



## LESSON 2 SNAPSHOT

**BOTTOM LINE:**

Whenever I feel alone, I can remember that God is with me.

**OBJECTIVE:**

Kids will learn "I can keep my cool because God is always with me."

**KEY PASSAGE:**

1 Kings 19:1-18, God Appears to Elijah

**MEMORY VERSE:**

"A person with a bad temper stirs up conflict. But a person who is patient calms things down." Proverbs 15:18 (NIRV)

**SUMMARY:**

We might lose our cool when life gets hard and the world seems cold. Elijah felt sad and all alone. But God showed Elijah that he was not alone; God is always there.

**SIMPLE PRAYER:**

*Dear God,*

*Sometimes we feel all alone. Remind us that you are always with us.*

*In Jesus' name,  
Amen*



## MEMORY VERSE

*"A person with a bad temper stirs up conflict. But a person who is patient calms things down." Proverbs 15:18 (NIRV)*

*"A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel." Proverbs 15:18 (NIV)*

*"A hot-tempered person starts fights; a cool-tempered person stops them." Proverbs 15:18 (NLT)*

*"A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife." Proverbs 15:18 (KJV)*

### **LARGE GROUP:**

Have all the kids in the highest grade level read the verse first. Then add the next grade down and repeat. Add the next grade down, and repeat. Keep repeating until everyone is reading together.

### **SMALL GROUP:**

Play the telephone game with the verse, and see if kids can keep it from getting mixed up by the end.



## SKIT PAGE 1

### **POLAR BEAR AND PENGUIN: WITH ME**

#### **ITEMS NEEDED:**

Polar bear puppet or costume  
Penguin puppet or costume  
The stage should be a frozen, wintry wonderland

#### **CHARACTER BREAKDOWN:**

2 Flexible

#### **CHARACTERS:**

Polar Bear - A laid back sort of guy (or girl)  
Penguin - One nervous bird

*Penguin enters, looking flustered.*

PENGUIN: Polar Bear. Polar Bear. Where are you? Did you go back to the North Pole? How could you leave me all alone like this?

*Penguin sees something in the distance.*

PENGUIN: Oh, there you are. Get over here right now, polar bear.

*Polar Bear enters, chill.*

POLAR BEAR: Hey, penguin. What's the kerfuffle?

PENGUIN: I don't know what that means. But I am causing a scene over here.

POLAR BEAR: That's what kerfuffle means. What seems to be the problem?

PENGUIN: What is the meaning of you wandering off like that?

POLAR BEAR: I had to go to the bathroom.

PENGUIN: Why didn't you tell me where you were going? I thought you'd left me all alone.

POLAR BEAR: I left you a note.



## SKIT PAGE 2

PENGUIN: I've told you a hundred times, I can't read polar bear-ese.

POLAR BEAR: Oh yeah, that's right. It's cool. I'm here now.

PENGUIN: It's not cool. I would never have left you all alone like that.

POLAR BEAR: You did yesterday.

PENGUIN: What? When?

POLAR BEAR: When you went to the edge of the glacier to catch some fish for dinner. You left for hours and you didn't tell me where you were going.

PENGUIN: Oh that's right. Sorry about that.

POLAR BEAR: It's cool. No worries.

PENGUIN: How can you be chill like that? Don't you get scared when you are all alone?

POLAR BEAR: I'm never really all alone. Even if there are no other polar bears, penguins, or even people around, God is always there. I can keep my cool because God is always with me.

PENGUIN: I can keep my cool because God is always with me.

POLAR BEAR: He promised that he would never leave me or forsake me. It's easy to be chill remembering that.

PENGUIN: You're right, I'm feeling more chill already.

POLAR BEAR: Hey, you got anymore of that fish, I'm hungry.

*Penguin leads Polar Bear off stage.*

*End.*





## OBJECT LESSON OR KIDS SERMON

### ITEMS NEEDED:

Neapolitan Ice Cream in the Carton

Paper bowls

Plastic spoons

*Open a carton of Neapolitan ice cream to reveal the three distinct layers – vanilla, chocolate, and strawberry.*

Does anyone know what this ice cream is called? It's called Neapolitan, and it's a combination of vanilla, chocolate, and strawberry. These three layers remind me of the three things that God sent to Elijah to get his attention. The vanilla is the strong wind that blew around rocks and shattered mountains. The chocolate is dark like the ground, which shook when God sent the earthquake. And the red strawberry reminds me of the fire that God sent next.

God did all of this to let Elijah know that he was not alone. God was there with him. And God would always be with him. Same for us. We can stay cool like this ice cream, knowing that God is always with us.

*Serve up small dishes of the ice cream to the kids.*



## LARGE GROUP GAME

### THREE-LEGGED RACE

#### ITEMS NEEDED:

Bands to tie around kids legs  
Safety cones or other objects (to map out a course)

#### INSTRUCTIONS:

Pair up kids. Have partners stand side by side and join the adjacent legs together with bands.

On your mark, teams will “run” the course acting as one unit.

#### VARIATIONS:

If a three-legged race is old hat for your kids, you could make it a four- or five- legged race by joining more kids together.

Or, you could skip the bands altogether and have partners hold hands or link arms.

#### WHAT’S THE POINT?

In a three-legged race, you are never alone – your partner is always connected to you. In life, there may be times when we feel alone, but we can remember that God is always there. If we work to stay connected to God, we will know in our hearts and our minds that God is there.



## LARGE GROUP LESSON

**BOTTOM LINE:**

Whenever I feel alone, I can remember that God is with me.

**OBJECTIVE:**

Kids will learn “I can keep my cool because God is always with me.”

**KEY PASSAGE:**

1 Kings 19:1-18, God Appears to Elijah

**INTRO:**

Last week we started our new series of lessons about learning to Chill! Keeping cool. When things heat up, it can be hard to keep our cool. But God calls us to show love, be slow to anger, and be kind to others. With His help, we can stay as cool as an arctic wind, no matter what we face.

Elijah was a prophet of God. That means, Elijah spoke the words of God to people. Sometimes this got Elijah into trouble. King Ahab and Queen Jezebel didn't want to hear the words of God. They didn't believe in the one true God. They worshiped a false god named Baal. This was wrong. Elijah confronted Ahab and Jezebel about their wrongdoing. Needless to say, the king and queen did not like Elijah very much.

One time, Elijah challenged all the false prophets of the false god Baal to a contest. There would be two altars – one to God and one to Baal. Each side would pray asking for fire to come down from heaven and burn the wood on the altar. The false prophets called out to Baal day and night, but nothing happened. Baal was not real. Then Elijah covered his altar in water. He called out to God, and immediately God sent down fire from Heaven. Elijah proved that God is real.

This made Jezebel very angry. She vowed to kill Elijah. Elijah ran into the wilderness. He was all alone. He felt sad and lonely. Elijah lost his cool. But he didn't need to, because it turns out God was always with him.

**READ 1 KINGS 19:1-18**



## LARGE GROUP LESSON

### MAIN POINT:

At the beginning, we see how tired and hungry Elijah was. He was so sad, that he wasn't even taking care of his own basic needs. But Elijah wasn't alone. God was with him. God gave Elijah the time he needed to rest. And when it was time to eat, God sent an angel to give Elijah food to eat.

When Elijah had his strength back, he went to Mount Horeb. Here is where God really showed Elijah that God is always with us. Mount Horeb was known as the mountain of God. God asked Elijah why he had come. Elijah told God all about how alone and sad he felt. That's when some amazing things happened.

There was a great and mighty wind. It was so strong, it moved the rocks and even shattered the mountains. Then there was an earthquake that shook the ground. Then a great fire came by. These certainly got Elijah's attention, but Elijah did not find God in the wind, the earthquake or the fire.

Finally, there was a gentle whisper. A still, small voice. Immediately, Elijah realized that God was there with him. Elijah threw his cloak over his face to show his respect and worship for God. Most importantly, Elijah knew that he was not alone. He could keep his cool knowing that God is always with him.

### DRIVE IT HOME:

All of us have times when we feel sad. We might feel like no one understands us or that no one wants to listen to us. We feel totally alone. But we can learn from Elijah that someone is always with us.

The first thing Elijah's story shows us is that we need to take care of ourselves. Make sure that we are resting and eating. We can add things like brushing our teeth and taking a bath or shower to that list. Next, we need to remember that we can always talk to God. Elijah wasn't afraid to tell God everything – how sad and alone he was feeling. God loves you and He cares about you. If we feel sad and alone, we can share it with God.

When we do, God will find a way to show us that we are not alone. It probably won't be with wind, earthquakes and fires. But it might be a still small voice. It might be something we read in the Bible. It might be just a feeling that God puts in our hearts or a thought He puts in our heads. Whatever it is, God will show us that He is always with us.

God wants you to remember and for me to remember: I can keep my cool because God is always with me.



## LARGE GROUP LESSON

**CLOSE WITH A SIMPLE PRAYER:**

*Dear God,*

*Sometimes we feel all alone. Remind us that you are always with us.*

*In Jesus' name,*

*Amen*



## SMALL GROUP DISCUSSION (K-2ND)

### ICEBREAKER:

What is your favorite flavor of ice cream?

### MEMORY VERSE ACTIVITY:

Matthew 2:2

Play the telephone game with the verse, and see if kids can keep it from getting mixed up by the end.

### SMALL GROUP GAME/ACTIVITY:

Play Simon Whispers (Simon Says but with “it” speaking in hushed tones). You have to really pay attention sometimes to hear a still, small voice!

### DISCUSSION QUESTIONS:

Read 1 Kings 19:1-18

What message did Queen Jezebel send to Elijah?

How was Elijah feeling when he went out into the wilderness?

What command did the angel give to Elijah?

What three things did God send Elijah's way to get his attention?

What did Elijah answer when God asked why he was there?

### SIMPLE PRAYER:

*Dear God,*

*We praise you because you are always with us!*

*In Jesus' name,*

*Amen*



## SMALL GROUP DISCUSSION (3-5TH)

### ICEBREAKER:

What is your favorite flavor of ice cream?

### MEMORY VERSE ACTIVITY:

Matthew 2:2

Play the telephone game with the verse, and see if kids can keep it from getting mixed up by the end.

### SMALL GROUP GAME/ACTIVITY:

Play Simon Whispers (Simon Says but with “it” speaking in hushed tones). You have to really pay attention sometimes to hear a still, small voice!

### DISCUSSION QUESTIONS:

Read 1 Kings 19:1-18

What message did Queen Jezebel send to Elijah?

What emotions did Elijah feel when he went out into the wilderness?

What command did the angel give to Elijah?

Why do you think God sent the wind, earthquake, and fire to Elijah?

What did Elijah answer when God asked why he was there?

### SIMPLE PRAYER:

*Dear God,*

*We praise you because you are always with us!*

*In Jesus’ name,*

*Amen*



## POWERPOINT REVIEW GAME

WHO WAS IT?

1. \_\_\_\_\_ sent word to Elijah that she was going to have him killed.

JEZEBEL

2. Afraid, \_\_\_\_\_ fled into the wilderness.

ELIJAH

3. Elijah was woken up by \_\_\_\_\_ and told to get up and eat.

AN ANGEL

4. \_\_\_\_\_ came to Elijah in a still small voice.

GOD

5. \_\_\_\_ can keep my cool because God is always with \_\_\_\_.

I, me



# MAKE IT STICK

CHILL LESSON 2

5 SIMPLE WAYS  
YOU CAN MAKE  
THIS LESSON STICK  
WITH YOUR KIDS

## THIS WEEK'S LESSON:



### IN THE CAR:

Ask your child what they learned about this week on the drive home: We might lose our cool when life gets hard and the world seems cold. Elijah felt sad and all alone. But God showed Elijah that he was not alone; God is always there. 1 Kings 19:1-18, God Appears to Elijah



### HANGING OUT:

Make this week's lesson real:

It's no fun feeling all alone. Look for opportunities to do things together with your kids this week; even if it involves doing separate activities together – like being in the same room while the kids do homework and you make the grocery list.



### AT DINNER:

- Here are some great discussion starters:
- Why did Elijah run away into the wilderness?
- How did the angel that God sent help Elijah?
- What three things did God send to Mount Horeb to get Elijah's attention?



### AT BEDTIME:

Quiz your child on this week's memory verse:

"A person with a bad temper stirs up conflict. But a person who is patient calms things down." Proverbs 15:18 (NIRV)



### PARENT TIME:

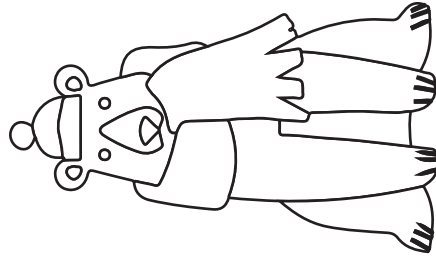
What you need to know:

Think back to your childhood: Did you feel isolated or connected to your family and friends? Consider the habits and behaviors that you perpetuate in the family to encourage connection or isolation. Strive to make your home a place where your kids never feel like they are all alone or on their own.

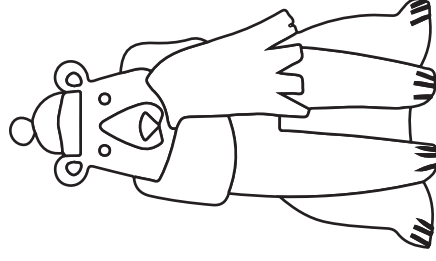


## TAKE HOME ACTIVITY

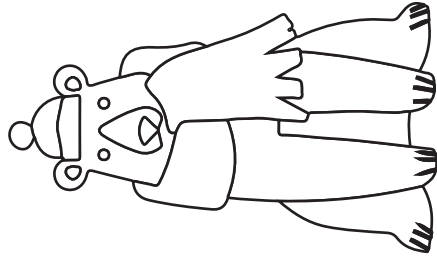
Have the kids write on a sheet of paper in large letters: "I can keep my cool because God is always with me." Encourage kids to fill the page with images that remind them of this truth.



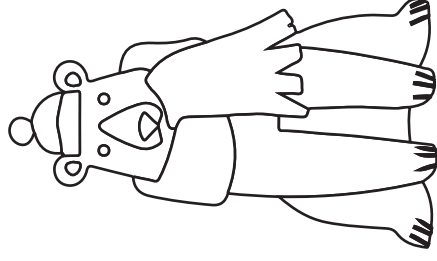
“A hot-tempered person stirs up conflict,  
but the one who is patient calms a quarrel.”  
- Proverbs 15:18 (NIV)



“A hot-tempered person stirs up conflict,  
but the one who is patient calms a quarrel.”  
- Proverbs 15:18 (NIV)



“A hot-tempered person stirs up conflict,  
but the one who is patient calms a quarrel.”  
- Proverbs 15:18 (NIV)



“A hot-tempered person stirs up conflict,  
but the one who is patient calms a quarrel.”  
- Proverbs 15:18 (NIV)