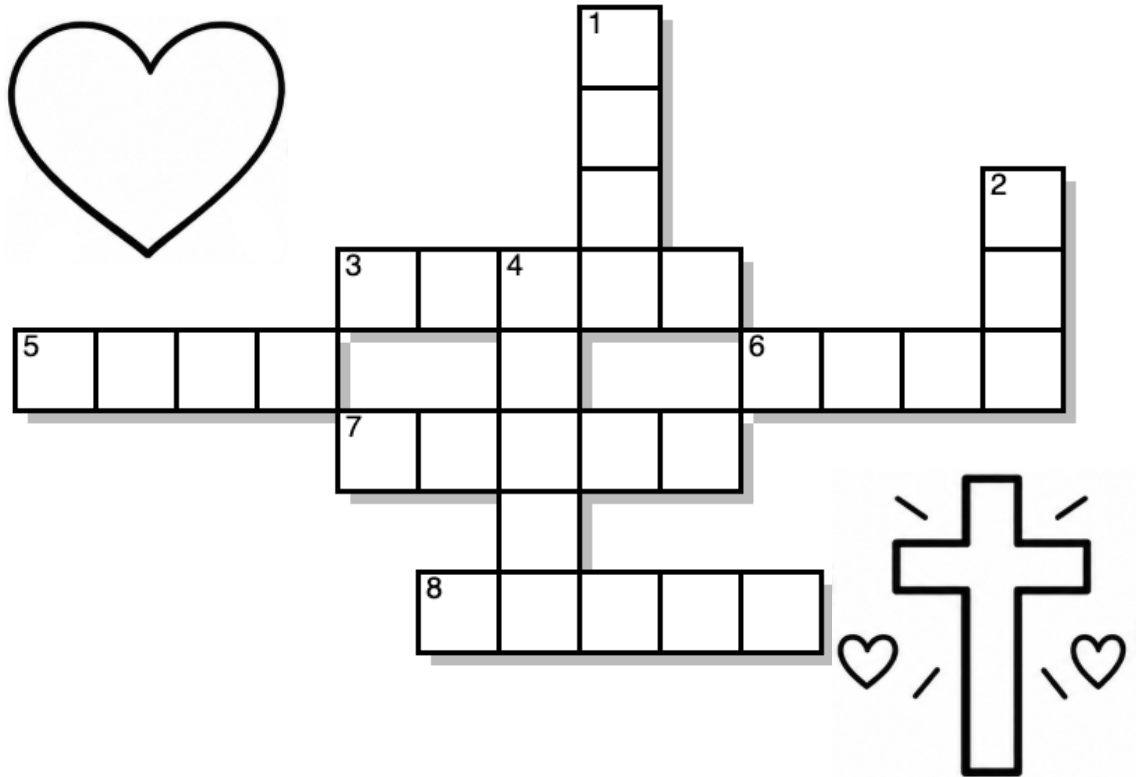


JESUS TEACHES ME TO LOVE!



Love God. Love Others.

Twenty-Second Sunday after Pentecost



ACROSS

- 3 Who led God's people through the wilderness?
- 5 We can talk to God when we _____.
- 6 We can show love by being _____.
- 7 We love God with all our _____.
- 8 Who taught the greatest commandment?

DOWN

- 1 Jesus tells us to _____ God and others.
- 2 Who loves us always?
- 4 We can _____ our toys with friends.



Love God. Love Others.

Twenty-Second Sunday after Pentecost

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

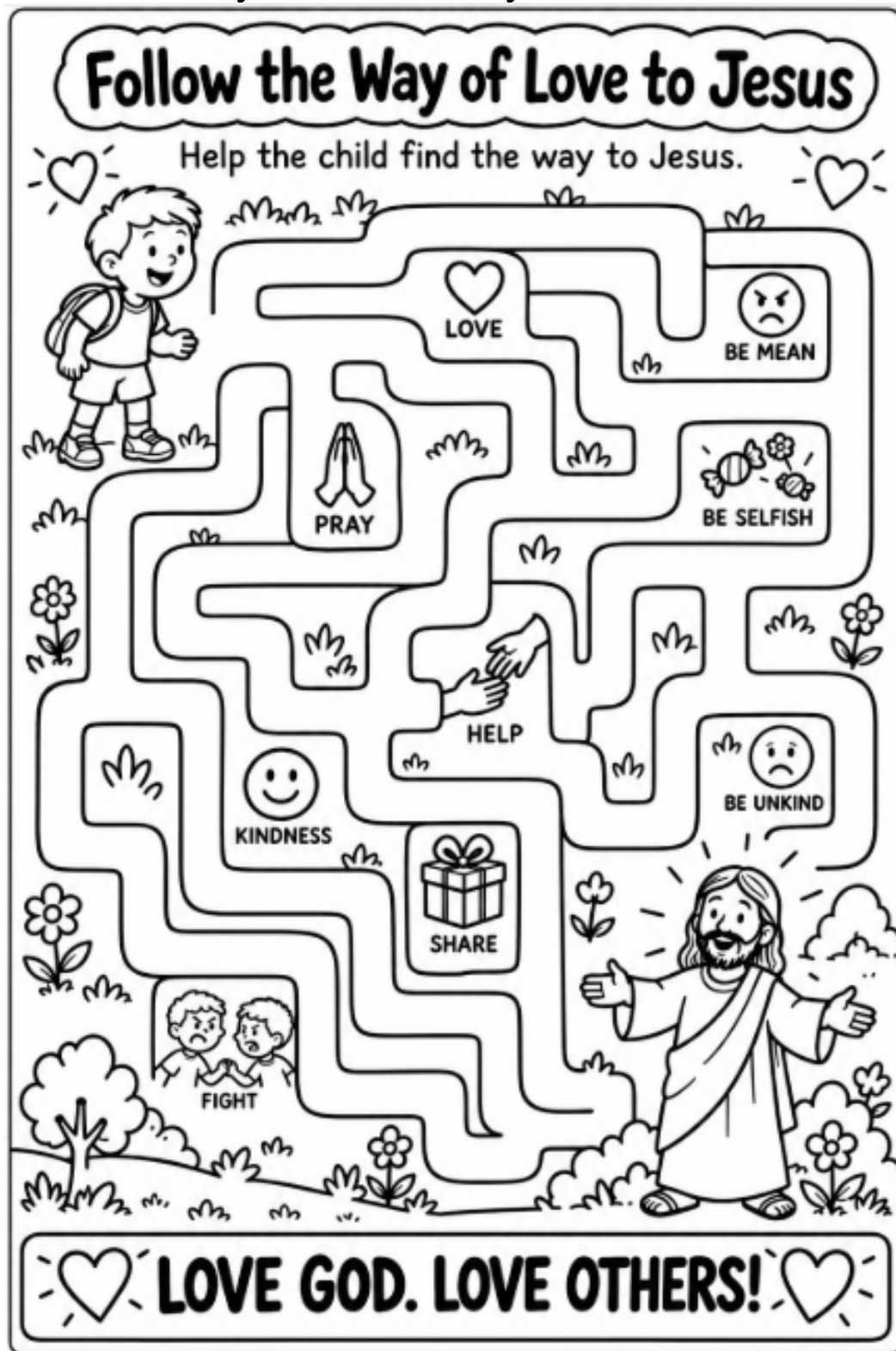
Love
Share
Pray
Kind
Jesus

Moses
Heart
God
Help
Friend



Love God. Love Others.

Twenty-Second Sunday after Pentecost



Love God. Love Others.

Twenty-Second Sunday after Pentecost



Bible Verse Cryptogram

Each number stands for a letter of the alphabet.
Use the key below to fill in the letters and
find the Bible verse.

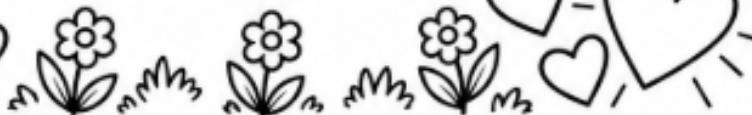
A	B	C	D	E	F	G	H	I	J	K	L	M	
1	2	3	4	5	6	7	8	9	10	11	12	13	
N	O	P	Q	R	S	T	U	V	W	X	Y	Z	
14	15	16	17	18	19	20	21	22	23	24	25	26	



19 15 4 5 5 16 12 25 4 15 23 5 ,
 6 15 18 5 6 15 18 5 25 15 21
 20 8 1 20 23 5 1 18 5
 4 5 20 5 18 12 9 14 5 4 20 15 19 8 1 18 5
 23 9 20 8 25 15 21 14 15 20
 15 14 12 25 20 8 5 7 15 19 16 5 12
 15 6 7 15 4 2 21 20 1 12 19 15
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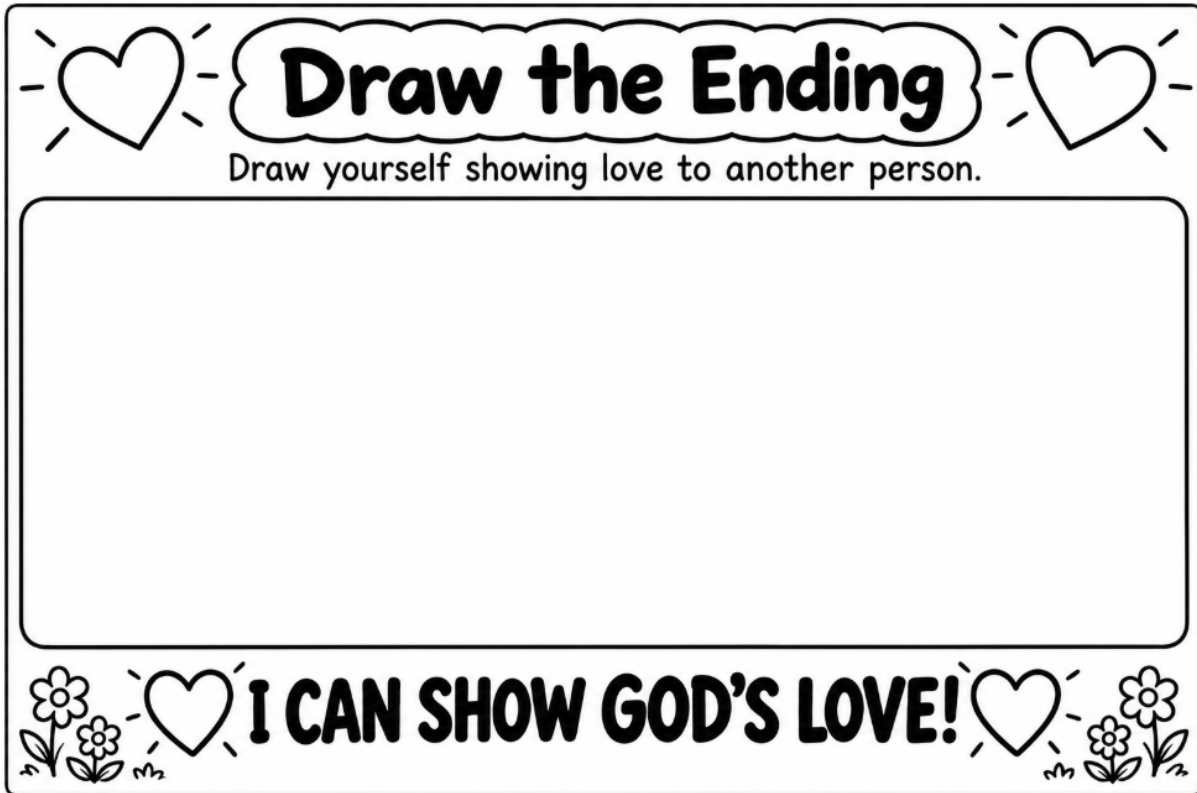


1 Thessalonians 2:8



Love God. Love Others.

Twenty-Second Sunday after Pentecost



Love God. Love Others.

Twenty-Second Sunday after Pentecost

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

Jesus Teaches Us to Love

Word Bank

KIND	HEART	HELP	GOD
TEACHER	LOVE	NEIGHBOUR	JESUS

One day some people came to _____.

One of them was a _____.

He asked Jesus a question.

"What is the greatest commandment?"

Jesus answered:

"You shall love _____
with all your _____."

Then Jesus said:

"You shall love your _____
as yourself."

Jesus teaches us to _____ God
and other people.

We can show love when we _____
someone.

We can show love when we are _____.

Jesus wants us to love God and love others every day.



Crossword - Key

Across

3. Moses

5. Pray

6. Kind

7. Heart

8. Jesus

Down

1. Love

2. God

4. Share

Cryptogram – Key:

1 Thessalonians 2:8

So deeply do we care for you that we are determined to share with you not only the gospel of God but also our own selves, because you have become very dear to us.

Fill-in-the-Blank – Key

Jesus

Teacher

God

Heart

Neighbour

Love

Help

Kind