



Anglicans for Life Sunday  
TFCFA Elementary Sunday School Lesson  
April 12, 2026 - 9am/11am services

## LIFE IS AN ADVENTURE!

### Lesson Takeaways:

- We change in amazing ways as we grow in the womb. (Ps 139:13-16)
- When Jesus becomes our Savior, it's like we are born again!
- We change in amazing ways as we grow up in Christ. (Ez 36:26-27)
- Babies are alive in the womb. (Doppler/heartbeat demonstration)

### LESSON OVERVIEW

Large Group Opening

Prayer

Song – “For it was You”

Students read Psalm 139

Teacher introductions

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*Life Journey - transformation of our bodies in the womb and beyond*

- Baby Olivia movie
- Discuss major changes in womb
- Worksheet - heart & lung physical changes

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Exercise Break (optional) - Jumping Jacks - count how many in 30 sec - feel heart and lungs change!

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*Life Journey - transformation of our spirits in Christ*

- Born again - Nicodemus & Jesus
- Ezekiel 36:26-27 - heart & lungs - come alive in Christ
- Worksheet - heart & lung spiritual changes

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Visit from Expecting Couple - listen to baby heartbeat

*How does it change you to be parents? What is God teaching you?*

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Activity

- Heartbeat Bracelet - can also complete at home
- Optional: Listen to own heartbeat with stethoscope

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Take Home items

Worksheets

Bracelet (kit or completed)

Fetal Model, 10-12wk old (upon request)

Watch me Grow Brochure

Lesson summary for parents



*I praise you, for I am*  
Fearfully  
and  
Wonderfully  
Made.

### **Background for this Lesson -**

Prior Sunday School lessons have focused on our physical growth in the womb, teaching the **humanity of the preborn child** and how the baby has a heart "that beats like mine" (2022 & 2023). Then we looked at why every human being is valuable to God, **created in His image**, and worthy of care and protection at every stage of life (2024). Then we looked more closely at how God wonderfully creates humans as **male & female**, with similarities and differences, and how each person is unique (2025).

This year we will reflect on how, while the preborn child is "just like us" in being human, we also undergo **incredible change** from our conception to birth! The first month of our existence, it's difficult to recognize ourselves in the growing embryo, and yet, that is exactly how we are supposed to look at that early age. Our transformation is amazing from one cell to a baby at birth, and we keep on changing physically after birth. We are always ourselves, and always fully human, at every stage of life.

A similar transformation occurs when we give our lives to Christ, so much so that Jesus calls it "being **born again**". Now we grow spiritually, as we "put on the new self, created after the likeness of God in true righteousness and holiness". The Holy Spirit is doing another great work, and we can reflect on how we participate in our sanctification. And we can look ahead to our future transformation, when we are given new bodies in a new heaven & earth (although there might not be much time to discuss this final point). We can only imagine what God has in store for us! To prepare for this lesson, please read some relevant Scriptures on pages 7 and 8 of this lesson plan. (For fun, watch this [video](#) of preborn twins wondering about "life after birth".)

Teachers will need to adapt this lesson to their grade level, and may not be able to cover everything. But hopefully every child will leave this lesson amazed at the journey of human life and God's great love for us.

## LESSON DETAILS - Life is an Adventure!

### LARGE GROUP WORSHIP

Song - "For it was You"

Choose 4 students each read a section of Ps 139:13-16

### IN CLASS

Life is a journey. Life never stays the same, YOU never stay the same. You're going somewhere, and if you want to be a smart traveler, it's important to know where you started from and where you are going!

If someone calls you on the phone and asks how to get to our church, you might say: *That depends, where are you now?*

To get where you are going, it helps to know where you started!

The Bible is a map and a guide. Where I came from. Where I am now. Where I am going.

Our journey through life is more amazing than we think! Let's explore...

Re-read Ps. 139:13, 14, 15, 16 as a reminder. God creates us and knows us from the very beginning of our existence. He knows each day of our life - before birth, on earth, after we die and go to be with Him!

For you formed my inward parts;

you knitted me together in my mother's womb.

I praise you, for I am fearfully and wonderfully made.

Wonderful are your works;

my soul knows it very well.

My frame was not hidden from you,

when I was being made in secret,

intricately woven in the depths of the earth.

Your eyes saw my unformed substance;

in your book were written, every one of them,

the days that were formed for me,

when as yet there was none of them.

### BODILY TRANSFORMATION

You start inside your mother. Very small, one cell, can't even see with naked eye. You are TRANSFORMED (write on whiteboard for older kids) - so different (TRANS = across, into another state - transportation, transfer, transformer toy, transplant, transaction, transfiguration of Jesus)

You are always you, even though you change. Jesus also started out as an embryo.

**Watch Baby Olivia Movie** (start the video at second 25, after conception, and cut off before ads at end)

Let's look more closely at what happens to our bodies. (Older students can read the words on each slide).

**Slide #1** - "I start as a one-cell embryo. Inside this cell is a special code called DNA with all my details!"

The one cell is YOU. Has all the details for how you will grow - sex, color of eyes, how tall.

The one cell divides, keeps splitting so grow exponentially (2-4-8-16-32-64, etc)!, After 1 week, you are the size of a period at the end of a sentence.

**Slide #2** - "At 1 month old, my heart is already beating. Soon it will have 4 chambers."

You are as big as one piece of rice. Your stomach, lungs, and brain also are developing. You have little buds for your arms and legs.

**Slide #3** - "I grow for 9 months inside my mother. I get food and oxygen through the umbilical cord."

Share some fetal models at each table. Tell students they can take a 10-12 week model home at the end of class if they would like. By 3 months you hiccup, kick, turn somersaults, have unique fingerprints, and are gaining weight fast!

Week 1-8 called embryo, then called fetus.

**Slide #4** - After 9 months I am born! Who do you think this baby is? (a teacher) Reflect on the amazing changes in teacher from 1 month old in the womb to shortly after birth. It is the same person.

**Slide #5** - Pictures of teacher from newborn to now. It's still the same person! How do we keep changing during life? (NOTE: A teacher submits 3-4 life phase pictures.)

Let's look more closely at two body parts to see how they change. Note: Teachers can share other fun facts as time permits from "Development of a Preborn Child" document.

**Worksheet #1** - Physical Heart and Lungs early in pregnancy and at birth - glue pics in proper spaces

**Heart** - A heartbeat can be detected right after 3 weeks. It beats faster when you are in the womb than after you are born. Your heart soon develops 4 chambers. Two chambers push the blood to your lungs (to get oxygen) and then 2 chambers push this blood to your entire body, bringing oxygen and nutrients to all parts of your body so it works well.

**Lungs** - At one month, tiny buds are forming that will grow into two tubes called bronchi attached to your windpipe. Like a tree, more and more branches will form. Then little air sacs, called aveoli, form at the end of each branch. In these sacs, oxygen gets transferred into your bloodstream and carbon dioxide gets transferred out.

In the womb you live in a watery sack (amniotic fluid). You can swim around until you get too big to move as much. Your lungs are full of fluid, and you practice breathing by pushing the fluid in and out. Right after birth, you cry to push out water and then start breathing air. You no longer need the umbilical cord for oxygen or food. Now you use your lungs and mouth!

### **EXERCISE BREAK**

Let's make our heart & lungs change a little bit now! Find pulse (2 fingers on neck artery) - measure pulse for 6 sec x 10 = heartbeats in a minute. Or for younger classes, just count number of heartbeats in 5 seconds.

Jumping Jacks - go as fast as you can for 30 seconds! Right after stopping, check how pulse and breathing have increased.

## **SPIRITUAL TRANSFORMATION**

We've looked at the amazing changes our bodies go through before and after we are born. The Bible says we have a spirit (you can't see it, but it's who you are inside) that also gets transformed when we ask Jesus into our life.

**Slide #6** - Who is Jesus talking to? Nicodemus, a leader of the Jews, came to Jesus at night to learn more about Him. What did Jesus tell Nicodemus? "Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God." (John 3:3)

**Slide #7** - How did Nicodemus feel when he heard that?

- younger kids might want to show a surprised face, a puzzled face, try to combine both emotions!

Jesus didn't mean we would be born again like a little baby, but it's like we are starting a new life when we ask Jesus to be our Lord and Savior. He forgives our sins, cleanses us inside, and gives us the Holy Spirit to start changing us (salvation, justification, sanctification). We are transformed.

**Worksheet #2** - How do we change when we are Born Again? Read Ez 36:26-27.

*I will remove the heart of stone from your flesh and give you a heart of flesh.*

*And I will put my Spirit within you, and cause you to walk in my statutes*

**Show students stones and rocks – have them pass around the circle or table.**

The Bible talks about going from a hard heart to a soft heart. What does that mean?

Our heart means our innermost being.

Stone heart- dead (not growing), inflexible, stubborn, doesn't respond to the Bible or God's truths

Soft heart - sensitive to God, loves God and desires to follow His commandments, growing

- in our heart, we say yes to the truth about God and Jesus
- in our heart, we believe that Jesus has cleansed us from all sin and we are righteous in Christ
- in our heart, we start to love and worship Jesus more than anything else

The Bible also talks about God breathing His Spirit into our spirit. What does that mean?

Alive forever, motivation and energy to love and serve God.

You can't see this change with your eyes when you are Born Again and start growing in Christ, but it is real. Can you see the wind? No, but you can feel it and you see what it does.

God changes us inside (our spirit) by giving us a soft heart and breathing His Holy Spirit into us.

Helps us to love God and love our neighbors. Life with Jesus is the greatest adventure!

**How do we participate in our sanctification - being transformed during our earthly life?**

i.e. what can we do to help us remember that we have been born again?

read God's Word, pray (spend time w/God), worship (especially with others at church), repent when we mess up, tell our friends about this Good News

**VISIT FROM COUPLE** – couples may arrive at any point during the lesson, please be prepared to pause for the visit.

Listen to heartbeat

How does it change you to be parents? How is God changing you inside?

What is the special role of father before the baby is born?

Class can pray together for this couple and baby.

**REVIEW: Where have we been, where are we going?** (perhaps connect to Easter Story from prior Sunday)

Our bodies are transformed during life. We are human beings from the very beginning.

Our spirits are transformed when Jesus saves us and gives us the Holy Spirit.

So that one day (after our physical bodies die) God will give us brand new bodies and we will reign as His People in a brand new heaven & earth!

### **CRAFT (Optional) - Heart Bracelet**

Can make in class or take home to make - wear yourself or give to someone. Reminds us that the baby's heart starts to beat after 3 weeks of life in the womb. And that God gives us a soft heart now to love and serve Him.

Instructions: Tape one end of elastic string to a tabletop with masking tape. Put on 3 clear beads then a heart bead. Repeat until all heart beads are strung. Tie a triple knot and snip the elastic ends. (Provide little bowls to hold beads so they don't roll around)

### **RESOURCES**

Baby Olivia Movie - Live Action: <https://babyolivia.liveaction.org/>

10-12 week old rubber baby model – hh76.org: <https://www.pro.life/Item #7516PO>

Bracelet to show that the baby's heart starts beating at 3 weeks - Hobby Lobby:

<https://www.hobbylobby.com/>

Elastic Cord (#794941), Heart Beads (#101840), Crystal AB Pony Beads (#1735489)

Watch Me Grow Brochure - hh76.org: <https://www.pro.life/>

Item #9406WM-P

Development of a Preborn Child - Live Action ebook:

<https://www.liveaction.org/development-of-a-preborn-child-e-book>

## SOME RELEVANT SCRIPTURES

And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit. (2 Cor 3:16-18)

If anyone is in Christ, he is a new creation. The old has passed away; behold the new has come. (2Cor 5:17)

Then the LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature. (Gen 2:7)

And you were dead in your trespasses and sins (Eph 2:1)

<sup>9</sup>Then he said to me, “Prophesy to the breath; prophesy, son of man, and say to it, ‘This is what the Sovereign Lord says: Come, breath, from the four winds and breathe into these slain, that they may live.’” <sup>10</sup>So I prophesied as he commanded me, and breath entered them; they came to life and stood up on their feet—a vast army. <sup>11</sup>Then he said to me: “Son of man, these bones are the people of Israel. They say, ‘Our bones are dried up and our hope is gone; we are cut off.’” <sup>12</sup>Therefore prophesy and say to them: ‘This is what the Sovereign Lord says: My people, I am going to open your graves and bring you up from them; I will bring you back to the land of Israel. <sup>13</sup>Then you, my people, will know that I am the Lord, when I open your graves and bring you up from them. <sup>14</sup>I will put my Spirit in you and you will live, and I will settle you in your own land. Then you will know that I the Lord have spoken, and I have done it, declares the Lord.’” Ez 37

<sup>21</sup>Jesus said to them again, “Peace be with you. As the Father has sent me, even so I am sending you.” <sup>22</sup>And when he had said this, he breathed on them and said to them, “Receive the Holy Spirit.

<sup>5</sup>Jesus answered, “Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. <sup>6</sup>That which is born of the flesh is flesh, and that which is born of the Spirit is spirit.

Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, <sup>4</sup>to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you (1 Pet 1:3)

<sup>22</sup>But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup>gentleness, self-control; against such things there is no law. (Gal 5)

Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, (Eph 4:14)

<sup>20</sup>But that is not the way you learned Christ!— <sup>21</sup>assuming that you have heard about him and were taught in him, as the truth is in Jesus, <sup>22</sup>to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, <sup>23</sup>and to be renewed in the spirit of your minds, <sup>24</sup>and to put on the new self, created after the likeness of God in true righteousness and holiness. (Eph 4:20-24)

“What no eye has seen, nor ear heard,  
nor the heart of man imagined,  
what God has prepared for those who love him”— (1 Cor 2:9)

you have been born again, not of perishable seed but of imperishable, through the living and abiding word of God (1 Pet 1:23)

In a flash, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised imperishable, and we will be changed. (1 Cor 15)

Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away (Rev 21)

I start as a one-cell embryo. Inside this cell is a special code called DNA with all my details!



At 1 month old, my heart is already beating.  
Soon it will have 4 chambers.

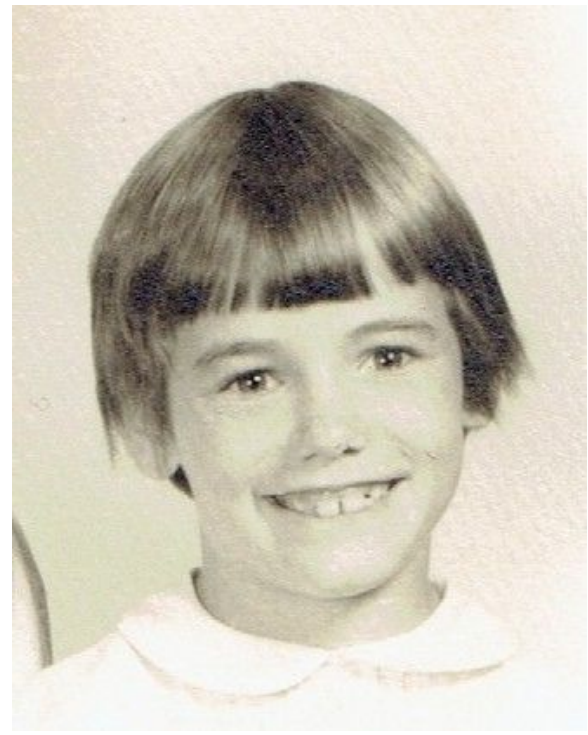


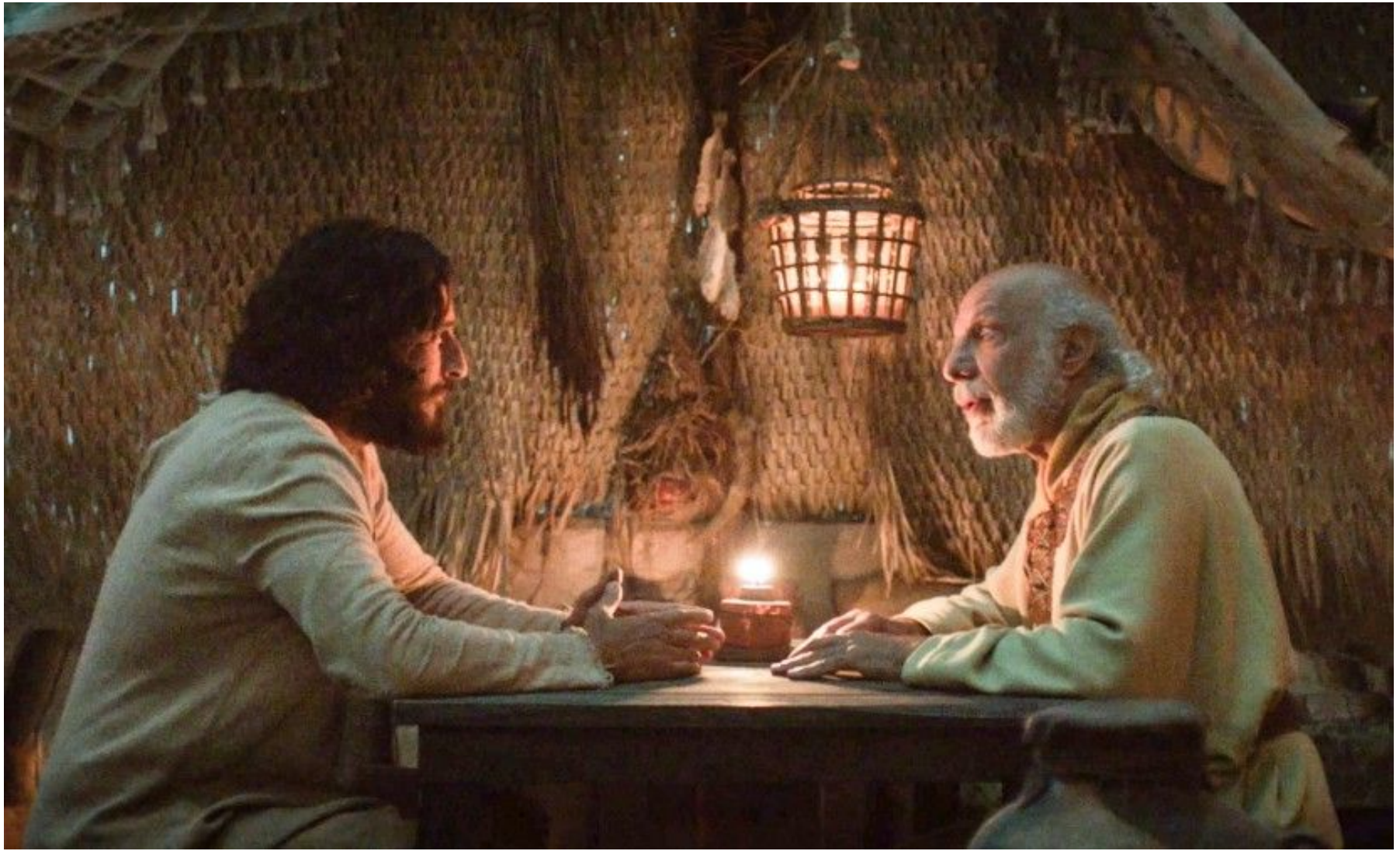
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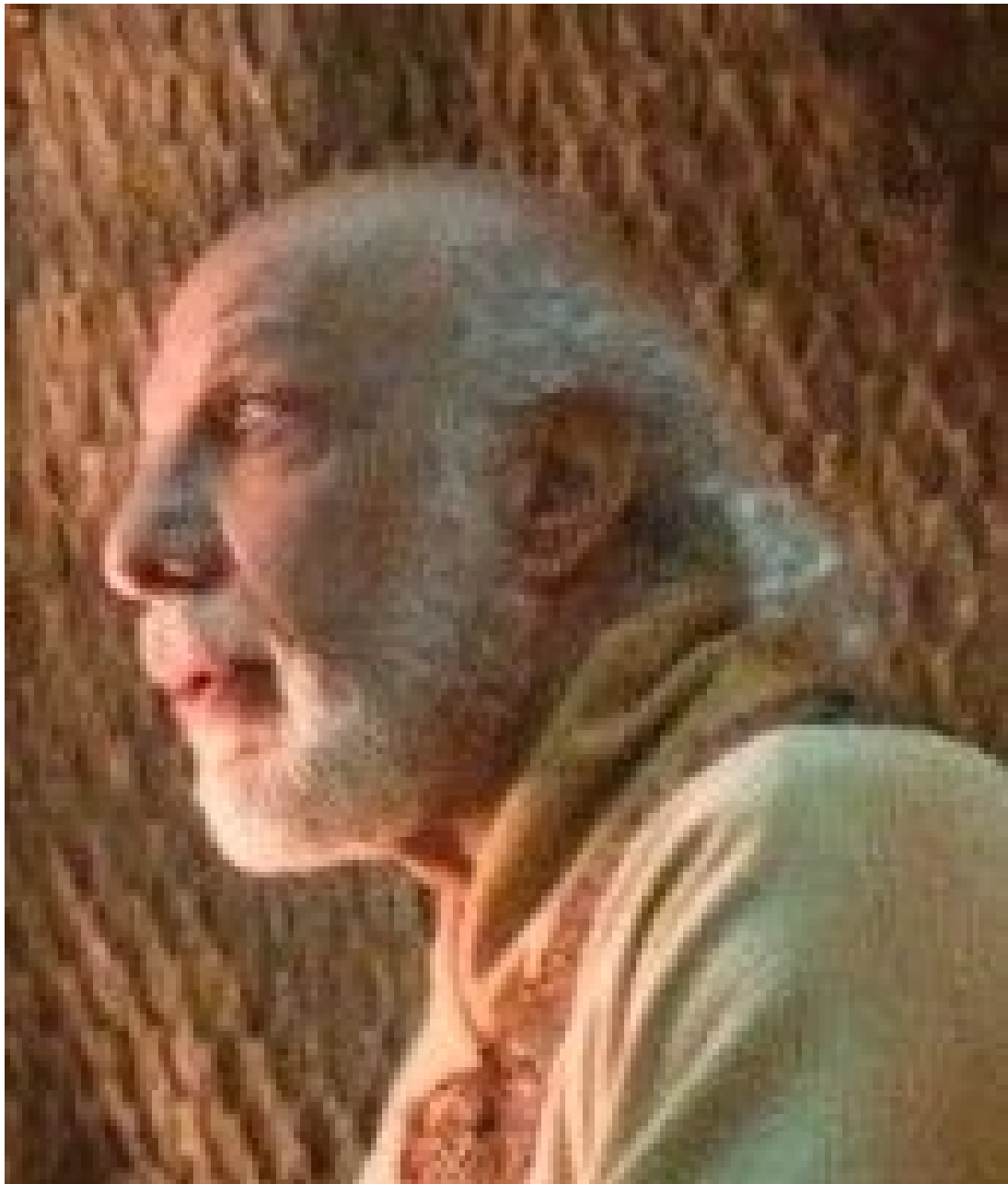
# FETAL LENGTH & WEIGHT, WEEK BY WEEK





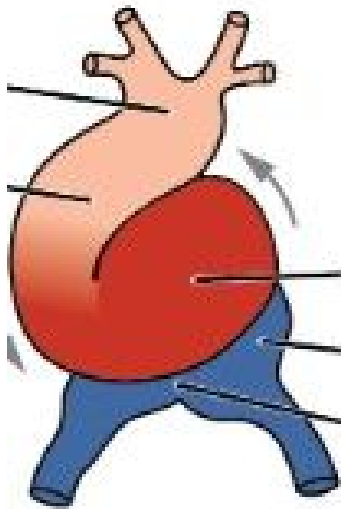




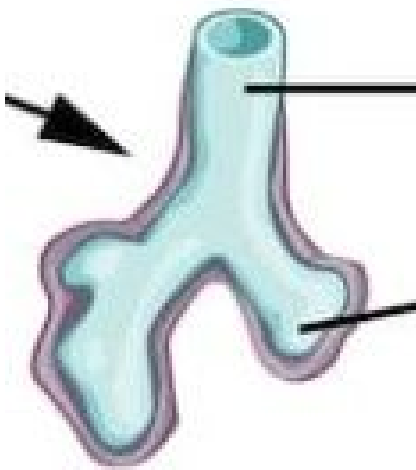
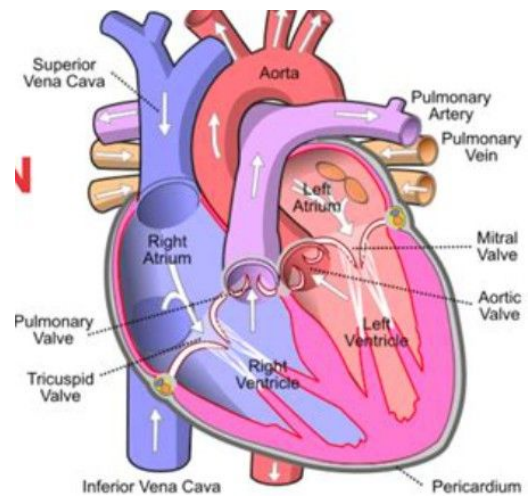


# HEART & LUNGS (Physical)

**BEFORE BIRTH**  
1 month old



**AFTER BIRTH**  
your birthday!

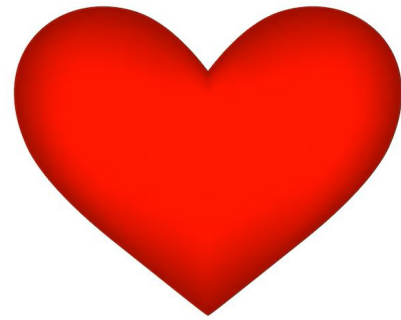


# HEART & LUNGS (Spiritual)

**BEFORE  
BORN AGAIN**



**AFTER  
BORN AGAIN**



I will remove the heart of stone from your flesh and give you a heart of flesh.  
And I will put my Spirit within you, and cause you to walk in my statutes  
(Ezekiel 36)