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 – Eleventh Sunday after Pentecost (Year A).** Bible Verses: Genesis 37:1-4, 12-28; Psalm 105:1-6, 16-22, 45c; Romans 10:5-15; Matthew 14:22-33; Preface of the Lord's Day

✨ Sunday School Lesson Plan

Eleventh Sunday after Pentecost

Based on the Revised Common Lectionary

- Genesis 37:1–4, 12–28
- Psalm 105:1–6, 16–22, 45c
- Romans 10:5–15
- Matthew 14:22–33

Preface of the Lord's Day

Lesson Title

Keep Your Eyes on Jesus

Theme

Jesus is always with us, even when life feels scary.

Big Idea

When we trust Jesus and keep our eyes on him, he helps us through difficult times.

Lesson Focus for Kids

Children will learn that:

- Jesus is always near.
- We can trust Jesus when we are afraid.
- Prayer helps us remember that Jesus is with us.
- Jesus reaches out to help us whenever we need him.

Scripture Readings (Kid-Friendly Language)

Genesis 37:1–4, 12–28

Joseph's brothers became jealous because their father loved Joseph very much. They treated Joseph unfairly and sold him to travelers going to Egypt. Even though terrible things happened, God stayed with Joseph and later used him to help many people.

Psalm 105:1–6, 16–22, 45c

Remember the wonderful things God has done. Thank God, trust him, and tell others about his love.

Romans 10:5–15

Everyone who calls on the Lord can be saved. God wants us to share the Good News about Jesus with others.

Matthew 14:22–33

Jesus' friends were in a boat during a storm. Jesus came walking on the water toward them.

Peter stepped out of the boat to walk to Jesus. When Peter looked at the wind and waves, he became afraid and began to sink.

Peter cried out,

"Lord, save me!"

Jesus reached out his hand and helped Peter.

The disciples worshipped Jesus, saying,

"Truly you are the Son of God."

Welcome Activity

"Storm or Calm?"

Show pictures of:

- Calm water
- Stormy waves
- Rain
- Sunshine

Ask:

- Have you ever been in a big rainstorm?
- What helps you feel safe?
- Who helps you when you are afraid?

Explain:

Today's Bible story teaches that Jesus is with us during every storm.

Opening Prayer

Dear Jesus,

Thank you for loving us.
Thank you for always being near.
Help us trust you when we are afraid.
Teach us to keep our eyes on you.

Amen.

Circle Time

Object Lesson

Fill a shallow pan with water.

Place a toy boat on the water.

Gently blow across the water to make waves.

Ask:

- What happens when the waves get bigger?
- How do you think the disciples felt?
- Who came to help them?

Explain:

Jesus brings peace even when life feels stormy.

Memory Verse

Matthew 14:27

"Take courage! It is I. Don't be afraid."

Actions

Take courage — make strong muscles.

It is I — point to Jesus (or upward).

Don't be afraid — hug yourself with a smile.

Repeat together several times.

Bible Story Time

Jesus Walks on the Water

One evening Jesus' disciples sailed across the lake.

A strong wind began to blow.

Big waves splashed against the boat.

The disciples were frightened.

Early in the morning they saw someone walking on the water.

It was Jesus!

At first they were afraid.

Jesus called,

"Take courage! It is I. Don't be afraid."

Peter said,

"Lord, if it is really you, tell me to come."

Jesus answered,

"Come."

Peter stepped out of the boat.

He actually walked on the water!

But then Peter looked at the wind and waves.

He became afraid.

He began to sink.

Peter cried,

"Lord, save me!"

Immediately Jesus reached out his hand and lifted Peter up.

When they climbed into the boat, the wind stopped.

The disciples knew Jesus truly was God's Son.

Discussion Questions

- Where were the disciples?
- What was the weather like?
- Who walked on the water?
- Why did Peter begin to sink?
- What did Jesus do?
- What can we do when we feel afraid?

Craft Activity

Walking on Water Craft

Supplies

- Blue construction paper
- Brown paper boat
- Jesus figure
- Cotton balls
- Crayons
- Glue

Directions

1. Glue the boat onto blue paper.
2. Add cotton-ball clouds and waves.
3. Glue Jesus standing on the water.
4. Add Peter reaching toward Jesus.
5. Write:

"Jesus Helps Me When I'm Afraid."

Alternative Craft

Footsteps of Faith

Children decorate paper footprints.

On each footprint write:

- Trust
- Pray
- Love
- Courage
- Jesus

Arrange the footprints across blue paper "water."

Game

Walk to Jesus

Supplies

Blue paper or fabric for "water"

Stepping stones (paper circles)

Directions:

Children carefully step across the "water."

Halfway across, the teacher gently waves a blue scarf to represent wind.

Children say together:

"Jesus is with me!"

Continue walking until they reach a picture of Jesus.

Song Suggestions

Traditional

- Jesus Loves Me
- My God Is So Big
- He's Got the Whole World in His Hands

Action Songs

- This Little Light of Mine
- Father Abraham
- Deep and Wide

Reflection Songs

- Be Still and Know
- Open Our Eyes, Lord

Snack Suggestions

Boat Snack

- Banana halves
- Graham cracker "boats"
- Pretzel stick mast
- Cheese sail

Ocean Snack

- Blue gelatin cups
- Fish crackers

Courage Trail Mix

- Pretzels
- Goldfish crackers
- Raisins
- Cheerios

Wrap-Up & Reflection

Ask:

- What helped Peter walk on the water?
- Why did Peter sink?
- Who helped Peter?
- What can we do when we are worried?

Give each child a paper life ring.

Write:

"Jesus Is Always With Me."

Encourage children to keep it at home.

Closing Prayer

Dear Jesus,

Thank you for always being with us.
Help us trust you every day.
When we feel afraid, remind us that you are near.
Help us keep our eyes on you.

Amen.

Take-Home Idea

Family Faith Challenge

During the week:

Each evening ask:

"What made you happy today?"

"What made you worried today?"

Finish by praying:

"Jesus, thank you for being with us through every storm. Help us trust you. Amen."

Teacher Notes

Main Teaching Points

- Jesus is stronger than every storm.
- Trust grows when we keep our eyes on Jesus.
- Prayer reminds us that Jesus is near.
- Jesus always reaches out to help us.

About Joseph

Young children may wonder why Joseph's brothers were so unkind. Emphasize:

- Jealousy can lead to poor choices.
- God never left Joseph.
- God can bring good even from difficult situations.
- We should choose kindness instead of jealousy.

Anglican Connection

The **Preface of the Lord's Day** reminds us that Christians gather every Sunday to hear God's Word, pray together, and receive Christ's strength for the week ahead. Just as Jesus reached out his hand to Peter, he continues to strengthen us through worship, prayer, and Holy Communion.

Lesson Summary

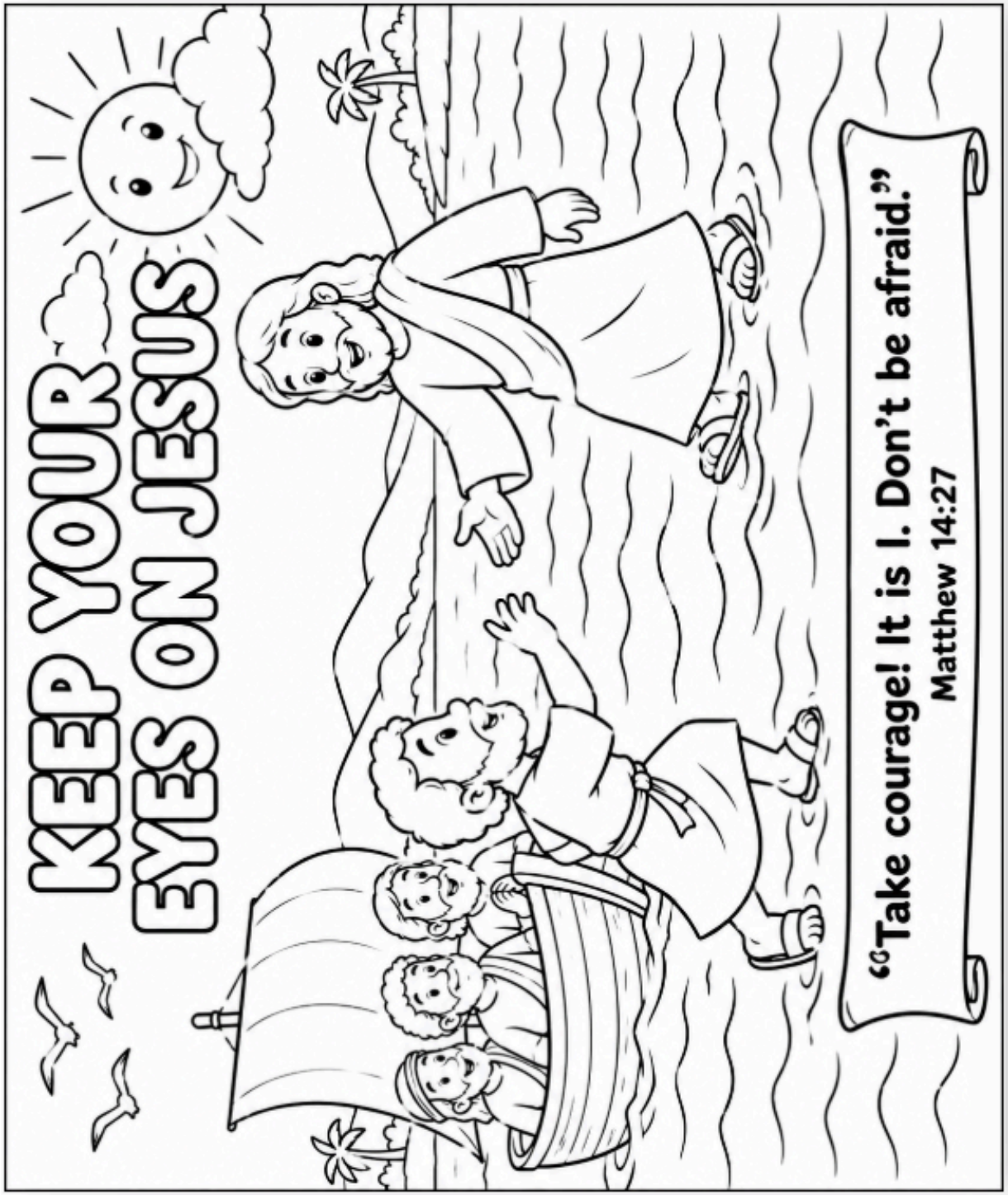
Main Message

Jesus is always with us. When we trust him and keep our eyes on him, he gives us courage and helps us through every storm.

Other Idea Links

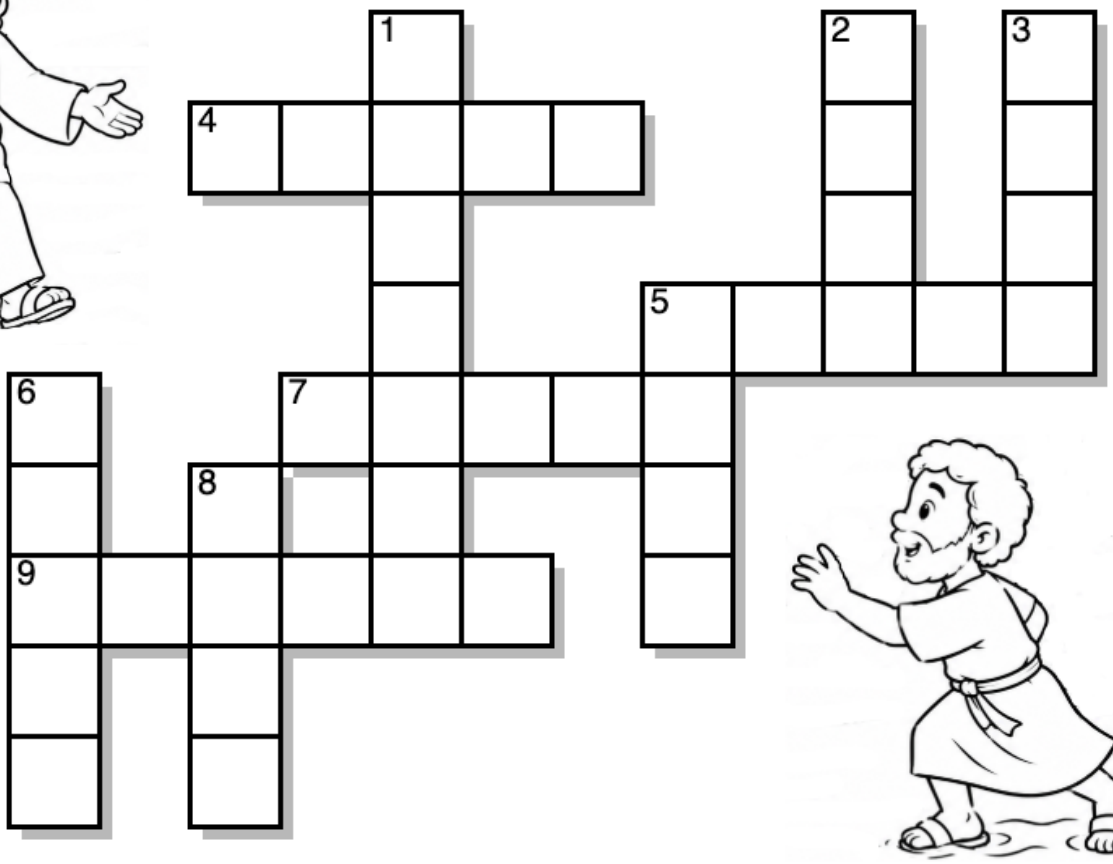
Keep Your Eyes on Jesus

Eleventh Sunday after Pentecost



Keep Your Eyes on Jesus

Eleventh Sunday after Pentecost



ACROSS

4 Wind and Rain
5 A disciple
7 Aqua
9 Afraid

DOWN

1 Bravery
2 Ship
3 Close
5 Talk to God
6 Saviour
8 Stride

Keep Your Eyes on Jesus

Eleventh Sunday after Pentecost

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

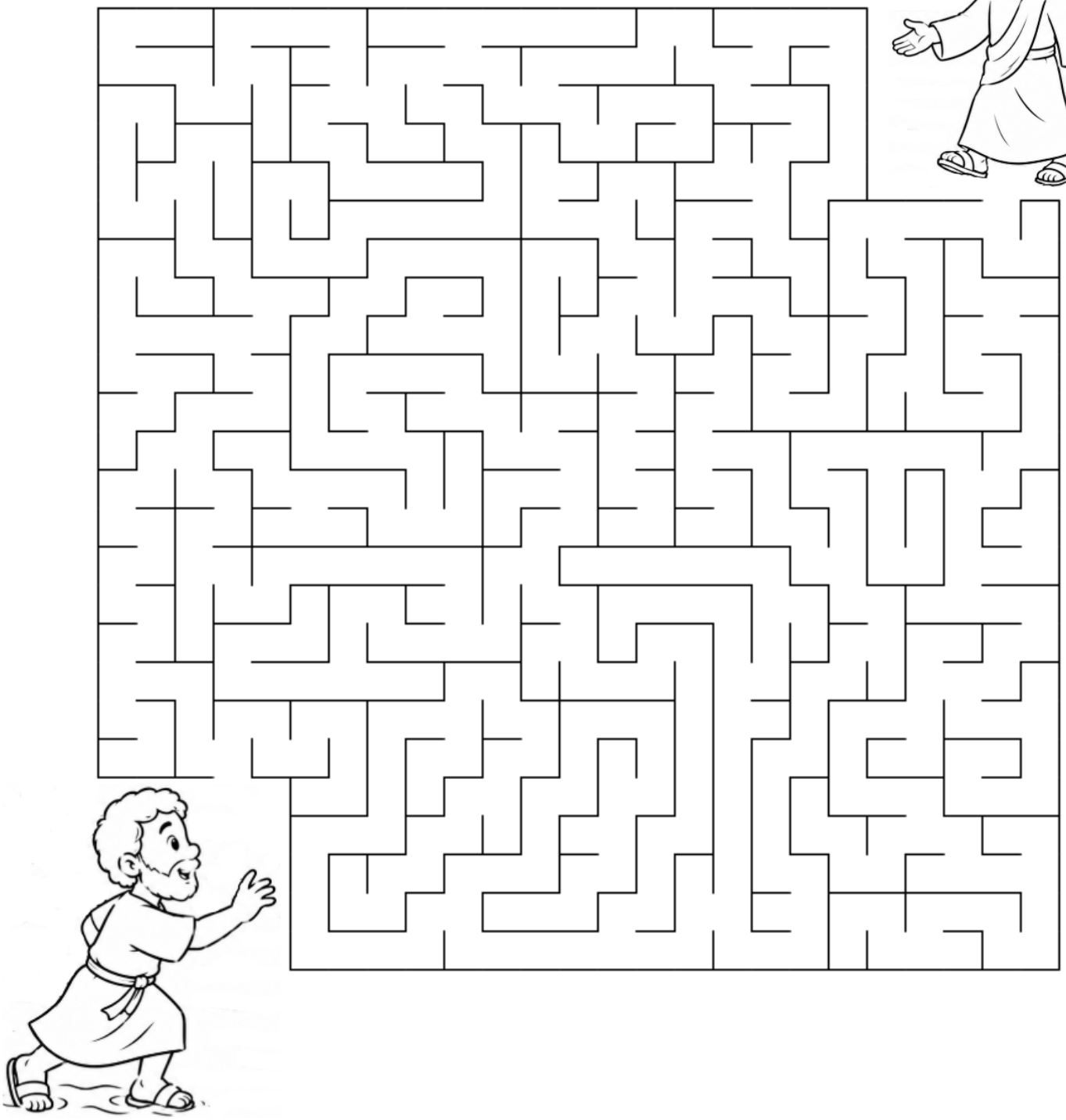
Jesus
Peter
Storm
Boat
Scared

Near
Pray
Courage
Water
Walk

Keep Your Eyes on Jesus

Eleventh Sunday after Pentecost

Help Peter walk safely to Jesus.



Keep Your Eyes on Jesus

Eleventh Sunday after Pentecost

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5	17	12	17	25		9	13	11	15	17	25	17	22
26	19	2	, “	23	6	25	22	,	19	18		19	12
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Keep Your Eyes on Jesus

Eleventh Sunday after Pentecost

Draw yourself doing something brave with Jesus beside you.

Keep Your Eyes on Jesus

Eleventh Sunday after Pentecost

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

Words to Use

afraid boat climbed Come courage disciples hand Jesus lake Peter save sink stopped walking waves wind

Jesus Walks on Water

One evening Jesus' _____ sailed across the _____. A strong _____ began to blow. Big waves splashed against the _____. The disciples were frightened. Early in the morning they saw someone _____ on the water. It was _____! At first, they were _____.

Jesus called, "Take _____! It is I. Don't be afraid."
Peter said, "Lord, if it is really you, tell me to come."
Jesus answered, “_____."
_____ stepped out of the boat. He walked on the water! But then Peter looked at the wind and _____. He became afraid. He began to _____. Peter cried, “Lord, _____ me!"
Immediately Jesus reached out his _____ and lifted Peter up. When they _____ into the boat, the wind _____. The disciples knew Jesus truly was God's Son.

Crossword – Key:

Across	Down
4. Storm	1. Courage
5. Peter	2. Boat
7. Water	3. Near
9. Scared	5. Pray
	6. Jesus
	8. Walk

Cryptogram – Key:

Matthew 14:28-29

Peter answered him, “Lord, if it is you, command me to come to you on the water.” He said, “Come.” So Peter got out of the boat, started walking on the water, and came toward Jesus.

Fill in the Blanks Story – Key

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