

WEEK 1 LESSON GUIDE



BIG IDEA

God helps me
find what I need.

BIBLE

Elijah and The Drought:
1 Kings 17:2–16; Psalm 97:1–6

ABOUT THIS WEEK

With their years of experience, baking masters know exactly what their cakes and pastries need to become delicious treats. This week, we'll hear how God provided for Elijah and a widow during a drought. God provided for Elijah and this widow when they needed it, and you can trust God to do the same as you remember, **God helps me find what I need.**

LARGE GROUP TIME

Step into the bakery, friends. We're gathering up ingredients to see what delicious truth about God will arise from Bible stories about Elijah. Today, we'll see how baked goods even played a role in the story and showed how God understands our needs. Time to get *fired up*!

WHAT? *What are we talking about today?*

ACTIVITY | Pantry Sweep

- **INSTRUCTIONS:** *For this activity, you'll need the [printable](#), painter's tape and quart-sized zip bags. Before your program, cut out the printable to create two sets of ingredients and place them inside the zip bags with the images not visible from the outside. Create "shelves" on the wall with three or four horizontal lines of painter's tape, then tape up the bags on each shelf in any order. Split kids into two teams. Call out an ingredient for each round, and one person from each team rushes to find the correct item from the shelf. The first person to find it gains a point for their team. The team with the most points wins a bakery-related prize of your choice.*
 - ✂ **PRETEEN HACK:** *Challenge preteens to work in teams to guess the ingredients needed to make simple recipes of common baked goods. Make a picture collage of all the ingredients needed to make all the recipes you've chosen, adding in random ones too. For each recipe, give teams 60 seconds to write their guesses.*
 - ✂ **ACCESSIBILITY HACK:** *Play a matching game by printing two sets of the printable. Tape one set of ingredients on the "shelves" and put the other set in a pile. Have them flip over a card in the pile, go to the "shelves," and lift up one card to see if they match.*
- Wow, this is a well-stocked pantry. We found lots of things needed at a bakery.
 - **Are there more ingredients we might need?**
 - **What else besides ingredients do we need?**
- Today's Bible story is all about how God provided what was needed in special ways.

ACTIVITY | Which Baking Tool?

- **INSTRUCTIONS:** For this activity, you'll need the [printable](#), butcher paper and crayons or a dry-erase board and markers, a container, and small prizes. Before your program, cut the words on the printable into individual squares, fold each word, and place them in a container. Invite a volunteer to pick a word, then choose to either draw the clue or act it out. Kids may not know what each tool is exactly, so give points for knowing what they are used for. A small prize will be awarded to both the one drawing or acting and the one who gets the answer first. Repeat with a new volunteer or organize the activity in teams for a competitive twist.

✂ **ACCESSIBILITY HACK:** Make a baking station sensory bin with things like oats, measuring cups, measuring spoons, a whisk, spatulas, and a small muffin pan or silicone cupcake liners.

- **Who can tell me what some of these tools do?**
- **Why do we need them when we bake bread and cakes?**
- Each of these tools is used to address a specific need. You wouldn't use a rolling pin to mix the batter or a spatula to measure the ingredients. Today, we'll talk about how God knows and cares about exactly what we need.

QUESTION | Who helps you find what you need?

- **INSTRUCTIONS:** Prepare a dry-erase board or large poster paper. Have kids call out some things people need. Afterward, talk about who can help them with each of these needs.
- Whether someone is a pastry chef in a professional kitchen or the owner of a neighborhood bakery shop, they all need people to help them. It might be someone to help decorate the cakes, run the cash register, or clear out the trash.
 - **What are some things you and I need?**
 - **Who are the people that can help with these needs?**
- Most of our immediate needs are met by the grown-ups who take care of us. But there are also some really big needs out there in the world—so big it might seem like there is nothing anyone can do about them. But as we'll learn in today's Bible story, we can trust God with all our needs.

SO WHAT? Why does it matter to God and to us?

SCRIPTURE | 1 Kings 17:2–16 (Elijah And The Drought)

- **INSTRUCTIONS:** In your teaching area, set up a table and lay out a few baking tools like a rolling pin, mixing bowl, whisk, etc. Place your Bible and teaching notes on a cookbook stand. For added fun, wear a chef's hat and apron and knead white play dough as you begin storytelling, but set it aside as you get into the Bible story. Feel free to distribute some allergen-free baked goods at the end.

✂ **ACCESSIBILITY HACK:** This series is all about baking! If you plan to give out any baked goods this month, consider swapping out foods that are high in sugar and providing gluten-free snack options, or have a GF option available if you have a kid who needs it.

- Welcome to the Bible Bakery, where we always get a taste of God's goodness.
 - **Do any of you love to bake?**
 - **What kinds of things have you baked before?**
- Baking requires lots of ingredients, equipment, and patience. You need to follow recipes and measure the exact amounts. Otherwise, your baked goods could turn out, well, not-so-good.
- Just like we can find instructions for baking in recipe books, we can find instructions for living God's way in the Bible. And I am so *fired up* about today's Bible story.
- **Let's start by reading 1 Kings 17:2–6.**
 - Elijah was a prophet, or a messenger from God to the people. He had run out of food because

there was a drought, which meant that there was no rain in the land. No rain meant no crops, and no crops meant no food.

- But God was looking out for Elijah and sent ravens to bring him bread and meat.
- **How else did God take care of Elijah? Let's read 1 Kings 17:7–12.**
 - When the brook dried up and Elijah had nothing to drink, God sent him to a new place for food. It didn't seem like the best place to go, though. The widowed woman in Zarephath barely had anything for herself and her son to eat.
 - Why would God send Elijah to ask her for food? It turns out God was about to provide for her needs, too.
- **How? Let's find out in 1 Kings 17:13–16.**
 - The woman had to trust God and do what Elijah said to. She gave up the last of her ingredients and made some bread for Elijah first.
 - But just as God had promised, her jar of flour and jug of oil never ran empty. She would have enough to feed her whole family and Elijah throughout the drought.
- Both Elijah and the woman in this story had great needs. But when they trusted and listened to God, God helped them find what they needed most—*food*. In the same way, we can trust God with our needs.

BIG IDEA | God helps me find what I need.

- **INSTRUCTIONS:** *For this activity, you'll need a toy oven or a drawer decorated to look like one, oven mitts, a kitchen timer, and a printout of the [Big Idea graphic](#) taped onto a cookie sheet and placed inside the "oven." Set the kitchen timer for a minute or less. Once it rings, invite a volunteer to put on oven mitts, remove the cookie sheet from the oven, and reveal the Big Idea. Have everyone recite it together.*
- Mmm, something smells wonderful. I wonder what Big Idea is baking today?
- Let's read it together. **God helps me find what I need.**

ACTIVITY | Raven Delivery Relay

- **INSTRUCTIONS:** *For this activity, you'll need shallow bins (one per team), plastic tongs, a large container, and "bread and meat" made of small, crumpled pieces of white and brown construction paper. Distribute the paper pieces evenly into the bins and place the large container in the center of the room. Divide the kids into teams and give each team a pair of tongs. At the signal, players from each team take turns using the tongs to grab one piece of bread or meat from their bin and drop it into the large container. The first team to deliver all of their food wins.*
- ✨ **PRETEEN HACK:** *Level up the silliness! Have one player lay on a blanket that their team must carry them in to simulate flying, with tummy down and arms above head, like [this](#). Teams "fly" them to the bin, where the player uses the tongs to grab as many pieces of bread and meat as possible. Teams carry them to the large container to deliver the food, then switch who's in the blanket.*
- It's incredible that birds can use their beaks to pick things up, kind of like how we use tongs. What's more incredible is that God sent birds to deliver food to Elijah during the drought.
- God can do amazing things, like food delivery by ravens or flour and oil that never run out. All we need is to trust that God knows what we need. **But did you notice that God didn't give Elijah a full feast every day or give the widow even more ingredients?** God gave them just what they needed to survive the drought. They had to trust in God every day.
- Whatever it is you need, ask for God's help. **God helps me find what I need.**

OBJECT LESSON | Endless Oil

- **INSTRUCTIONS:** *For this object lesson, you'll need an endless water jug [like this](#), or you can make your own*

using an opaque jug, a cup as shown in [this video](#), and a clear cup. Add optional yellow food coloring to the water to make it look more like oil.

- Sometimes, baking requires a lot of ingredients, but the woman in today's Bible story wasn't trying to bake a birthday cake. She just needed something to eat to survive. Flour and oil were the most basic ingredients the widow needed to make bread.
- I wonder what it would have been like for the woman in our Bible story to see her jar of oil not run out. It might have looked something like this. *Pour out the water slowly to make it seem never-ending.*
- Only by God's power could she have an endless supply of oil to make the bread that they needed. **God helps me find what I need.**

SCRIPTURE | Psalm 97:1–6

- **INSTRUCTIONS:** Read the passage aloud or invite a volunteer to read.
- **I can trust that God helps me find what I need, but is this true for the entire world?**
- Some people don't have enough food and water, kids are separated from their families, countries are torn apart by war, and other kinds of suffering happen everywhere. How does God meet the needs of people in these situations?
- The passage we just read talks about the limitless power of God: "Fire goes before Him," "the earth sees and trembles," and even "the mountains melt like wax" before God. Even with all this power, the Bible also says, "righteousness and justice are the foundation of his throne." God rules over everything and is on the side of what is right.
- That means that we can keep asking God not just for our needs but for the needs of others. God, who is righteous and just, will hear those prayers and move people to help.
- One way God helped the whole world find what they needed was by sending Jesus. By Jesus living on this earth, dying on the cross, and coming back to life, he saved us all from sin and gave us a relationship with God, which is what we need more than anything else.

VIDEO | *Fired Up*, Episode 1

- **INSTRUCTIONS:** Play this week's episode of [Grow TV](#).

NOW WHAT? What does God want us to do about it?

REFLECTION | What Dough You Think?

- **INSTRUCTIONS:** For this activity, you'll need [homemade](#) or store-bought play dough and optional [play dough kitchen tools](#). Let kids play with the dough as they reflect.
 - ✦ **PRETEEN HACK:** Invite preteens to think beyond their own needs this week. Of course, take time to discuss some of their personal needs but talk about needs around their community and in the world and start the conversation about what they think might be some ways those needs can be met.
- A lot of people say that baking things is relaxing. As we work our dough, let's think about what we've learned so far and what God wants us to do about it.
 - **Imagine that you are Elijah during the drought when there is no food. Before God leads you to the brook and sends you food by ravens, what might you be thinking and feeling?**
 - **Now imagine you are the widow and her son, and Elijah comes asking for food. What might you have said?**
 - **What are some needs that God is already taking care of in your life?**
 - **Are there other needs you can ask God's help for?**

- **Can you think of other people's needs that you could pray to God about?**
- Now let's make our very best loaf of bread with our dough as we say the Big Idea together: **God helps me find what I need.**

RESPONSE | Recipe Card Responses

- **INSTRUCTIONS:** *For this activity, you'll need index cards, pencils, and colored pencils for each kid. Have them write or draw their responses. Since they will make new cards every week, you can punch a hole in the corner and put each week's recipe card on a [binder ring](#).*
 - ✂ **PRETEEN HACK:** *Invite preteens to think beyond their own needs this week. Of course, take time to discuss some of their personal needs, but talk about needs around their community and in the world and start the conversation about what they think might be some ways those needs can be met.*
- The recipe for everything we need starts with God. We learned through the stories of Elijah and the widow at Zarephath that God helps us find what we need. When Elijah was thirsty, God helped him find a brook for water. When he was hungry, ravens gave him food. And when the widow was about to prepare her last meal, God sent Elijah and provided her with more ingredients.
 - **Write about or draw someone God has given you to help you find what you need.**
 - **How can you be the one that helps another person with their needs?**
- **God helps me find what I need** through the people in my life. Sometimes, I am the person that God sends to help someone else.

MEMORY VERSE | Matthew 4:4 (NIV)

- **INSTRUCTIONS:** *Learn the memory verse together using any combination of the resources provided: [memory verse coloring page](#), [sign language motions](#), or choose from [this list](#) of our favorite memorization techniques!*
- **"It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God."**

PRAYER

- God, thank you for helping us find what we need. We know we can trust you to keep providing for us and looking out for our needs. In you, we can find everything we need. Amen.

SMALL GROUP TIME

DISCUSSION

- **SCRIPTURE QUESTIONS**
 - **How did God provide for Elijah?** *God led him to a brook for water, sent ravens to bring him meat and bread, and sent him to the widow at Zarephath when the brook dried up.*
 - **What did Elijah ask the woman at Zarephath?** *To fix him a meal before she fed herself and her son.*
 - **Through Elijah, what miracle did God provide the woman and her family?** *Her jar of flour and her jug of oil did not run out.*
 - **Read Psalm 97:2. What are the foundations of God's throne? What does this mean?** *Righteousness and justice. God cares about what is right and fair, which reminds us God will help people with what they need.*
- **APPLICATION QUESTIONS**
 - **Name one need you have that God has given you already.**
 - **Who are some people you need that God has given you?**
 - **What is one thing you can do to help someone else out with something they need this week?**

ACTIVITY | Big Idea Delivery

- **INSTRUCTIONS:** For this activity, you'll need the [printable](#) on card stock, crayons or markers, safety scissors, and tape. Have kids color in the pieces on the printable and cut them out. Insert the bread piece into the beak and secure it with tape on the back. See a worked example [here](#).
 - ✂ **PRETEEN HACK:** Print a loaf bread recipe, like [this](#), and have kids measure out the main ingredients to make it at home. Give them [disposable mini loaf pans](#), and have them group ingredients in separate zip bags. You can print labels to attach to the bags to remember exactly what's in each one.
- God helped both Elijah and the widow's family find what they kneaded . . . Bakery joke, get it? Let's make our own raven that's delivering an important message: **God helps me find what I need.**