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 – Sixth Sunday after Pentecost (Year A).** Bible Verses: Genesis 24:34-38, 42-49, 58-67; Psalm 45:11-18; Romans 7:15-25a; Matthew 11:16-19, 25-30; Preface of the Lord's Day

✨ Sunday School Lesson Plan

Sixth Sunday after Pentecost

Theme

"Jesus Gives Us Rest"

Big Idea

When life feels hard and we make mistakes, Jesus invites us to come to him. He loves us, helps us, and gives us peace and rest.

Lesson Focus for Kids

Children will learn that Jesus cares for them, welcomes them, and helps carry their worries and burdens.

Scripture Readings (Kid-Friendly Language)

Genesis 24:34-38, 42-49, 58-67

God guided Abraham's servant to find Rebekah, who became Isaac's wife. God helped the servant know what to do and showed that he was with him every step of the way.

Psalm 45:11-18

This psalm is a joyful song celebrating love, kindness, and God's blessings.

Romans 7:15-25a

Sometimes we know the right thing to do but still make mistakes. God loves us and helps us keep trying.

Matthew 11:16-19, 25-30

Jesus says:

"Come to me, all you who are tired and carrying heavy loads, and I will give you rest."

Jesus wants us to bring our worries to him because he cares for us.

Welcome & Opening Prayer

Welcome

Greet children warmly as they arrive.

Ask:

- Have you ever carried something very heavy?
- How did it feel?
- Did someone help you carry it?

Explain:
Sometimes our hearts feel heavy too. Jesus wants to help us carry our worries.

Opening Prayer

Dear Jesus,

Thank you for loving us.
Thank you for helping us when life feels hard.
Help us learn about your love today.
Give us peace and joy.

Amen.

Circle Time Discussion

Show a backpack filled with books.

Ask:

- Is this backpack heavy?
- Would you like to carry it all day?

Explain:
Worries can feel like carrying a heavy backpack. Jesus says we can bring those worries to him.

Memory Verse

Matthew 11:28

"Come to me, all you who are tired and carrying heavy loads, and I will give you rest."

Practice:

- Say it together.
- Repeat quietly.
- Repeat loudly.
- Add simple hand motions:
    - "Come to me" (wave hands)
    - "Tired" (pretend to yawn)
    - "Heavy loads" (pretend to lift something)
    - "Rest" (place hands together under cheek)

Bible Story Time

Jesus Gives Rest

Tell the story:

One day Jesus spoke to a crowd of people.

Many people were tired.

Some were worried.
Some were sad.
Some had difficult jobs.
Some felt they could never do enough.

Jesus looked at them with love and said:

"Come to me, all you who are tired and carrying heavy loads, and I will give you rest."

Jesus wasn't only talking about heavy bags or baskets.

He was talking about worries, fears, sadness, and struggles.

Jesus wanted people to know that they did not have to carry everything alone.

He still says the same thing to us today.

Whenever we are worried, afraid, lonely, or sad, we can pray and ask Jesus for help.

Jesus loves us and gives us peace.

Discussion Questions

- What kinds of things make children worried?
- What can we do when we are worried?
- Who helps us when we feel tired or sad?
- What does Jesus promise to give us?

Craft Activity

My Worry Backpack

Supplies

- Backpack template
- Construction paper
- Crayons
- Scissors
- Glue

Directions

1. Give each child a backpack outline.
2. Cut out small paper "rocks."
3. On each rock write or draw:
    - fear
    - sadness
    - anger
    - sickness
    - loneliness
    - school worries
4. Place the rocks in the backpack.
5. Add a large heart labeled:

"Jesus Helps Me Carry My Burdens."

Discuss how Jesus helps us carry our worries.

Game

Burden Relay

Supplies

- Small backpack
- Soft beanbags

Directions

1. Children carry the backpack across the room.
2. Add more beanbags each round.
3. Ask:
    - Was it easier or harder?
4. Remove the beanbags.
5. Explain:
    - Jesus helps carry our burdens and gives us rest.

Song Suggestions

Traditional

- Jesus Loves Me
- This Little Light of Mine
- He's Got the Whole World in His Hands

Contemporary

- My God Is So Big
- The Wise Man Built His House Upon the Rock
- Father Abraham

Reflection Song

- Come and Fill Our Hearts

Snack Suggestions

Resting Sheep Snack

- Mini marshmallows
- Pretzel sticks

Peaceful Picnic Snack

- Crackers
- Cheese
- Apple slices

Rest in Jesus Trail Mix

- Cheerios
- Raisins
- Pretzels

As children eat, discuss:
"What helps you feel peaceful?"

Wrap-Up & Reflection

Ask:

- What did Jesus invite us to do?
- What does Jesus give us?
- What worries can we give to Jesus?
- How can prayer help us?

Hold a basket.

Invite children to quietly name a worry and place a paper rock into the basket as a symbol of giving it to Jesus.

Closing Prayer

Dear Jesus,

Thank you for loving us.
Thank you for helping us when we feel worried.
Help us remember that we can always come to you.
Fill our hearts with peace and joy.

Amen.

Take Home Idea

Family Challenge

Each evening this week:

1. Share one worry.
2. Share one blessing.
3. Pray together:

"Jesus, thank you for helping us carry our worries. Please give us your peace. Amen."

Teacher Notes

Key Teaching Points

- Jesus welcomes everyone.
- Jesus understands our struggles.
- We can bring our worries to him.
- Prayer helps us trust God.
- God's love gives us peace and rest.

For Younger Children

Focus mainly on:

- Jesus loves us.
- Jesus helps us.
- Jesus gives rest.

Avoid lengthy discussion of Romans 7; simply explain that everyone makes mistakes and Jesus helps us grow.

Anglican Connection

The Lord's Day reminds us that every Sunday we gather to worship, thank God for his love, and receive strength for the week ahead. Through prayer, Scripture, and Holy Communion, Jesus refreshes and nourishes us.

Other Idea Links

https://www.youtube.com/watch?v=8MbisZXplwI

https://young-catholics.com/104092/rest-for-the-weary-lesson-plan/

https://ministryark.com/printable/come-to-me-printable-matthew-1128/

https://ca.pinterest.com/pin/23643966782999412/

https://ca.pinterest.com/pin/23643966778267026/

https://ca.pinterest.com/pin/4601904842089734528/

https://shop.biblecraftsandactivities.com/product/come-to-me-activity-pages/

https://www.teacherspayteachers.com/Product/Matthew-1128-Handwriting-and-Color-Worksheets-Childrens-Bible-Study-4458038

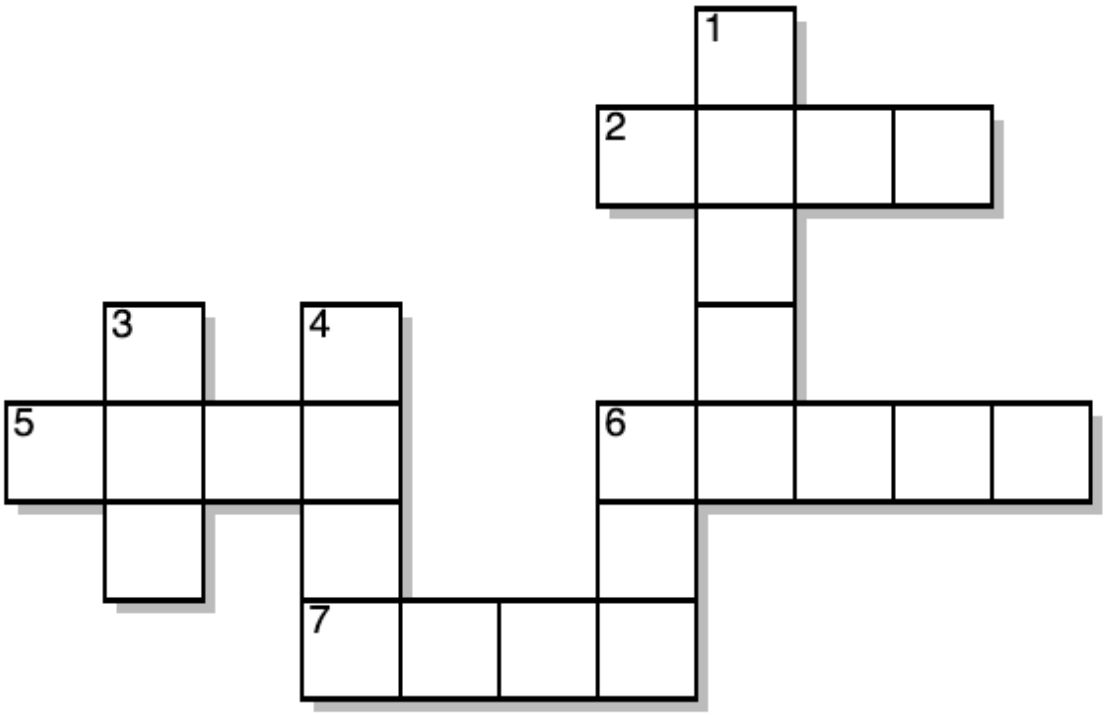
https://www.sermonsuite.com/free-access/childrens-bulletin-ages-8-10-matthew-2816-20

Jesus Gives Us Rest

Sixth Sunday after Pentecost

Jesus Gives Us Rest

Sixth Sunday after Pentecost



ACROSS

2 Recover strength
5 Enduring affectionate attachment
6 Son of God
7 Talk with God

DOWN

1 Freedom from distrubance
3 Our Father
4 Give aid
6 Feeling of great happiness

Jesus Gives Us Rest

Sixth Sunday after Pentecost

S	R	E	V	O	L
E	U	E	G	O	D
C	Y	S	S	H	L
A	O	A	E	T	L
E	J	L	R	J	D
P	P	J	D	P	V

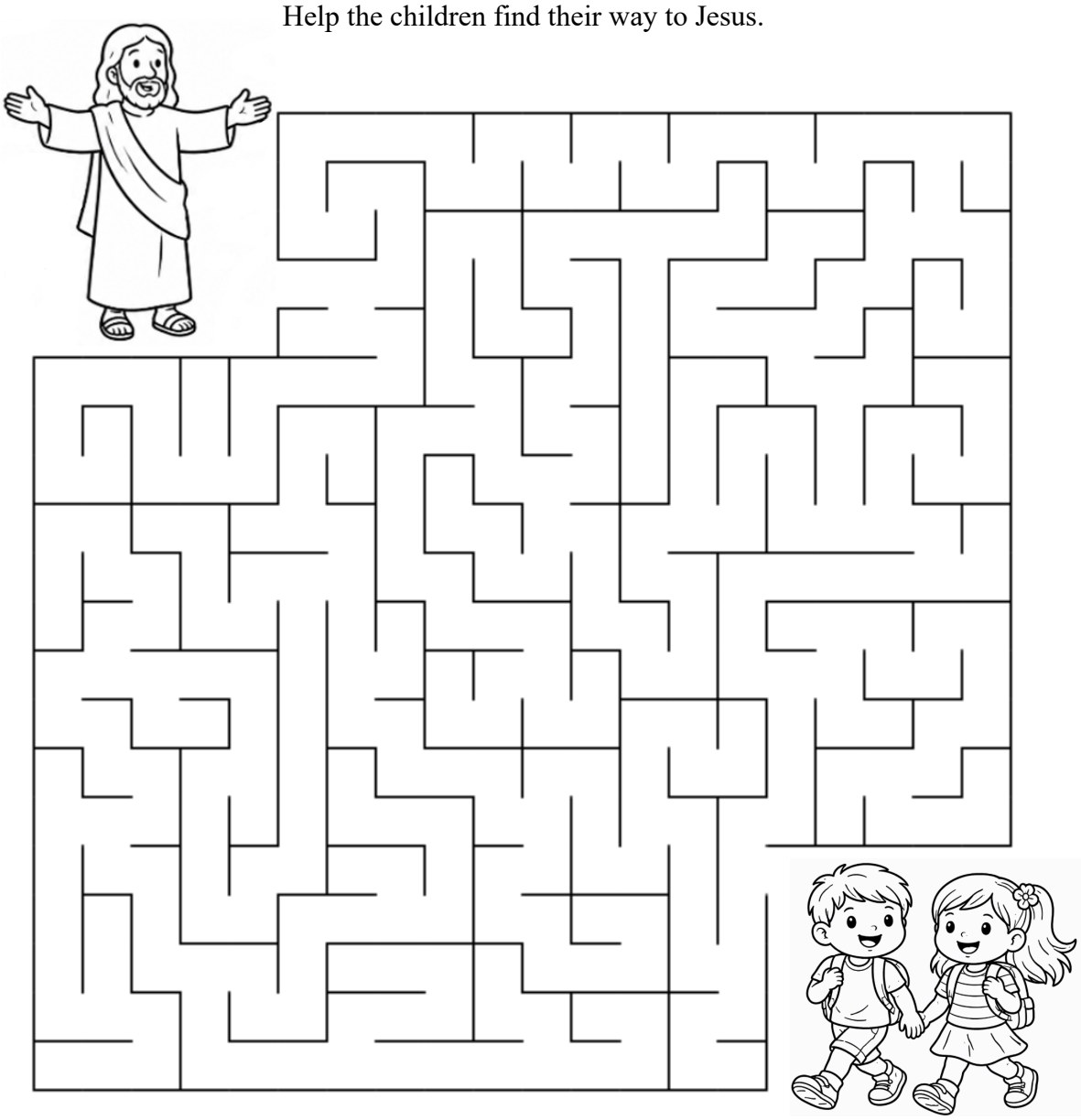
Jesus
Rest
Love
Peace

Pray
Help
God
Joy

Jesus Gives Us Rest

Sixth Sunday after Pentecost

Help the children find their way to Jesus.



Jesus Gives Us Rest

Sixth 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
			21														1							8	

21	19	25	9		3	19		25	9	,	20	16	16
8	19	12		17	24	19		20	1	9			
17	9	20	1	8		20	26	11		20	1	9	
21	20	1	1	8	23	26	4		24	9	20	13	8
14	12	1	11	9	26	6	,	20	26	11		23	
17	23	16	16		4	23	13	9		8	19	12	
1	9	6	3	.									

Jesus Gives Us Rest

Sixth Sunday after Pentecost

Draw something that makes you worried. Then draw a heart beside it to show that Jesus helps carry our worries.

Finish the Sentences.

Jesus gives me_____.

I can pray when _____.

I know Jesus loves me because _____

_____.

Crossword – Key:

Across	Down
2. Rest	1. Peace
5. Love	3. God
6. Jesus	4. Help
7. Pray	6. Joy

Cryptogram – Key:

Matthew 11:28

Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest.