Diocese of Athabasca

Sunday School Lesson Plan

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 – Tenth Sunday after Pentecost (Year A).** Bible Verses: Genesis 32:22-31; Psalm 17:1-7, 16; Romans 9:1-5; Matthew 14:13-21; Preface of the Lord's Day

✨ Sunday School Lesson Plan

Tenth Sunday after Pentecost

Based on the Revised Common Lectionary

- Genesis 32:22–31
- Psalm 17:1–7, 16
- Romans 9:1–5
- Matthew 14:13–21

Preface of the Lord's Day

Lesson Title

Jesus Provides More Than Enough

Theme

Jesus cares for everyone and provides what we need when we trust him.

Big Idea

When we bring what we have to Jesus—even if it seems small—he can use it to bless many people.

Lesson Focus for Kids

Children will discover that:

- Jesus cares about people's needs.
- Jesus can do amazing things with small gifts.
- We can trust Jesus to provide for us.
- Sharing with others is one way we show God's love.

Scripture Readings (Kid-Friendly Language)

Genesis 32:22–31

Jacob spent the night praying and wrestling with God. When morning came, God blessed Jacob and gave him a new name, Israel. Jacob learned that God was always with him, even during difficult times.

Psalm 17:1–7, 16

David prayed to God, asking God to protect him and stay close to him. God hears our prayers and watches over us.

Romans 9:1–5

Paul loved God's people very much and wanted everyone to know God's love through Jesus.

Matthew 14:13–21

A huge crowd followed Jesus. They were hungry, but there wasn't enough food.

A boy shared his lunch—five loaves of bread and two fish.

Jesus thanked God, broke the bread, and shared it with everyone.

Everyone had enough to eat, and there were twelve baskets of leftovers!

Welcome Activity

"What's in the Basket?"

Place a picnic basket on a table.

Inside:

- Toy loaf of bread
- Toy fish
- Napkin
- Small basket
- Paper lunch bag

Ask:

- What do you think is inside?
- Have you ever shared your lunch?
- What happens when we share?

Explain:

Today's Bible story is about a little lunch that became a big miracle.

Opening Prayer

Dear Jesus,

Thank you for loving us.
Thank you for caring for all people.
Help us learn to share with others.
Thank you for providing everything we need.

Amen.

Circle Time

Show:

- Five crackers
- Two fish crackers (or pictures)

Ask:

- Is this enough to feed everyone here?
- What do you think Jesus did?

Explain:

Jesus can do amazing things with what we offer him.

Memory Verse

Matthew 14:20

"They all ate and were satisfied."

Actions

"They all" — spread arms wide.

"Ate" — pretend to eat.

"Were satisfied" — smile and rub tummy.

Repeat several times together.

Bible Story Time

Jesus Feeds Five Thousand

One day many people followed Jesus.

They wanted to hear him teach and watch him heal people.

As the day grew late, everyone became hungry.

The disciples worried.

"There isn't enough food!"

Then a boy offered his lunch.

He had only five small loaves of bread and two fish.

It didn't seem like very much.

Jesus thanked God for the food.

Then he began giving the bread and fish to the disciples.

The disciples shared it with the crowd.

Everyone ate.

Everyone had enough.

When they finished eating, there were twelve baskets of leftovers!

Jesus showed everyone that God provides more than enough.

Discussion Questions

- Who shared their lunch?
- How many loaves were there?
- How many fish?
- What did Jesus do first?

- Was there enough food?
- How can we share with others?

Craft Activity

Lunch Basket Craft

Supplies

- Basket template
- Brown construction paper
- Bread and fish cutouts
- Glue
- Crayons

Directions

1. Color the basket.
2. Cut out five loaves and two fish.
3. Glue them into the basket.
4. Write:

"Jesus Provides!"

Alternative Craft

Paper Picnic Basket

Children decorate a paper basket.

Inside place paper foods labeled:

- Love
- Kindness
- Sharing
- Joy
- Thankfulness

Game

Bread and Fish Relay

Supplies

- Toy fish
- Soft bread cutouts
- Two baskets

Children race to carry one bread or fish at a time into a basket.

After all the food is collected, remind everyone:

"Jesus used a small lunch to feed thousands!"

Song Suggestions

Traditional

- Jesus Loves Me
- This Little Light of Mine
- Praise Him, Praise Him

Action Songs

- I've Got the Joy, Joy, Joy
- The B-I-B-L-E
- Father Abraham

Reflection Songs

- Give Thanks
- Seek Ye First

Snack Suggestions

Fish Crackers and Bread

- Fish-shaped crackers
- Small bread rolls
- Apple slices

Discuss the miracle while eating.

Picnic Snack

- Cheese cubes
- Crackers
- Grapes

Basket Snack Mix

- Pretzels
- Cheerios
- Goldfish crackers
- Raisins

Serve in paper cups shaped like baskets.

Wrap-Up & Reflection

Ask:

- What miracle did Jesus do?
- Why did the boy share his lunch?
- How does Jesus care for us?
- What can you share this week?

Give each child a paper loaf of bread.

Write:

"Jesus Provides for Me."

Invite children to take it home.

Closing Prayer

Dear Jesus,

Thank you for caring for us.
Thank you for giving us food, family, and friends.
Help us to share what we have.
Thank you for always providing for us.

Amen.

Take-Home Idea

Family Sharing Challenge

During the week:

- Share a snack.
- Help set the table.
- Donate food to a food bank.
- Pray before meals.

Family Prayer:

"Thank you, Jesus, for giving us everything we need. Help us to share with others. Amen."

Teacher Notes

Main Teaching Points

- Jesus cares about every person.
- Sharing is an act of love.
- Jesus can use even small gifts for great things.
- God provides what we need.
- We can trust Jesus.

For Younger Children

Keep the focus on Matthew's Gospel.

Mention Jacob only briefly as someone who trusted God and received God's blessing after a difficult night.

Do not emphasize the crowd size; instead, focus on Jesus' love and generosity.

Anglican Connection

The **Preface of the Lord's Day** reminds us that every Sunday we gather around Jesus' table to hear God's Word and receive God's gifts. Just as Jesus fed the hungry crowd, he continues to feed and strengthen his people through worship, prayer, and Holy Communion.

Lesson Summary

Main Message:

Jesus cares for us and provides what we need. When we offer what we have with loving hearts, Jesus can use it to bless many people.

Other Idea Links

https://files.truewaykids.com/file/87z0lk7wsjgyc64/NT25+feeding+5000.pdf/file

https://files.truewaykids.com/file/1tkja-nt25truewaybaby/NT25TruewayBaby.pdf/file

https://files.truewaykids.com/file/nh50zr2ssc6k2ug/NT25+baby.pdf/file

https://www.youtube.com/watch?v=S6rj9cAJrWE

https://ca.pinterest.com/pin/636977941098767851/

https://www.twinkl.co.uk/resource/us2-re-28-john-69-mindfulness-coloring-page

Jesus Provides More Than Enough

Tenth Sunday after Pentecost

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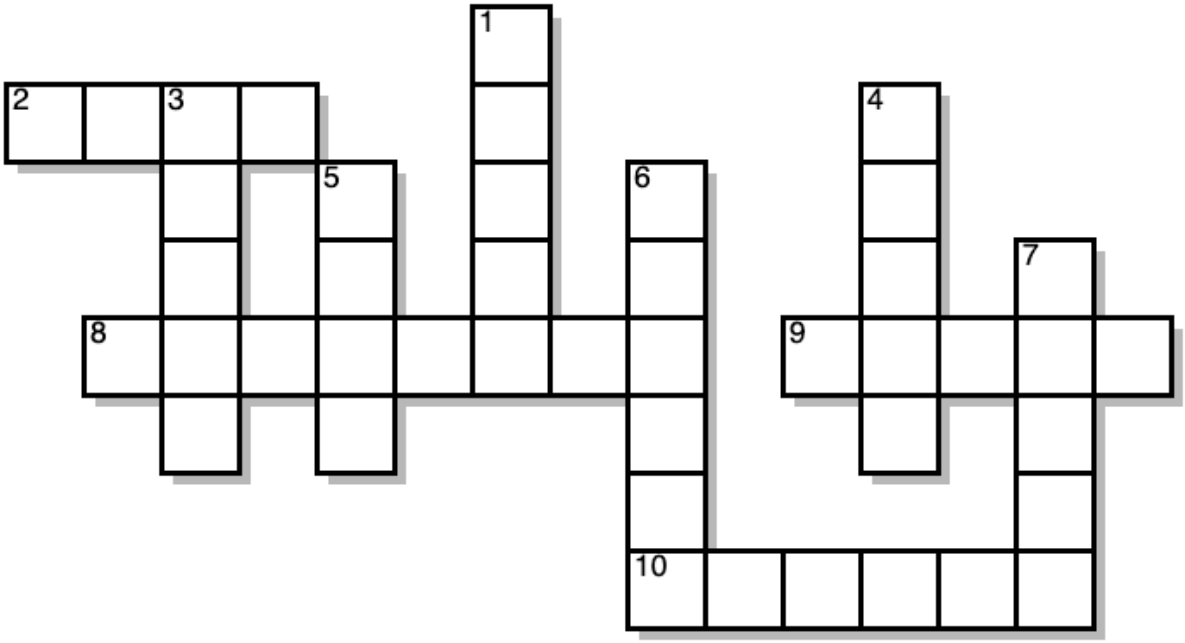


ACROSS

2 Gill-breathing
8 Supplies for a need
9 Shows concern
10 Gratitude

DOWN

1 Large group
3 To give part of
4 Baked dough
5 Adore
6 Lightweight container
7 Our Saviour

Jesus Provides More Than Enough

Tenth Sunday after Pentecost

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

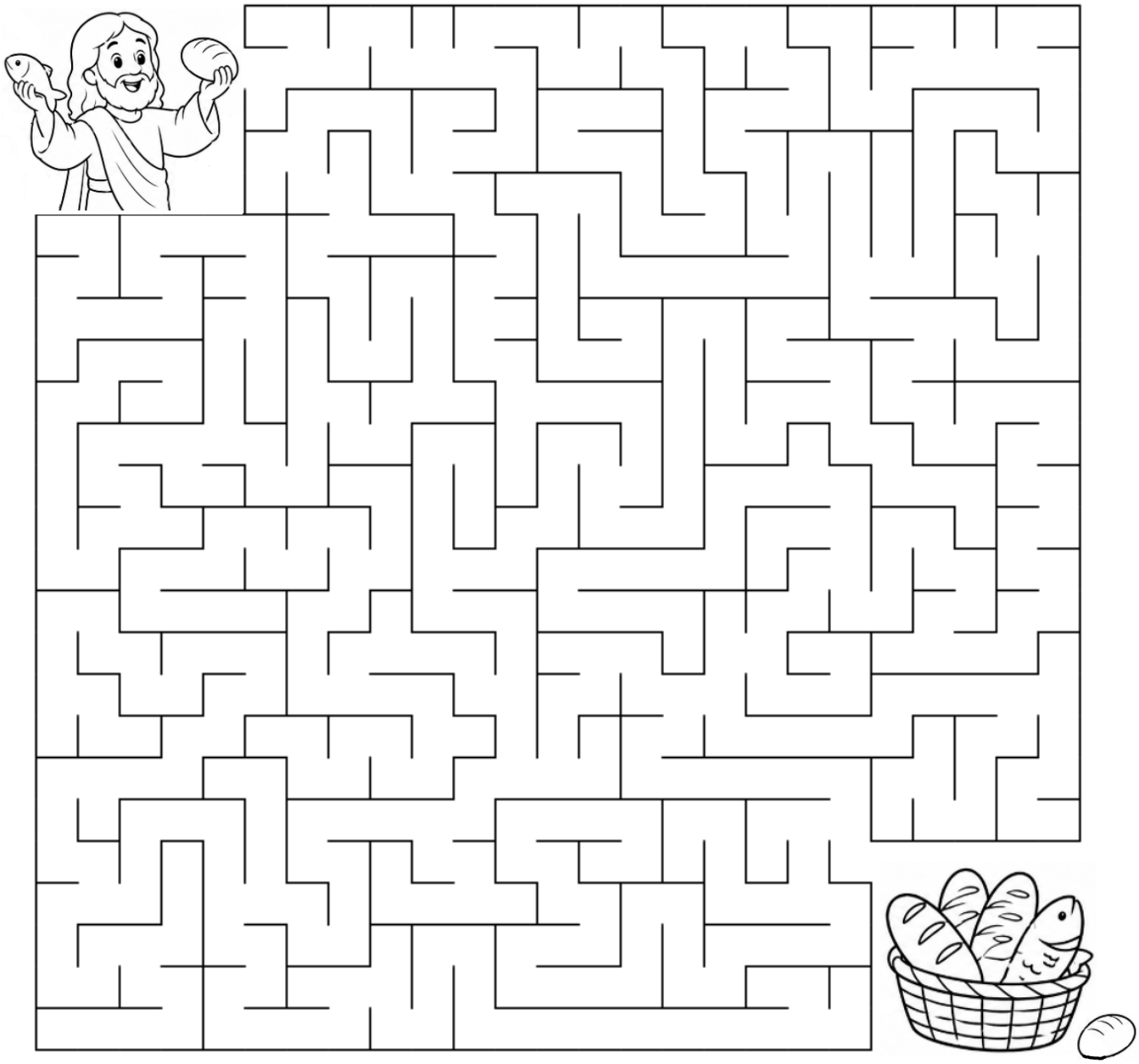
Jesus
Cares
Provides
Bread
Fish

Share
Love
Crowd
Basked
Thanks

Jesus Provides More Than Enough

Tenth Sunday after Pentecost

Bring the loaves and fish to Jesus.

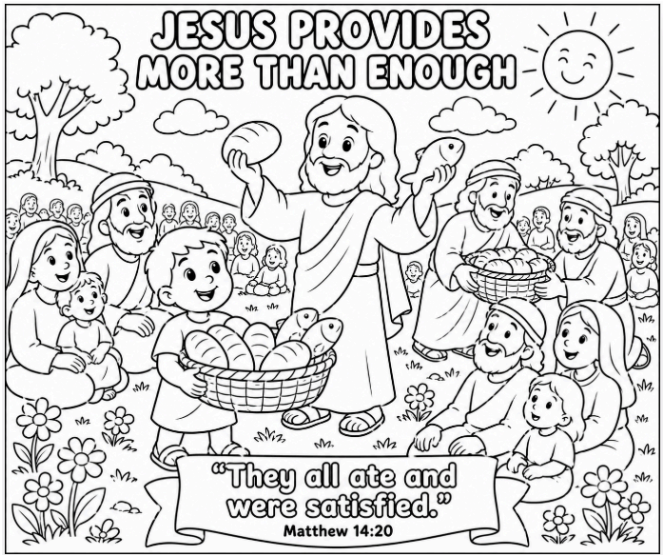


Jesus Provides More Than Enough

Tenth 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
							14							3					4		5				

4	17	6	16	2	23		4	14	13				
20	16	5	13		8	3	17	5	13	21			
17	2	1		4	14	12		4	15	3			
20	16	21	14	‘	14	13		8	3	3	6	13	1
25	22		4	3		14	13	17	5	13	2		
17	2	1		7	8	13	21	21	13	1			
17	2	1		7	19	3	6	13		4	14	13	
8	3	17	5	13	21		17	2	1		4	14	13
1	16	21	12	16	22	8	13	21	’	23	17	5	13
4	14	13	26		4	3		4	14	13			
12	19	3	15	1	21	.							



Jesus Provides More Than Enough

Tenth Sunday after Pentecost

Draw a picnic you would like to share with family or friends.

Jesus Provides More Than Enough

Tenth Sunday after Pentecost

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

Words to Use

boy	bread	crowd	disciples	enough
everyone	five	food	heal	hear
hungry	leftovers	lunch	more	people
shared	teach	thanked	twelve	two

Jesus Feeds Five Thousand

One day many _____ followed Jesus. They wanted to _____ him _____ and watch him _____ people. As the day grew late, everyone became _____. The disciples worried. "There isn't _____ food!" Then a _____ offered his _____. He had only _____ small loaves of _____ and _____ fish. It didn't seem like very much. Jesus _____ God for the _____. Then he began giving the bread and fish to the _____. The disciples _____ it with the _____. Everyone ate. Everyone had enough. When they finished eating, there were _____ baskets of _____! Jesus showed _____ that God provides _____ than enough.

Crossword – Key:

Across	Down
2. Fish	1. Crowd
8. Provides	3. Share
9. Cares	4. Bread
10. Thanks	5. Love
	6. Basket
	7. Jesus

Cryptogram – Key:

Matthew 14:19b-20

Taking the five loaves and the two fish, he looked up to heaven and blessed and broke the loaves and gave them to the disciples, and the disciples gave them to the crowds.

Fill in the Blanks Story – Key

One day many people followed Jesus. They wanted to hear him teach and watch him heal people. As the day grew late, everyone became hungry. The disciples worried. "There isn't enough food!" Then a boy offered his lunch. He had only five small loaves of bread and two fish. It didn't seem like very much. Jesus thanked God for the food. Then he began giving the bread and fish to the disciples. The disciples shared it with the crowd. Everyone ate. Everyone had enough. When they finished eating, there were twelve baskets of leftovers! Jesus showed everyone that God provides more than enough.