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 – Seventh Sunday after Pentecost (Year A).** Bible Verses: Genesis 25:19-34; Psalm 119:105-112; Romans 8:1-11; Matthew 13:1-9, 18-23; Preface of the Lord's Day

✨ Sunday School Lesson Plan

Seventh Sunday after Pentecost

Theme

"Growing God's Way"

Big Idea

When we listen to God's Word and follow Jesus, our hearts become good soil where faith can grow.

Lesson Focus for Kids

Children will learn that God's Word is like a seed. When we listen, learn, pray, and obey, God's love grows in our hearts and helps us share kindness with others.

Scripture Readings (Kid-Friendly Language)

Genesis 25:19-34

Isaac and Rebekah had twin sons named Esau and Jacob. One day Esau came home very hungry and traded something very important for a bowl of stew. This story teaches us to make wise choices and think carefully before acting.

Psalm 119:105-112

God's Word is like a lamp that helps us see the right path to follow.

Romans 8:1-11

God gives us the Holy Spirit to help us live as God's children and follow Jesus every day.

Matthew 13:1-9, 18-23

Jesus told a story about a farmer scattering seeds. Some seeds grew well and some did not. Jesus explained that the seed is God's Word and our hearts are like different kinds of soil.

Welcome & Opening Prayer

Welcome Activity

Place small packets of seeds, flowers, or vegetables on a table.

Ask:

- Have you ever planted a seed?
- What does a seed need to grow?
- What helps people grow in faith?

Explain:
Today Jesus teaches us that God's Word is like a seed planted in our hearts.

Opening Prayer

Dear God,

Thank you for bringing us together today.
Help us listen to your Word.
Help your love grow in our hearts like a strong and healthy plant.
Teach us to follow Jesus every day.

Amen.

Circle Time Discussion

Show:

- A packet of seeds
- A flower or plant

Ask:

- Which is bigger, the seed or the flower?
- How did the flower begin?
- What helps a plant grow?

Connect:
Just as seeds need good soil, God's Word grows best in hearts that listen and trust him.

Memory Verse

Psalm 119:105

"Your word is a lamp to my feet and a light to my path."

Practice with actions:

- "Your word" — hold hands like a Bible.
- "Lamp" — pretend to hold a lantern.
- "Feet" — point to feet.
- "Light" — raise hands high.
- "Path" — make a walking motion.

Repeat several times.

Bible Story Time

The Parable of the Sower

One day Jesus sat beside a lake and told a story.

A farmer went out to plant seeds.

Some seeds fell on a hard path.
Birds quickly ate them.

Some seeds fell on rocky ground.
They started growing but soon dried up.

Some seeds fell among thorny weeds.
The weeds crowded them and they could not grow.

Some seeds fell on good soil.
These seeds grew into healthy plants and produced lots of fruit.

Later Jesus explained the story.

The seed is God's Word.

The soil represents our hearts.

When we listen to God's Word, pray, worship, and follow Jesus, our hearts become good soil where faith can grow.

Discussion Questions

- What was the seed in Jesus' story?
- What does the soil represent?
- How can we help God's Word grow in our hearts?
- What are some ways we can listen to God?

Craft Activity

"My Heart Garden"

Supplies

- Paper plate or heart template
- Construction paper flowers
- Crayons or markers
- Glue
- Stickers

Directions

1. Give each child a large heart shape.
2. Label it:

"My Heart is Good Soil"

3. Children decorate flowers and leaves.
4. On each flower write:
    - Prayer
    - Kindness
    - Worship
    - Bible
    - Love
    - Helping Others
5. Glue flowers onto the heart garden.

Discuss how these things help faith grow.

Game

Seed Toss

Supplies

- Beanbags ("seeds")
- Buckets labeled:
  - Path
  - Rocks
  - Weeds
  - Good Soil

Directions

Children toss beanbag seeds into the buckets.

When a seed lands in "Good Soil," everyone says:

"Grow God's Love!"

Explain that God's Word grows best in hearts that listen and trust.

Song Suggestions

Traditional

- Jesus Loves Me
- This Little Light of Mine
- The B-I-B-L-E

Action Songs

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

Reflection Song

- Open My Eyes, Lord

Snack Suggestions

Dirt Cups

Ingredients:

- Chocolate pudding
- Crushed chocolate cookies
- Gummy worms (optional)

Discuss how plants grow in soil.

Flower Garden Snack

- Celery sticks
- Carrot sticks
- Cucumber slices
- Flower-shaped crackers

Seed Mix

- Sunflower seeds (if allergy-safe)
- Cheerios
- Raisins

Wrap-Up & Reflection

Ask:

- What was Jesus teaching about?
- What kind of soil do we want our hearts to be?
- How can we help our faith grow this week?

Give each child a paper seed shape.

Invite them to write or draw one thing they will do this week:

- Pray
- Read a Bible story
- Help someone
- Be kind

Place the seeds in a basket labeled:

"Growing with Jesus."

Closing Prayer

Dear Jesus,

Thank you for teaching us about seeds and soil.
Help our hearts be good soil.
Help us listen to your Word.
Help your love grow in us so we can share it with others.

Amen.

Take-Home Idea

Family Faith Garden

Plant a seed at home.

Each time the family waters it, pray:

"Jesus, help our faith grow like this plant."

Watch the seed sprout during the week and talk about how God's love grows in our hearts.

Teacher Notes

Key Teaching Points

- God's Word is the seed.
- Our hearts are the soil.
- We choose how we respond to God's Word.
- Prayer, worship, Bible reading, and kindness help faith grow.
- The Holy Spirit helps us follow Jesus.

For Younger Children

Keep the focus on:

- God loves us.
- God's Word helps us grow.
- We can listen to Jesus.

Avoid detailed theological discussion from Romans; simply emphasize that God's Spirit helps us make good choices.

Anglican Connection

The Preface of the Lord's Day reminds us that every Sunday God's people gather to hear God's Word, pray together, and receive strength for Christian living. Worship helps our hearts become good soil where faith can grow.

Other Idea Links

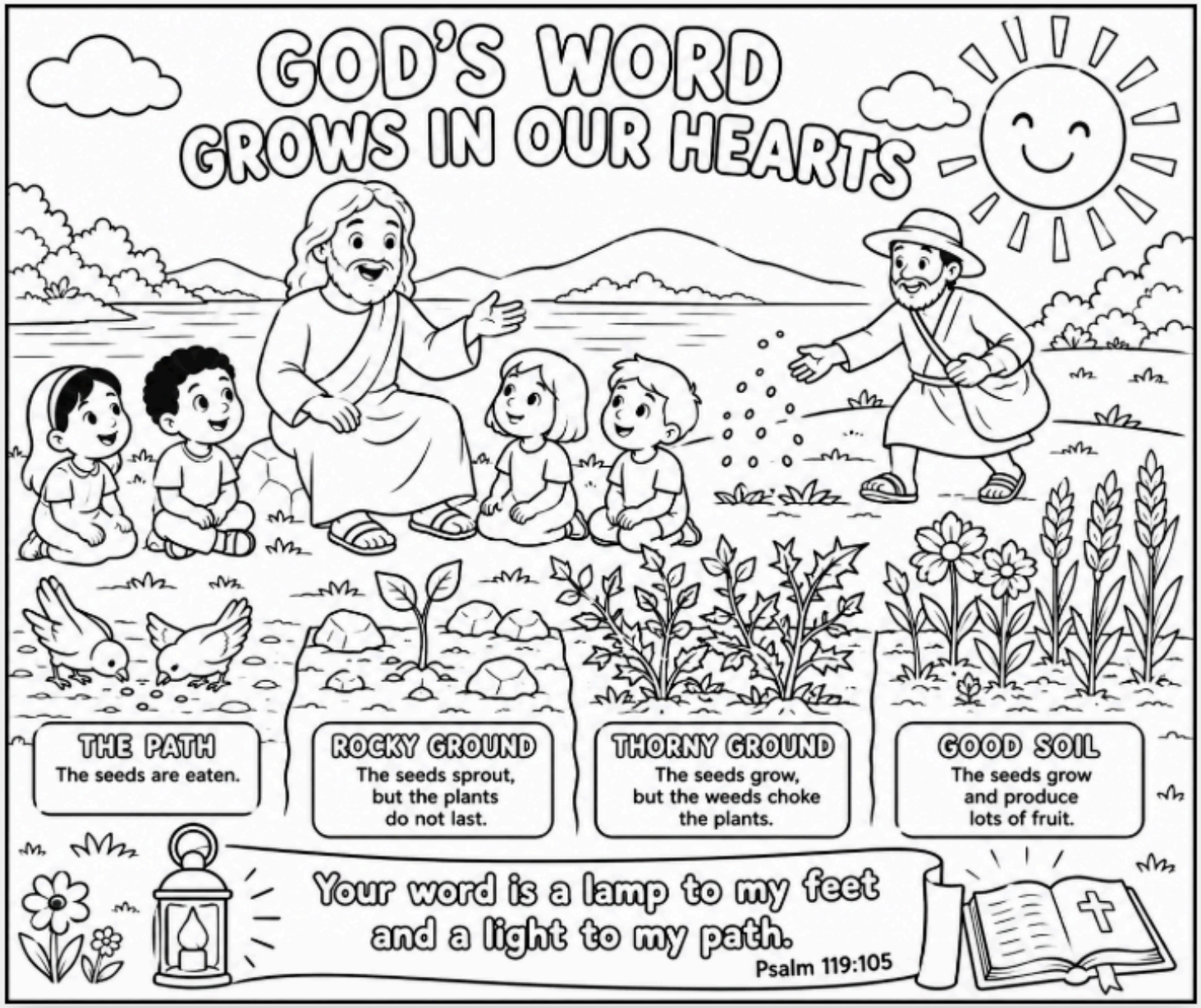
https://www.poetprints.ca/blog/the-parable-of-the-sower-bible-lesson-for-kids

https://www.daniellesplace.com/html/bible-crafts-parable-sower-garden-in-heart.html

https://truewaykids.com/parable-of-the-sower-teen/

https://www.thinkingkidsblog.org/the-parable-of-sower-craft/

https://www.poetprints.ca/blog/the-parable-of-the-sower-bible-lesson-for-kids


GOD'S WORD
GROWS IN OUR HEARTS
THE PATH
The seeds are eaten.
ROCKY GROUND
The seeds sprout, but the plants do not last.
THORNY GROUND
The seeds grow, but the weeds choke the plants.
GOOD SOIL
The seeds grow and produce lots of fruit.
Your word is a lamp to my feet and a light to my path.
Psalm 119:105

Growing God's Way

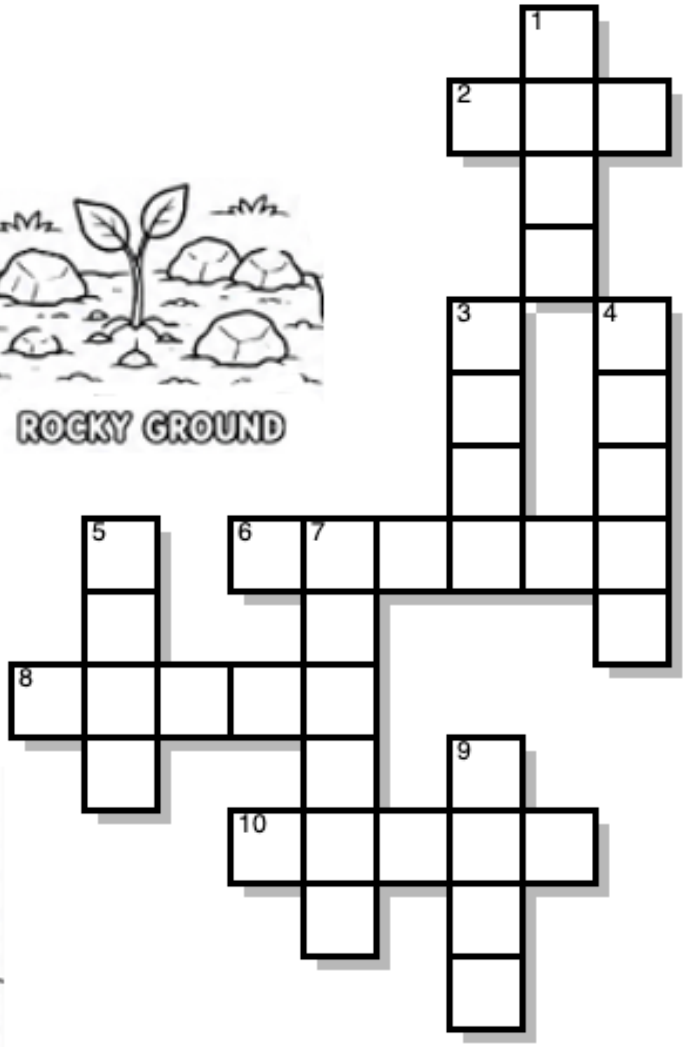
Seventh Sunday after Pentecost

THE PATH

ROCKY GROUND

THORNY GROUND

GOOD SOIL



ACROSS

2 Our Father
6 Bloom
8 Our Saviour
10 Acquire knowledge

DOWN

1 Dirt
3 Develop
4 Pumps blood
5 Grain
7 Lend an ear
9 Talk to God

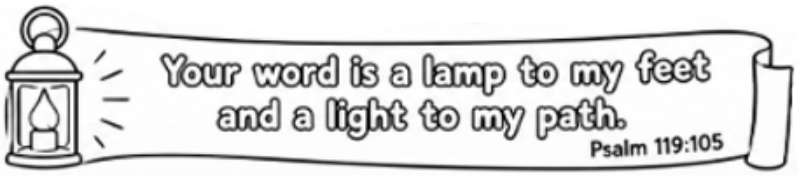
Growing God's Way

Seventh Sunday after Pentecost

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

Grow
Listen
Soil
Seed
Heart

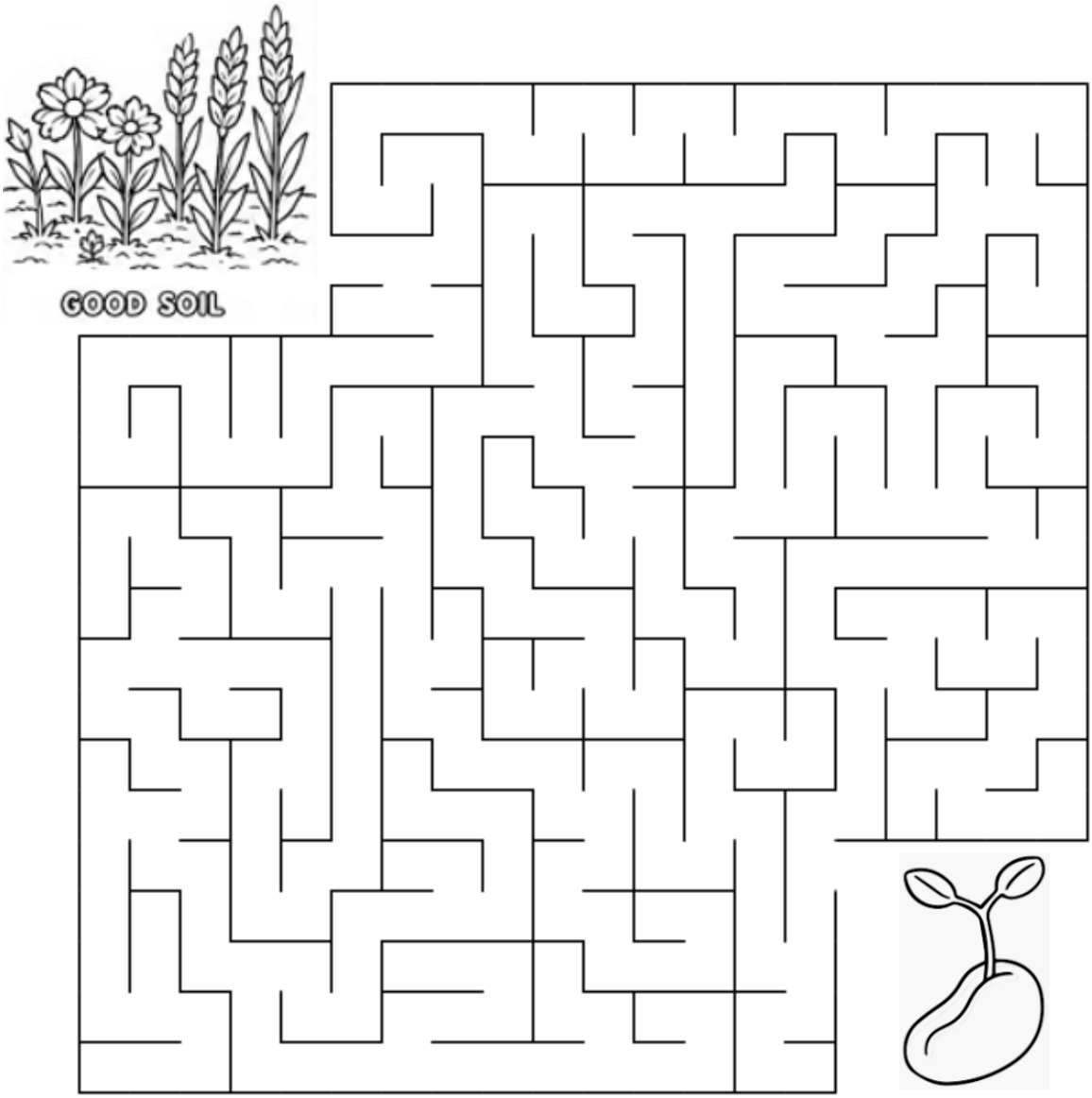
Pray
Learn
Flower
Jesus
God

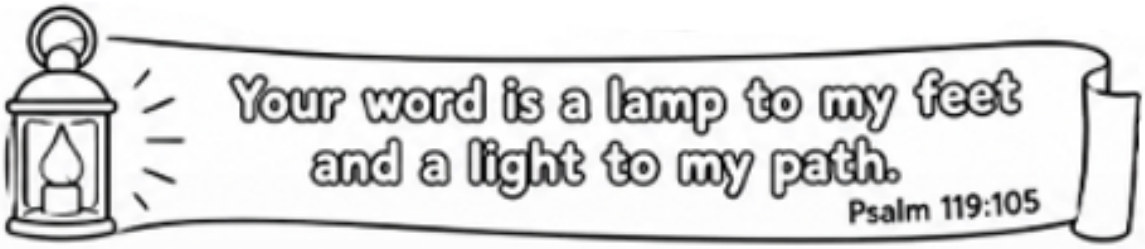


Growing God's Way

Seventh Sunday after Pentecost

Help the seed reach the good soil.





Growing God’s Way

Seventh 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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11	3	8	26		17	3	26	6		4	19		14
1	14	5	10	18	3		5	11		20	15	15	18
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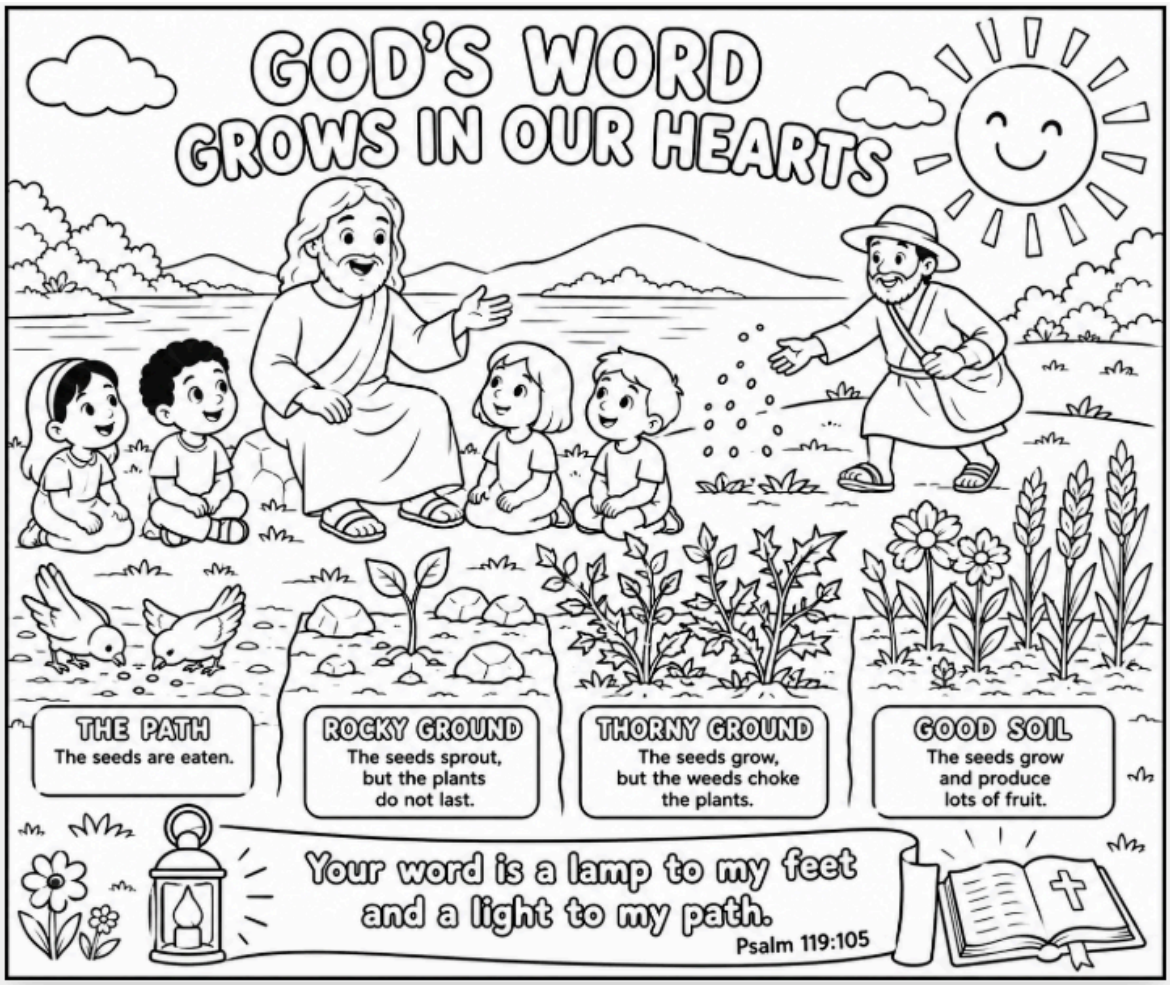

Growing God's Way

Seventh Sunday after Pentecost

Draw flowers growing in your heart garden. Inside the flowers write: Love, Kindness, Prayer, Joy and any other words you think appropriate

Fill in the Blanks

Your word is a _____ to my feet and a _____ to my path.

Growing God’s Way

Seventh Sunday after Pentecost

Use these words to fill in the blanks of the story.

ate	crowded		dried	farmer	follow
fruit	good	grow	healthy	hearts	Jesus
path	pray	rocky	seeds	started	thorny
Word	worship				

The Parable of the Sower

One day _____ sat beside a lake and told a story.

A _____ went out to plant _____.

Some seeds fell on a hard _____.
Birds quickly _____ them.

Some seeds fell on _____ ground.
They _____ growing but soon _____ up.

Some seeds fell among _____ weeds.
The weeds _____ them and they could not grow.

Some seeds fell on _____ soil.
These seeds grew into _____ plants and produced lots of _____.

Later Jesus explained the story.

The seed is God's _____.

The soil represents our _____.

When we listen to God's Word, _____, _____, and _____ Jesus, our hearts become good soil where faith can _____.

Crossword – Key:

Across	Down
2. God	1. Soil
6. Flower	3. Grow
8. Jesus	4. Heart
10. Learn	5. Seed
	7. Listen
	9. Pray

Cryptogram – Key:

Psalm 119:105

Your word is a lamp to my feet and a light to my path.

Fill in the Blanks Story – Key

The Parable of the Sower

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