



# Diocese of Athabasca

## Sunday School Lesson Plan – Sunday, November 8, 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 **November 8, 2026 – Twenty-Fourth Sunday after Pentecost (Year A)**. Bible Verses: Joshua 24:1-3a, 14-25; Psalm 78:1-7; 1 Thessalonians 4:13-18; Matthew 25:1-13; Preface of the Lord's Day

## ✨ Sunday School Lesson Plan

### Twenty-Fourth Sunday after Pentecost November 1, 2026 – Year A

### KEEP YOUR LIGHT SHINING!

Theme: Be Ready to Follow Jesus

Revised Common Lectionary — Year A

Scripture Readings:

- Joshua 24:1–3a, 14–25
- Psalm 78:1–7
- 1 Thessalonians 4:13–18
- Matthew 25:1–13

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

### 1. Lesson Title / Theme / Big Idea

Lesson Title: KEEP YOUR LIGHT SHINING!

Theme: Be Ready to Follow Jesus

Big Idea: Jesus teaches us to be ready to follow him every day. We can keep our lights shining by loving God, making good choices, helping others, and trusting Jesus.

Lesson Focus for Kids:

- God wants us to choose to follow him.

- We can learn about God from Bible stories and the people who teach us.
- Jesus wants us to be ready to live as his followers.
- We can show God's love through kindness, prayer, sharing, and helping.
- Jesus gives us hope, even when we feel sad or afraid.
- We can trust God's promises.

## **This Week's Message**

### **KEEP YOUR LIGHT SHINING!**

Be ready to follow Jesus every day!

## **2. Scripture Readings — Kid-Friendly Language**

### **Joshua 24:1–3a, 14–25 — Choose to Follow God**

Joshua was the leader of God's people.

He gathered everyone together.

Joshua reminded them of all the wonderful things God had done.

God had cared for their families.

God had guided them.

God had helped them through difficult times.

Now Joshua wanted the people to make an important choice.

Would they follow God?

Or would they turn away and worship other gods?

Joshua told them:

"As for me and my household, we will serve the Lord." — Joshua 24:15

The people answered that they wanted to serve God too.

They remembered God's goodness and promised to follow him.

### **Kid Connection**

Every day we make choices.

We can choose to be kind.

We can choose to help.

We can choose to tell the truth.

We can choose to pray and trust God.

When we make loving choices, we are learning to follow Jesus.

**I CAN CHOOSE GOD'S WAY!**

### **Psalms 113:1–3 — Tell the Wonderful Stories of God**

The psalm tells God's people to listen carefully.

It reminds them to tell their children about God's wonderful works.

Parents, grandparents, teachers, and other faithful people can share stories about God's love.

The children can then share these stories with others.

The psalm says that future generations should know about God's goodness.

### **Kid Connection**

Who tells you Bible stories?

Maybe someone in your family.  
Maybe your Sunday school teacher.  
Maybe your priest.  
Maybe a friend.  
We can learn about God by listening to Bible stories.  
And we can tell other people about God's love too!  
**GOD'S STORY IS FOR EVERYONE!**

### **1 Thessalonians 4:13–18 — Jesus Gives Us Hope**

Paul wrote a letter to Christians who were feeling sad.  
Some people they loved had died.  
They wondered what would happen to them.  
Paul wanted to comfort them.  
He reminded them that Jesus died and rose again.  
Because Jesus is alive, Christians can trust God's promise of resurrection and life with Christ.  
Paul encouraged them to comfort one another with this hope.

#### **Kid Connection**

Sometimes we feel sad.  
Sometimes we miss people we love.  
God understands our sadness.  
Jesus gives us hope.  
We can pray when we are sad.  
We can comfort people who are hurting.  
And we can remember that God's love is stronger than death.  
**JESUS GIVES US HOPE!**

### **Matthew 25:1–13 — The Ten Bridesmaids and Their Lamps**

Jesus told a story about ten young women who were waiting for a wedding celebration.  
Each carried a lamp.  
Five were wise and brought extra oil.  
Five were foolish and did not bring extra oil.  
The bridegroom was late.  
Everyone became sleepy.  
At midnight someone called:  
"The bridegroom is coming!"  
The young women woke up and prepared their lamps.  
The five who had brought extra oil were ready.  
The other five discovered that their lamps were going out.  
They went away to buy more oil.  
While they were gone, the bridegroom arrived.  
Those who were ready went into the wedding celebration.  
When the others returned, the door was closed.  
Jesus ended the story by teaching his followers to keep watch and be ready.

#### **Kid Connection**

Jesus wants us to be ready to follow him.  
We do not know when Jesus will return, but we can live faithfully today.  
We can pray.  
We can listen to God's Word.  
We can love others.  
We can make good choices.  
We can keep learning to follow Jesus.  
**KEEP YOUR LIGHT SHINING!**

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

#### **Activity: Let Your Light Shine**

Materials: A battery-operated candle or small flashlight.

Gather the children in a circle.

Show them the flashlight.

Ask:

"What does a light do?"

Let the children answer.

Explain:

"A light helps us see. It can help us find our way when it is dark."

Turn on the flashlight.

Ask:

"What happens when we turn on the light?"

"The darkness becomes easier to see through!"

Explain:

"Today Jesus tells us a story about people who carried lamps. Some were ready when the wedding celebration began, and some were not."

"Jesus wants us to be ready to follow him every day."

Ask:

"How can we show that we love Jesus?"

Possible answers:

- Pray.
- Be kind.
- Help someone.
- Share.
- Tell the truth.
- Listen.
- Forgive.

Explain:

"When we do these things, we are showing God's love to others."

#### **Opening Prayer**

Dear God,

Thank you for loving us.

Thank you for Jesus, who shows us the way.

Help us make good choices.

Help us be ready to follow you every day.  
Teach us to pray, share, help, and love.  
May your love shine through everything we do.  
Amen.

#### **4. Memory Verse**

**"Keep awake therefore, for you know neither the day nor the hour."**

Matthew 25:13

For younger children, use this simplified memory phrase:

**"BE READY TO FOLLOW JESUS!"**

Based on Matthew 25:13

#### **Memory Verse Actions**

| <b>Words</b> | <b>Actions</b>                            |
|--------------|-------------------------------------------|
| BE READY     | Stand tall and look ahead                 |
| TO FOLLOW    | Walk two steps in place                   |
| JESUS        | Point upward, then place hands over heart |

Repeat the phrase several times.

Try whispering it, saying it loudly, and saying it while doing the actions.

Finish with:

**"I CAN FOLLOW JESUS EVERY DAY!"**

#### **5. Bible Story Time**

##### **The Ten Lamps — Be Ready for Jesus!**

One day Jesus was teaching his friends.

He wanted them to understand something very important.

So Jesus told them a story.

"There were ten young women," Jesus said.

"They were waiting for a wedding celebration."

Everyone was excited!

There would be a wonderful celebration.

The young women each carried a lamp.

Hold up a picture of an ancient oil lamp or a battery-operated candle.

Their lamps needed oil to keep burning.

Five of the young women were wise.

They brought extra oil.

Five of the young women were not prepared.

They brought their lamps, but they did not bring extra oil.

Everyone waited.

And waited.

And waited some more!

The bridegroom was taking a long time.  
The young women became sleepy.  
Soon they were all asleep.  
Then, in the middle of the night, someone shouted:  
"Wake up! The bridegroom is coming!"  
Everyone jumped up!  
The young women picked up their lamps.  
The five wise young women had plenty of oil.  
Their lamps were ready.  
But the other five discovered that their lamps were going out.  
"Oh no!" they cried.  
"We need more oil!"  
They asked the others to share.  
But there was not enough extra oil for all ten lamps.  
So they hurried away to buy some.  
While they were gone, the bridegroom arrived.  
The five who were ready went into the wedding celebration.  
Then the door was closed.  
Later, the others returned, but they had missed their opportunity to enter.  
Jesus finished the story by saying:  
"Keep awake therefore, for you know neither the day nor the hour."  
Jesus wanted his followers to understand that being ready matters.  
He wanted them to live faithfully, even when they had to wait.

### **What Does This Mean for Us?**

We do not need to carry oil lamps everywhere!  
Jesus wants us to be ready to follow him.  
We can be ready by learning about God.  
We can be ready by praying.  
We can be ready by helping others.  
We can be ready by making loving choices.  
And when we make mistakes, we can ask forgiveness and try again.  
Jesus helps us learn how to live.

### **KEEP YOUR LIGHT SHINING!**

Teacher note: The original parable includes the closed door and a serious warning about readiness. For young children, acknowledge that part of the story without suggesting that Jesus stops loving children who forget things or make mistakes. The lamps represent the importance of faithful preparation, not a requirement to perform enough good deeds to earn God's love.

## 6. Craft / Activity

### Craft 1 — My Shining Lamp

Materials: White or yellow paper, crayons, glue, scissors, and a lamp template.

Give each child a simple outline of an ancient oil lamp.

Have them colour the lamp.

Above it, draw a large flame.

Inside the flame write:

JESUS IS MY LIGHT!

Around the lamp, children can draw ways they follow Jesus.

Ideas include praying, sharing, helping, forgiving, and showing kindness.

Across the top write:

KEEP YOUR LIGHT SHINING!

At the bottom:

Matthew 25:13

### Craft 2 — My Light of Love

Give each child a large paper candle.

Write on the candle:

I CAN FOLLOW JESUS!

Add a large paper flame at the top.

Ask children to draw or write one way they can show God's love inside the flame.

Decorate with hearts, stars, and simple crosses.

### Craft 3 — Choose God's Way

Give each child two large paper hearts.

On the first write:

I CHOOSE GOD!

On the second write:

I CHOOSE LOVE!

Children decorate the hearts and glue them onto a sheet of paper.

Add:

"We will serve the Lord." — Joshua 24:15

## 7. Game

### Game 1 — Ready or Not?

Read simple situations aloud.

Ask children to decide whether the person is showing readiness to follow Jesus.

Children can give a thumbs-up for a loving choice and keep their hands in their laps for an unloving choice.

| Situation                                     | Response   |
|-----------------------------------------------|------------|
| A child helps someone pick up dropped crayons | Thumbs up  |
| A child refuses to share                      | Hands down |

|                                       |            |
|---------------------------------------|------------|
| A child prays before bedtime          | Thumbs up  |
| A child makes fun of someone          | Hands down |
| A child welcomes someone new          | Thumbs up  |
| A child tells the truth               | Thumbs up  |
| A child pushes someone out of the way | Hands down |
| A child comforts someone who is sad   | Thumbs up  |

After each loving choice, everyone says:  
"KEEP YOUR LIGHT SHINING!"

## **Game 2 — Pass the Light**

Materials: Battery-operated candle or soft toy candle.

Have children sit in a circle.

Pass the candle around while music plays.

When the music stops, the child holding the candle names one way to follow Jesus.

Examples:

"I can pray."

"I can help."

"I can share."

"I can be kind."

"I can forgive."

Finish with everyone saying:

"I CAN FOLLOW JESUS EVERY DAY!"

## **8. Song Suggestions**

- This Little Light of Mine — Showing God's love.
- Give Me Oil in My Lamp (Sing Hosanna) — Connected directly to the Gospel story.
- Jesus Loves Me — God's love for us.
- I Have Decided to Follow Jesus — Choosing to follow Christ.
- Seek Ye First the Kingdom of God — Putting God first.
- Thy Word Is a Lamp Unto My Feet — God's Word guides us.
- The Wise Man Built His House Upon the Rock — Making wise choices.
- God Is So Good — Thanking God.
- Trust and Obey — Following God's guidance.

## **Simple Action Song**

To the tune of "Are You Sleeping?"

Keep your light shining, Keep your light shining, Every day, Every day.

Jesus helps us follow, Jesus helps us follow, God's good way, God's good way.

## **9. Snack Suggestions**

### **Shining Star Snacks**

Serve star-shaped biscuits or sandwiches.

Explain:

"Stars shine in the sky. We can remember to shine with God's love."

### **Lamp-Shaped Snacks**

Use a plain biscuit or cracker as the base of a lamp.

Add an age-appropriate piece of fruit to represent a flame.

Explain:

"The lamps in Jesus' story needed oil. Jesus reminds us to be ready to follow him."

### **Snack Prayer**

Dear God,

Thank you for this food.

Thank you for caring for us.

Help us make good choices.

Help us share your love with others.

Keep us ready to follow Jesus every day.

Amen.

Check allergies and follow appropriate food safety practices.

## **10. Wrap Up & Reflections**

Gather the children in a circle.

Hold up the flashlight or battery-operated candle again.

Ask:

What did the ten young women carry?

Lamps.

How many brought extra oil?

Five.

What did Jesus want his followers to remember?

Be ready.

How can we be ready to follow Jesus?

Pray, help, share, love, and make good choices.

Who helps us follow God's way?

Jesus!

### **Say Together**

I CHOOSE GOD!

I CAN FOLLOW JESUS!

I CAN SHOW GOD'S LOVE!

KEEP YOUR LIGHT SHINING!

## 11. Closing Prayer

Loving God,  
Thank you for Jesus, who shows us the way.  
Thank you for your wonderful love.  
Help us choose to follow you.  
Help us be ready to serve you every day.  
Give us kind words, helping hands, and loving hearts.  
When we are afraid, help us trust you.  
When we are sad, give us hope.  
When we make mistakes, help us try again.  
May your light shine through our lives.  
Through Jesus Christ our Lord.  
Amen.

## 12. Take-Home Idea

### My Light-Shining Challenge

Send each child home with a small card.  
This week I can keep my light shining by:

- ☐ Saying a prayer each day.
- ☐ Helping someone at home.
- ☐ Sharing with a friend.
- ☐ Telling the truth.
- ☐ Welcoming someone new.
- ☐ Comforting someone who is sad.
- ☐ Thanking God for something wonderful.

At the bottom:

**KEEP YOUR LIGHT SHINING!**

Matthew 25:13

Encourage families to talk about one way they showed God's love each day.

## 13. Teacher Notes

### Understanding the Parable of the Ten Bridesmaids

Matthew 25:1–13 is a parable about readiness, watchfulness, and faithfulness.

Jesus uses the image of a wedding celebration to teach his followers to remain prepared for his coming.

In the story, the difference between the wise and foolish bridesmaids is their preparation.

All ten become sleepy. The wise bridesmaids are not praised for staying physically awake; they are prepared for the delay.

For young children, emphasize:

Being ready to follow Jesus means developing habits of faith, trust, prayer, and love.

## **Important Teaching Points**

1. God's love comes first. We do not earn God's love by doing good things.
2. Jesus calls us to be faithful. We can practise following Jesus in ordinary daily life.
3. Preparation matters. Prayer, learning, worship, and loving service help us grow in faith.
4. We can make wise choices. Joshua reminds us that choosing to serve God is important.
5. God's stories should be shared. Psalm 78 encourages us to teach future generations about God's goodness.
6. Jesus gives us hope. Paul's letter reminds Christians that death does not have the final word.

## **Connecting the Readings**

Joshua 24: God's people are called to choose whom they will serve. Joshua declares his commitment to God.

Psalm 78: God's people are encouraged to remember and share God's mighty works with their children.

1 Thessalonians 4: Paul offers comfort and hope to Christians grieving the death of loved ones.

Matthew 25: Jesus teaches his followers to remain watchful and prepared.

## **A Note About Death and Grief**

The reading from 1 Thessalonians discusses death, resurrection, and Christian hope.

Some children may have experienced the death of someone they love.

Use gentle language:

"When someone we love dies, we feel sad because we miss them. God understands our sadness.

Jesus promises us hope and life with God."

Allow children to ask questions without requiring them to discuss personal losses.

## **A Note About Oil Lamps**

Ancient lamps were very different from modern flashlights.

They were often made from clay and burned oil using a wick.

Consider showing a picture of a simple ancient oil lamp.

Use only battery-operated lights with young children. Do not use open flames.

# **14. Anglican Connection**

## **Being Ready Through Worship and Prayer**

Anglican worship helps Christians practise being ready to follow Jesus.

Each Sunday, we gather to hear God's Word, pray, praise God, and receive encouragement for daily life.

Explain to children:

"We come to church to learn about Jesus and to grow in God's love."

## **The Baptismal Covenant**

In Anglican worship, the Baptismal Covenant includes promises to follow Jesus.

Christians promise, with God's help, to:

- Continue in worship, prayer, and learning.
- Turn away from wrongdoing and return to God.

- Share the good news of Jesus.
- Love and serve others.
- Work for justice and peace.
- Respect the dignity of every human being.
- Care for God's creation.

The response is:

"I will, with God's help."

Tell the children:

"Jesus does not ask us to follow him all by ourselves. God helps us!"

## **The Light of Christ**

Light is an important Christian symbol.

At Baptism, a candle may be given to the newly baptized as a reminder of Christ's light.

At Easter, the Paschal Candle reminds us that Jesus is risen and that his light overcomes darkness.

Explain:

"Jesus is the Light of the World. We can share his love with others."

## **The Church Year**

November 8 falls near the end of the season after Pentecost.

The liturgical colour is green.

Green reminds us of growth.

Just as plants grow, we can grow in faith, hope, and love.

The Gospel reading also points toward the future coming of Christ, a theme that becomes especially important as the Church Year approaches its conclusion and Advent begins.

## **This Week's Message**

Jesus teaches us to be ready to follow him. We can grow in faith through prayer, worship, learning God's Word, and showing love to others. Joshua reminds us to choose God's way, the psalm encourages us to share God's stories, and Paul reminds us of the hope we have in Jesus.

# **KEEP YOUR LIGHT SHINING!**

These lesson plans are designed as a collection of ideas rather than a single lesson that must be completed in full. Teachers are encouraged to choose the stories, crafts, games, and worksheets that best suit the ages, abilities, and interests of the children they teach.

# Keep Your Light Shining!

Twenty-Fourth Sunday after Pentecost



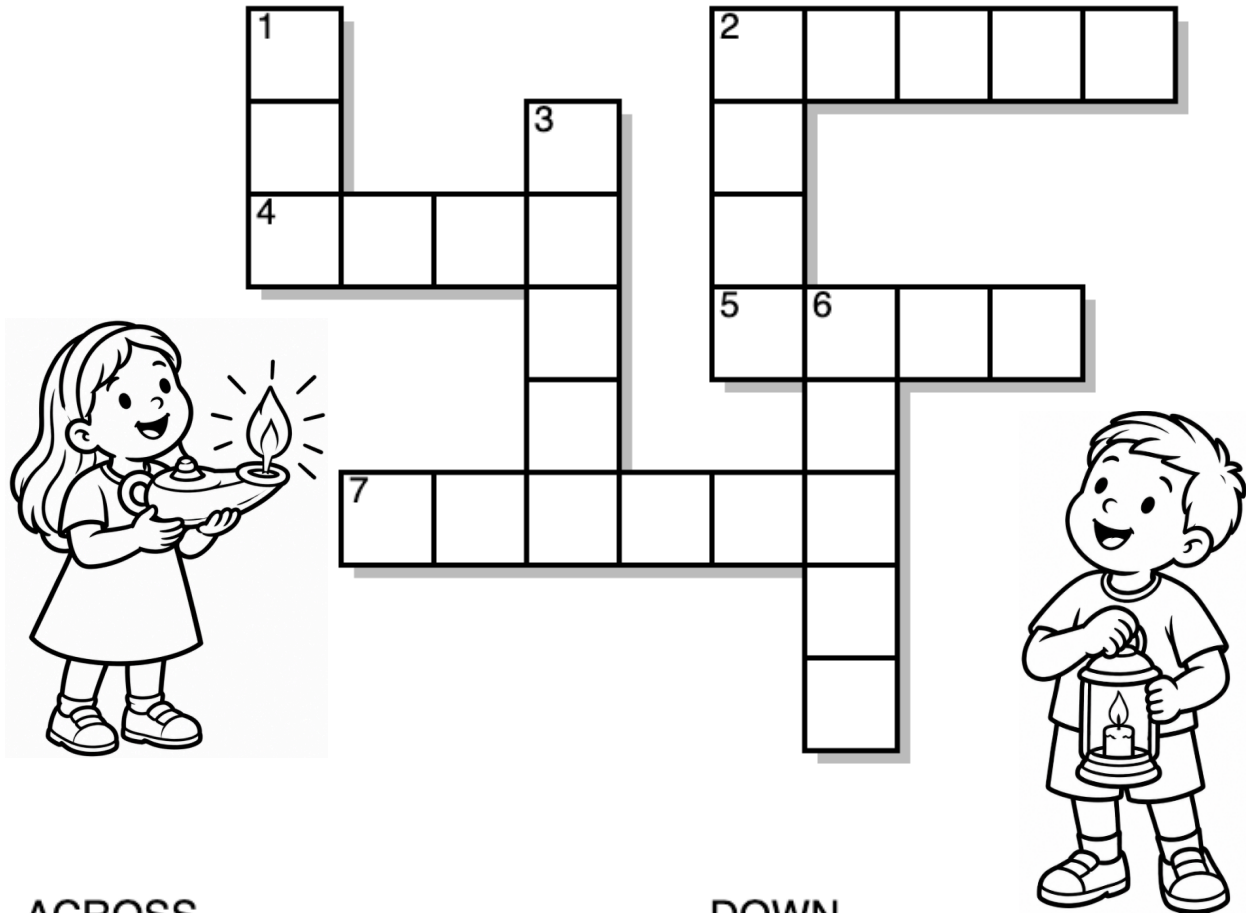
# Keep Your Light Shining!

Twenty-Fourth Sunday after Pentecost



# Keep Your Light Shining!

Twenty-Fourth Sunday after Pentecost



## ACROSS

- 2 What shines from a lamp?
- 4 We can show God's \_\_\_\_\_ by helping others.
- 5 We can talk to God when we \_\_\_\_\_.
- 7 Who told the people to choose to serve God?

## DOWN

- 1 What did the lamps need to burn?
- 2 What did the young women carry?
- 3 Who told the story of the ten bridesmaids?
- 6 Jesus wants us to be

# Keep Your Light Shining!

Twenty-Fourth Sunday after Pentecost

A U H S O J E  
P R A Y L P Q  
S R H P O I L  
U E E H M I O  
S V L A G A D  
E O P H D O L  
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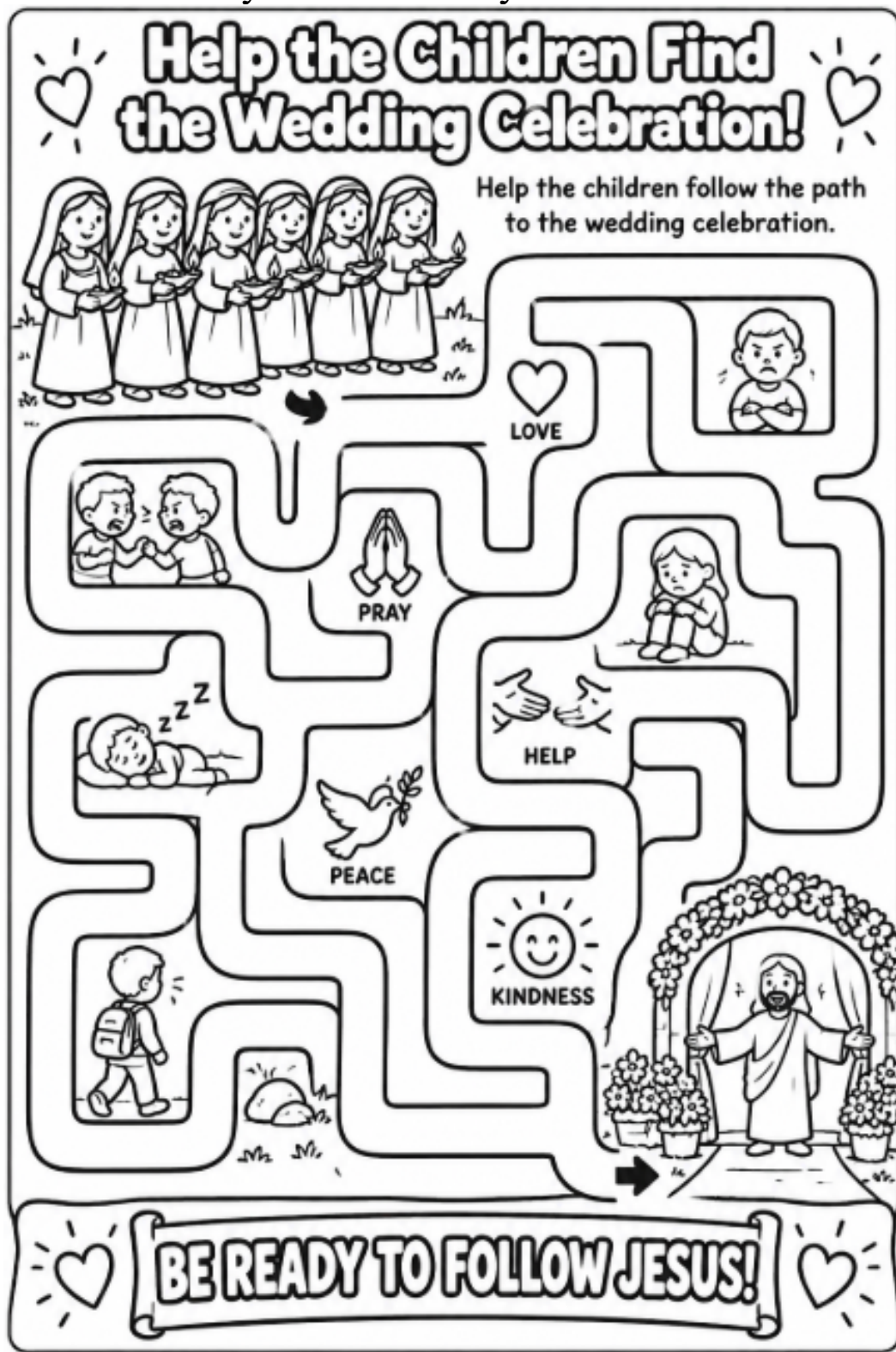
Lamp  
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Jesus  
Light  
God

Joshua  
Love  
Pray  
Help  
Hope



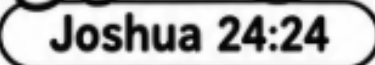
# Keep Your Light Shining!

## Twenty-Fourth Sunday after Pentecost



# Keep Your Light Shining!

Twenty-Fourth Sunday after Pentecost



Use the picture code to find the letters and fill in the blanks to discover the verse.

|                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| A                                                                                 | B                                                                                 | C                                                                                 | D                                                                                 | E                                                                                 | G                                                                                 | H                                                                                 | I                                                                                 | L                                                                                  | O                                                                                   | R                                                                                   | S                                                                                   | T                                                                                   |

“            ,

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       ”



# Keep Your Light Shining!

Twenty-Fourth Sunday after Pentecost



## Draw the Ending

Draw yourself keeping your light shining  
by showing God's love.





### I CAN FOLLOW JESUS EVERY DAY!



BE READY TO  
FOLLOW JESUS!

Matthew 25:13



# Keep Your Light Shining!

Twenty-Fourth Sunday after Pentecost

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



## The Ten Bridesmaids and Their Lamps

**Word Bank**  
READY   JESUS   LAMPS   OIL  
WEDDING   WISE   SLEEPY   FOLLOW



1. One day \_\_\_\_\_ told a story.
2. There were ten young women waiting for a \_\_\_\_\_ celebration.
3. Each young woman carried a \_\_\_\_\_.
4. The lamps needed \_\_\_\_\_ to keep burning.
5. Five of the young women were \_\_\_\_\_ and brought extra oil.
6. The bridegroom was late, and everyone became \_\_\_\_\_.
7. When the bridegroom arrived, the young women who had prepared were \_\_\_\_\_.
8. Jesus teaches us to be ready to \_\_\_\_\_ him every day.

# Keep Your Light Shining!

Twenty-Fourth Sunday after Pentecost



PRAY



HELP



SHARE



LOVE

♥ KEEP YOUR LIGHT SHINING! ♥

### **Crossword - Key**

Across

2. Light

4. Love

5. Pray

7. Joshua

Down

1. Oil

2. Lamp

3. Jesus

6. Ready

### **Cryptogram – Key:**

#### **Joshua 24:24**

The people said to Joshua, "The  LORD our God we will serve, and him we will obey."

### **Fill-in-the-Blank – Key**

Jesus

Love

Kind

Peace

God

Everyone

Saints

Children