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The Angel Visits Mary

Scripture: Luke 1:26-56

Theme: God keeps His promises — Jesus is coming!

4th-6th Grade (Ages 9-11)

Free curriculum for small and rural churches

Lesson Overview

Sunday School Lesson Overview: "The Angel Visits Mary" (Luke 1:26-56) , "God Keeps His Promises" Introduction (Engage & Connect) Begin with a simple question: "If God had promised something big to you, how would you feel if He kept it?" Walk in faith together, Mary didn't know how this would unfold, but she trusted God anyway. Share that even when plans feel unclear, God's promises (like Jesus' coming!) are always true. --- Lesson (Explore & Discover) Mary was a young woman who worked in her family's home, probably dreaming of a quiet life. One day, an angel named Gabriel showed up, not in a flashy way, but with a bold message: "God has chosen YOU to be the mother of His Son!" Mary asked questions (like "How?"), showing she was thoughtful. Gabriel reassured her, "Nothing is impossible with God!", a reminder that God works in surprising, powerful ways (think Joseph's quiet courage, or how His plan later included shepherds and wise men). The angel also told Mary about Jesus' role: He'd save people from their sins. Mary's response was bold: "Yes, let it happen!" She didn't wait for permission or see a grand plan, she trusted God's timing. This is key for us: When God asks us to step out of our comfort zones (like sharing our faith, being kind, or even trusting Him with hard choices), we can say "Yes" like Mary did! --- Key Takeaway (Reflect & Apply) God's promises, like Jesus' birth, aren't just about the past. They're a present invitation to live faithfully today! Mary's "Yes" changed everything, but it also started with her choosing to trust God fully. Personal question for kids: "Where have you trusted God with something small today? How did it feel?" For older kids, tie it to their own lives: "Jesus came to save us, how can we share that hope with someone this week?" --- Closing (Encourage & Send Off) End with a simple act of worship: Play "O Come, All Ye Faithful" or "We Three Kings." Share that even though Mary didn't understand everything, she believed, and so should we! Remind them: "God doesn't ask us to see the whole story, just to trust Him with the next step." Praise them for their courage, then pray together: "Lord, help us to say 'Yes' like Mary when You ask us to trust You." --- Deeper Questions for Discussion (Teacher Tip): - "Why do you think Mary asked Gabriel questions?" (To understand, not doubt!) - "How would you react if God asked you to do something you didn't understand?" - "What's one 'impossible' thing God has already done in your life?" Encouragement for Volunteers: This lesson thrives on heartfelt faith, keep it warm, relatable, and full of hope! The story of Mary's "Yes" is

a reminder that God's love is bigger than our plans. Celebrate their curiosity and willingness to trust! Optional reflection: children can draw a picture of Jesus helping their friends, then share one way they can help someone else this week. This extra activity supports the lesson's theme and gives teachers a simple, lowprep option for extending the discussion.

Bible Story

The Angel Visits Mary , A Sunday School Story

Long ago, in a small town called Nazareth, there lived a young woman named Mary. She was engaged to a man named Joseph and was preparing to marry him. But God had a special plan for her. One day, the angel Gabriel appeared to Mary in a dream. Gabriel was a powerful messenger of God, and he had a wonderful message for her. He said, "Greetings, highly favored one! The Lord is with you. Blessed are you among women!" (Luke 1:28). Mary was surprised and a little scared, but she quickly said, "Here I am, the servant of the Lord. Let it be with me as you have said." (Luke 1:38). This was the first step in a miracle God had prepared for her.

Meanwhile, Mary's cousin Elizabeth was also pregnant, but she was very old and no one expected a baby. One day, Mary hurried to visit her. When Elizabeth heard Mary's voice, something amazing happened, Elizabeth's baby kicked inside her belly, and she rejoiced. Elizabeth told Mary, "You are the mother of my Lord!" (Luke 1:43). The baby in Elizabeth's womb leapt for joy, and Elizabeth praised God for what He had done. Mary listened and was filled with wonder. She sang a song called the Magnificat, thanking God for His kindness. This was her way of saying, "My soul magnifies the Lord!" (Luke 1:46).

Mary understood that God was doing something big through her. She wasn't used to being the center of attention, but she trusted God completely. Her song showed how she felt, joyful, grateful, and excited about the future. Elizabeth also knew something special was happening because of Mary's presence. Mary and Elizabeth spent time together, sharing stories of faith, and both learned that God's plans often surprise us.

Reflection Questions: 1. How did Mary feel when Gabriel first appeared to her? What does that tell us about trusting God even when things seem scary? 2. What did Mary and Elizabeth learn from each other about God's love? 3. How can we be like Mary and Elizabeth, open to God's surprises and trusting when things are new?

Personal Application: This story teaches us that God calls people in unexpected ways. Just like Mary, we can feel small or unsure, but God wants to use us in big ways. Next time we feel nervous about something, we can remember that God's plan is always good. Let's pray together, "Lord, help us trust You like Mary did, even when we don't understand."

Why This Story Matters: Mary's story shows that God doesn't always act in the way we expect, sometimes He uses a young girl in a quiet town to bring His greatest plan to life. Her courage and faith remind us that we can trust God with our future, no matter how it starts.

Key Verse

Luke 1:31 , 'You will conceive and give birth to a son, and you are to call Him Jesus.'

This is a special, beautiful message from God through the Bible. Let's look at it together, just like a story about God's big surprise for the family of Jesus! --- God often sends messages that feel like a gift, just like when someone leaves a kind note in your book or gives you a sweet treat. The Bible tells us that God had a very special plan for a woman named Mary. One day, Mary heard the most amazing news: "You will conceive and give birth to a son, and you are to call Him Jesus." This isn't just any baby, this baby is God's Son, the Savior of the world! Mary was so surprised that she asked, "How can this be?" because she was a young girl, and even her mom didn't understand how she could get pregnant without a husband. But God had a plan, and He always keeps His promises. God's big plan was like a story with a twist. He chose Mary, who was kind, obedient, and full of wonder, to be the mother of His Son. This means that Mary trusted God completely, even when things didn't make sense. She said "yes" to God's call, just like a hero in a story who takes a big step of faith. Mary's choice teaches us that

God calls people to do things that seem impossible, like healing, courage, or even just being kind, but when we say "yes" to Him, He makes a way. How do you think Mary felt when she heard this news? Was she scared? Overwhelmed? Or maybe full of excitement? God's Son, Jesus, would change everything. He would be the light for people who felt lost or afraid, the one who would take away sin (the wrong things we do that hurt us or others), and show us how to love God and each other. Mary knew this baby would grow up to help others, but she also knew she had to trust God fully, even when she couldn't understand how it would happen. Her story reminds us that God calls us to do big things, like sharing kindness, standing up for what's right, or even just believing that He's in control, even when things feel hard. Mary's choice to say "yes" is one of the most important lessons we can learn. God doesn't always explain how things work, but He always loves us. Just like Mary, we can trust God when we don't know what to do. Maybe you've faced a big question or challenge, like "How will I pass this test?" or "Will I ever feel good about myself?" God wants us to trust Him, just like Mary trusted Him. What's one way you can say "yes" to God this week, even if it feels hard? Finally, Mary's story shows us that God's plans are always good, even if they don't seem that way at first. She and her husband, Joseph, both had to wait and trust God's timing. Sometimes, like Joseph and Mary, we have to wait for answers or face unexpected surprises. But God loves us so much that He never leaves us without hope. The next time you feel unsure or scared, remember Mary's example: "Trust God, even when you don't understand. He's got you!" How can you thank God for the way He guides you today?

Activities

Activity 1:

Students create visual representations of Mary's "yes" to God's plan while exploring how faith looks like in their own lives.

1. Introduce the Story (2 min): Read Luke 1:26, 56 aloud, focusing on how God chose Mary to be the mother of Jesus. Ask: "How do you think Mary felt when the angel told her the news?" (Discuss wonder, fear, and trust.)
2. Design a Scene (5 min): Each student picks a small piece of paper (e.g., a cloud, star, or scroll) to glue down. They draw or cut out another shape to represent Mary's response, e.g., a heart (love), a book (learning), or a cross (commitment). Leave space for their

Activity 2:

Students work in teams to act out key parts of the angel's visit while writing down what Mary learned, fostering empathy for her perspective.

Supplies needed:

- *"How would you answer the angel's question: 'Why are you so surprised?'"*
1. Pair Up (3 min): Split students into teams of 3, 4. Assign one to be the "angel," one the "Mary," and one the "helper" (to pass notes or prompt actions).
 2. Act It Out (5 min): Using index cards, write prompts (e.g., "Angel: 'Greetings, favored one!'" or "Mary: 'How can this be?'").
 3. The angel delivers the news, Mary reacts, and the helper helps them understand (e.g., "God is big enough to handle this!").
 4. Write the Lesson (5 min): On a shared board, the team writes 3, 4 things they learned from Mary's story (e.g., "God chooses the unexpected," "Trust can change the world"). Ask: "Where have you felt God's 'yes' in your life?"
 5. Why These Work:
 6. Both activities blend creativity and reflection, letting kids explore Mary's faith and their own.
 7. The collage connects art to personal faith, while the story chain builds teamwork and empathy.

Discussion Questions

- Here are four open-ended discussion questions designed for upper elementary students (ages 9, 11) about The Angel Visits Mary (Luke 1:26, 56). These questions encourage reflection, deeper thought, and personal connection to the story while allowing for creative responses:
- Faith and Trust in Unexpected Ways
 - In the story, Mary receives a message from God that she will be the mother of Jesus, and she trusts God even though it seems impossible. How do you think Mary felt when the angel first told her? Do you think she was scared, excited, or confused? Why? How can we trust God with things in our own lives that might feel surprising, difficult, or impossible? Give an example of a time when you had to trust someone or something new, even if it didn't seem easy at first.
- Choosing God Over Fear
 - The angel tells Mary that her cousin Elizabeth will be blessed, but Mary also thinks about her own family, like her parents, Joseph, and other people who might not understand or support her choice. How do you think Mary felt when she realized she would have to tell others about her pregnancy? Do you think she felt worried about how they would react? How can we honor God's plan even when it's hard to explain to others? Have you ever had to share something important about your faith or life with someone? How did it feel?
- Singing Praise and Thankfulness
 - At the end of the story, Mary sings a song called the Magnificat, thanking God for his kindness. She praises him for helping the poor, giving hope to the lost, and lifting up those who are lowly. How does Mary's song make you feel? Do you think she was happy, thankful, or even a little nervous? Why? The song is a great reminder that we can thank God even in the middle of big changes. Have you ever felt like God has done something amazing for you, even in a small way? What did you do to thank him?
- How Can We Be Like Mary?
 - Mary chose to trust God, even when she didn't fully understand what was happening. She honored his plan, even when it was hard. Who is someone in the Bible or in real life who also trusted God in a big way? Can you think of a time when you've done something similar, like believing God for something even when it seemed hard? How did it feel? Why do you think Mary and others like her are important examples for us today? What can we learn from her to help us trust God more in our own lives?
 - These questions encourage students to explore emotions, faith, trust, and personal connections to the story. They also invite them to reflect on how Mary's example can inspire them in their own lives.

Prayer Focus

Here's a heartfelt and age-appropriate prayer focus for your upper elementary class on The Angel Visits Mary (Luke 1:26, 56): --- "Dear God, Thank You for sending angels to share Your love with us. Today, we remember how Mary was told the most amazing news, that You would keep Your promise in her life. Just like Mary, we sometimes feel surprised, scared, or excited when God shows up in big ways. Help us trust You, even when things seem strange or hard. Remind us that You love us so much that You want to be part of our stories, just like You did with Mary. Give us hearts like hers, open to Your surprises and ready to believe in Your goodness. When we feel unsure about big decisions, like Mary did, help us ask for courage. And when we feel like running away (like Mary did at first), give us the strength to stop and listen. We thank You for choosing us, too, just like You chose Mary, to be part of Your plan. Help us live like she did: full of wonder, grateful, and ready to share Your love with others. One question for us today: What is one 'big news' God might be preparing us to share with the world? (Pause for responses.) God, show us how to trust You in ways that make Your heart shine through us. Amen." --- Personal Application for Reflection: After the prayer, you could ask: - What's one thing you've felt surprised by from God this week? (Encourage sharing!) - How can we live like Mary, who trusted God even when things didn't make sense? This keeps the lesson warm, interactive, and rooted in faith. Would you like adjustments for a specific focus (e.g., more joy, more mercy)?

>> Missions Spotlight

In many parts of Central and South America, the story of Mary visiting Elizabeth (the Visitation) is deeply cherished. Missionaries working among Quechua-speaking communities in Peru share this story to show that God chose an ordinary girl for an extraordinary purpose.

-> To the Cross

The angel told Mary she would have a baby who would be called the Son of the Most High. This was the moment God entered human history as a baby, the first step toward the cross. Jesus came as a baby so He could grow up to be our Savior.