

EQUIPPING THE SAINTS

A lectionary-based Sunday school curriculum for Pre-K through High School



**FIRST
SUNDAY
IN LENT,
YEAR A**

A free resource created by the Christian Education Commission
of the Anglican Diocese of Fort Worth

Sunday School Curriculum for the First Sunday in Lent, Year A

Lectionary Texts:

Genesis 2:4-9, 15-17, 25-3:7

Psalm 51 or Psalm 51:1-12

Romans 5:12-21

Matthew 4:1-11

Genesis 2:4-9, 15-17, 25-3:7

⁴ Here is the story of the heavens and the earth when they were created.

The LORD God made the earth and the heavens. ⁵ At that time, bushes had not appeared on the earth. Plants had not come up in the fields. The LORD God had not sent rain on the earth. And there wasn't any man to work the ground. ⁶ But streams came up from the earth. They watered the whole surface of the ground.

⁷ Then the LORD God formed a man. He made him out of the dust of the ground. He breathed the breath of life into him. And the man became a living person.

⁸ The LORD God had planted a garden in the east. It was in Eden. There he put the man he had formed. ⁹ The LORD God made all kinds of trees grow out of the ground. Their fruit was pleasing to look at and good to eat.

The tree that gives life forever was in the middle of the garden. The tree that gives the ability to tell the difference between good and evil was also there.

¹⁵ The LORD God put the man in the Garden of Eden. He put him there to work its ground and to take care of it.

¹⁶ The LORD God gave the man a command. He said, "You can eat the fruit of any tree that is in the garden. ¹⁷ But you must not eat the fruit of the tree of the knowledge of good and evil. If you do, you can be sure that you will die."

²⁵ The man and his wife were both naked. They didn't feel any shame.

Adam and Eve Fall Into Sin

³ ¹The serpent was more clever than any of the wild animals the LORD God had made. The serpent said to the woman, "Did God really say, 'You must not eat the fruit of any tree that is in the garden'?"

² The woman said to the serpent, “We can eat the fruit of the trees that are in the garden. ³ But God did say, ‘You must not eat the fruit of the tree that is in the middle of the garden. Do not even touch it. If you do, you will die.’”

⁴ “You can be sure that you won’t die,” the serpent said to the woman. ⁵ “God knows that when you eat the fruit of that tree, you will know things you have never known before. You will be able to tell the difference between good and evil. You will be like God.”

⁶ The woman saw that the fruit of the tree was good to eat. It was also pleasing to look at. And it would make a person wise. So she took some of the fruit and ate it. She also gave some to her husband, who was with her. And he ate it.

⁷ Then both of them knew things they had never known before. They realized they were naked. So they sewed fig leaves together and made clothes for themselves.

Psalm 51:1-13

For the director of music. A psalm of David when the prophet Nathan came to him after David had committed adultery with Bathsheba.

- ¹ God, show me your favor
in keeping with your faithful love.
Because your love is so tender and kind,
wipe out my lawless acts.
- ² Wash away all of the evil things I’ve done.
Make me pure from my sin.
- ³ I know the lawless acts I’ve committed.
I can’t forget my sin.
- ⁴ You are the one I’ve really sinned against.
I’ve done what is evil in your sight.
So you are right when you sentence me.
You are fair when you judge me.
- ⁵ I know I’ve been a sinner ever since I was born.
I’ve been a sinner ever since my mother became pregnant with me.
- ⁶ I know that you want truth to be in my heart.
You teach me wisdom deep down inside me.
- ⁷ Make me pure by sprinkling me with hyssop plant. Then I will be clean.
Wash me. Then I will be whiter than snow.
- ⁸ Let me hear you say, “Your sins are forgiven.”
That will bring me joy and gladness.
Let the body you have broken be glad.
- ⁹ Take away all of my sins.
Wipe away all of the evil things I’ve done.
- ¹⁰ God, create a pure heart in me.
Give me a new spirit that is faithful to you.
- ¹¹ Don’t send me away from you.

- Don't take your Holy Spirit away from me.
- ¹² Give me back the joy that comes from being saved by you.
Give me a spirit that obeys you. That will keep me going.
- ¹³ Then I will teach your ways to those who commit lawless acts.
And sinners will turn back to you.
- ¹⁴ Deliver me from bloodguiltiness,^[a] O God,
thou God of my salvation,
and my tongue will sing aloud of thy deliverance.
- ¹⁵ O Lord, open thou my lips,
and my mouth shall show forth thy praise.
- ¹⁶ For thou hast no delight in sacrifice;
were I to give a burnt offering, thou wouldst not be pleased.
- ¹⁷ The sacrifice acceptable to God^[a] is a broken spirit;
a broken and contrite heart, O God, thou wilt not despise.
- ¹⁸ Do good to Zion in thy good pleasure;
rebuild the walls of Jerusalem,
- ¹⁹ then wilt thou delight in right sacrifices,
in burnt offerings and whole burnt offerings;
then bulls will be offered on thy altar.

Romans 5:12-21

Death Through Adam, Life Through Christ

- ¹² Sin entered the world because one man sinned. And death came because of sin. Everyone sinned, so death came to all people.
- ¹³ Before the law was given, sin was in the world. But sin is not judged when there is no law. ¹⁴ Death ruled from the time of Adam to the time of Moses. Death ruled even over those who did not sin as Adam did. He broke God's command. But he also became a pattern of the One who was going to come.
- ¹⁵ God's gift is different from Adam's sin. Many people died because of the sin of that one man. But it was even more sure that God's grace would also come through one man. That man is Jesus Christ. God's gift of grace was more than enough for the whole world.
- ¹⁶ The result of God's gift is different from the result of Adam's sin. God judged one sin. That brought guilt. But after many sins, God's gift made people right with him.
- ¹⁷ One man sinned, and death ruled because of his sin. But we are even more sure of what will happen because of what the one man, Jesus Christ, has done. Those who receive the rich supply of God's grace will rule with Christ in his kingdom. They have received God's gift and have been made right with him.

¹⁸ One man's sin brought guilt to all people. So also one right act made all people right with God. And all who are right with God will live. ¹⁹ Many people were made sinners because one man did not obey. But one man did obey. That is why many people will be made right with God.

²⁰ The law was given so that sin would increase. But where sin increased, God's grace increased even more. ²¹ Sin ruled because of death. So also grace rules in the lives of those who are right with God. The grace of God brings eternal life because of what Jesus Christ our Lord has done.

Matthew 4:1-11

Jesus Is Tempted

⁴ The Holy Spirit led Jesus into the desert. There the devil tempted him. ² After 40 days and 40 nights of going without eating, Jesus was hungry.

³ The tempter came to him. He said, "If you are the Son of God, tell these stones to become bread."

⁴ Jesus answered, "It is written, 'Man doesn't live only on bread. He also lives on every word that comes from the mouth of God.'" (Deuteronomy 8:3)

⁵ Then the devil took Jesus to the holy city. He had him stand on the highest point of the temple. ⁶ "If you are the Son of God," he said, "throw yourself down. It is written,

"The Lord will command his angels to take good care of you.

They will lift you up in their hands.

Then you won't trip over a stone.'" (Psalm 91:11,12)

⁷ Jesus answered him, "It is also written, 'Do not put the Lord your God to the test.'" (Deuteronomy 6:16)

⁸ Finally, the devil took Jesus to a very high mountain. He showed him all the kingdoms of the world and their glory. ⁹ "If you bow down and worship me," he said, "I will give you all of this."

¹⁰ Jesus said to him, "Get away from me, Satan! It is written, 'Worship the Lord your God. He is the only one you should serve.'" (Deuteronomy 6:13)

¹¹ Then the devil left Jesus. Angels came and took care of him.

Overview of the Texts:

The dominant theme in today's texts is a contrast between obedience and disobedience. In our text from Genesis we see the account of man's first disobedience,

how Eve was tempted and Adam fell. St. Paul then gives us a theological exposition of the result of this disobedience. Disobedience brought death into the world and the subsequent need for a perfectly obedient man, our Lord Jesus Christ, the New Adam, to correct this fault. Finally, we see in the Holy Gospel the obedience of Christ to His Father in his rejection of Satan's temptations. On a practical level, the psalm helps to bring home for us our own return to obedience, which leads to joy and salvation, through humble penitence, and the renewing of our souls by the Holy Ghost.

Pre-K/Kindergarten Lesson Plan:

Opening Prayer: Lord's Prayer

Supplies & Preparation: None

Discussion:

- Ask your students if their parents have ever asked them to do something.
- Are they supposed to do what their parents tell them?
- Have they ever not done something they were asked or have done something their parents asked them not to do?
- Give a recap of the Lesson from Genesis. *God told them not to eat the fruit, the serpent deceived them, they ate the fruit.*
- Discuss the disobedience of Adam and Eve as being like that of children who disobey their parents. We know the expectations, but for some reason we choose to disobey.
- Read the Gospel lesson.
- What is the difference between Adam and Eve and Jesus. *Unlike Adam and Eve, Jesus didn't give in to the temptations and told Satan to go away.*
- We need to follow Jesus and do what God expects of us, including being obedient to our parents, and being able to say no to Satan and to temptation.
- But, since we are not perfect like Jesus was, we have to say that we are sorry whenever we disobey. We have to say we're sorry to God just like we say we're sorry to our parents.

Activity:

Play a game of Simon Says, with a twist. This will go like a normal game of Simon Says, but when a player does something Simon doesn't say, they can get back in the game by apologizing to Simon. The point is to have as many players in the game at the end as possible. As you play make sure your students know that the goal of the game and the goal of Jesus is to have as many winners as possible. With Jesus the prize is heaven! Play several rounds and then close in prayer.

Closing Prayer: Lord's Prayer

Elementary Lesson Plan:

Opening Prayer: Lord's Prayer, Hail Mary, Glory Be

Supplies & Preparation: None

Discussion:

- Ask your students if their parents have ever asked them to do something.
- Are they supposed to do what their parents tell them?
- Have they ever not done something they were asked or have done something their parents asked them not to do?
- Give a recap of the Lesson from Genesis. *God told them not to eat the fruit, the serpent deceived them, they ate the fruit.*
- Discuss the disobedience of Adam and Eve as being like that of children who disobey their parents. We know the expectations, but for some reason we choose to disobey.
- Read the Gospel lesson.
- What is the difference between Adam and Eve and Jesus. *Unlike Adam and Eve, Jesus didn't give into the temptations and told Satan to go away.*
- Discuss the various ways we are tempted in our lives.
 - Ask your students about some of the things that tempt them.
 - *Taking something we want that isn't ours.*
 - *Playing when we should be doing other things.*
 - *Pushing or hitting someone when we are upset.*
 - *Being disrespectful to parents or other adults.*
- We need to follow Jesus and do what God expects of us, including being obedient to our parents, and being able to say no to Satan and to temptation.
- But, since we are not perfect like Jesus was, we have to say that we are sorry whenever we disobey. We have to say we're sorry to God just like we say we're sorry to our parents.

Activity:

Play a game of Simon Says, with a twist. This will go like a normal game of Simon Says, but when a player does something Simon doesn't say, they can get back in the game by apologizing to Simon. The point is to have as many players in the game at the end as possible. As you play make sure your students know that the goal of the game and the goal of Jesus is to have as many winners as possible. With Jesus the prize is heaven! Play several rounds and then close in prayer.

Closing Prayer: The Collect of the Day

Junior & Senior High Lesson Plan:

Opening Prayers: Lord's Prayer, Apostles' Creed, Hail Mary

Supplies & Preparation:

Supplies: A list of the Seven Deadly Sins (pride, gluttony, lust, envy, greed, wrath, sloth)
whiteboard/newsprint, markers

Preparation: None

Discussion:

- Read the Gospel lesson.
- On the whiteboard make a list of the different temptations that Jesus faced.
- Without looking at the list, try and get the students to come up with as many of the seven deadly sins (7DS) as possible and write them down across from Jesus' temptations.
- If the students can't come up with all of the 7DS, finish the list for them.
- Now have a discussion about which temptations correspond with the 7DS.
 - These will not all be completely clear-cut.
 - Stones to bread = sloth (provision without effort), lust (lack of discipline in fasting)
 - Throw self from temple = pride (proving his true identity)
 - All the kingdoms of the world = gluttony (excess), greed (excess)
- The 7DS are also called the capital or cardinal sins in that they are the source of all other sins. All sins can trace their ultimate origin in these categories. Prove this by having the students name all different kinds of sins. Show them which category each fits in. Sometimes you have to be creative in your thinking, but they all fit somewhere in these seven.
- Ultimately, pride is the king of all the Deadly Sins. All sin ultimately comes from pride just as it was pride that led Eve and Adam to disobey God. If any of the sins the children suggest seem hard to classify, you can always make them fit into the pride category in some way. Pride places oneself above God.
- Discuss some of the various ways in which your students find themselves tempted (or the temptations that are in the world, to be a little less personal) using the 7DS as a guide.

Closing Prayer: Collect of the Day

PRIDE

GLUTTONY

ENVY

SLOTH

GREED

WRATH

LUST