Preschool–Grade 6

The Transfiguration

Sunday School Lesson for Preschool (Ages 3–5), 20–30 minutes

Main point: I can listen to Jesus.
Bible passage: Matthew 17:1–9. Read it yourself before class.
Memory verse: "hear ye him" *Matthew 17:5 (KJV)*. The old words mean: **hear ye him** is "listen to Him," to Jesus.
You need: a Bible, a flashlight, a white sheet of paper or a white cloth, crayons, and one take-home sheet for each child.
Before class: put a bookmark in your Bible at Matthew 17. Check that the flashlight works.

1. Opening game: Shine! (5 minutes)

Hold up the white paper or cloth. Turn the flashlight on and shine it on the white. Say "Shine!" and the kids say "Shine!" back. Turn it off: "Dark!" Turn it on: "Shine!" Let each child have a turn to shine the light. Say: "Today we will hear a true story about a day when Jesus' face shone like the sun!"

2. Bible story (5 minutes)

Hold up your Bible open to Matthew 17. Say: "This story is true. It is in God's Word." Read each line slowly and do the motion. When you see **Say it with me**, the kids say the line back to you.

Jesus took three friends: Peter, James and John (Matthew 17:1). *(Hold up three fingers.)*
They went up a high mountain (17:1). *(Climb in place.)*
Jesus' face shone like the sun (17:2). *(Open your hands wide around your face.)*
His clothes were white as light (17:2). *(Wiggle your fingers like sparkles.)*
Say it with me: "Jesus shines!"
Moses and Elias came and talked with Jesus (17:3). *(Hands open, like talking.)*
A bright cloud came over them (17:5). *(Make a big cloud with your arms over your head.)*
A voice said, "hear ye him." That means, listen to Jesus (17:5). *(Cup your hand by your ear.)*
Say it with me: "Listen to Jesus!"
The disciples were scared. They fell down (17:6). *(Crouch down low.)*
Jesus touched them. He said, "Arise, and be not afraid" (17:7). That means, Get up. Don't be afraid. *(Jump up!)*
They looked up and saw only Jesus (17:8). *(Hand over your eyes, look up.)*
Say it with me: "Jesus only!"

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3. Questions to ask (3 minutes)

1. Where did Jesus take Peter, James and John? *(Up a high mountain, Matthew 17:1)*
2. What did Jesus' face look like? *(It shone like the sun, 17:2)*
3. Who did the voice say to listen to? *(Jesus, 17:5)*

4. Memory verse (3 minutes)

Say: "The voice said, 'hear ye him.' That means, 'Listen to Jesus.'" Teach the motion: cup a hand by your ear on "hear ye," then point up on "him." Say the verse with the motion three times: in a normal voice, in a whisper, and in a happy loud voice. Then say "Matthew 17:5" and clap three times.

5. What this means for us (3 minutes)

Say: "God loves you! Everyone has done wrong things. That is called sin (Romans 3:23). Jesus is God. He came to earth as a man (1 Timothy 3:16). Jesus died for our sins. He was buried. Then He rose again (1 Corinthians 15:3–4)! The Bible tells us what to do (Acts 2:38). We repent: we tell God we are sorry, and we stop doing wrong. We are baptized in Jesus' name, down under the water, and our sins are washed away. And God gives us the Holy Ghost. That is God's own Spirit in us. When people are filled with the Holy Ghost, they speak in other tongues, words God gives them (Acts 2:4)."
Pray with the kids, and encourage them to talk with their parents and pastor about being baptized in Jesus' name and filled with the Holy Ghost. Never pressure a child.

6. Activity: Bright Mountain (5–10 minutes)

Give each child a take-home sheet. In the drawing box, help them draw a big mountain with a bright cloud above it. They color the cloud's edge and add bright yellow lines of light. While they color, ask: "Who went up the mountain? Who do we listen to?" Kids who finish early can take turns shining the flashlight and saying, "Jesus shines!"

7. Prayer

Say each line, and the kids say it after you:
"Thank You, Jesus, for being so bright and good.
Help me listen to You. In Jesus' name, amen."

Tips for little ones: keep the story moving. If they get wiggly, do the "fell down" and "Jump up!" motions again. Don't shine the flashlight in anyone's eyes. Send the take-home sheet home so parents can tell the story again this week.

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