Lesson

Engaging Introduction

Good morning, boys and girls! Today, we're going to hear a story about a very special person from the Bible. Have you ever felt scared or worried about something? Maybe there was a time when you felt alone even if people were all around you. Well, today, we're going to learn about a man named Elijah who felt just like that.

Elijah was a prophet, which means he was chosen by God to share His messages with the people. In ancient times, prophets were very important because they helped people know what God wanted them to do. Elijah was one of the bravest prophets in the Bible, and he did amazing things with God’s help. But in our story, Elijah found himself feeling overwhelmed, scared, and worried, just like we all do sometimes. We’re going to explore what happened when Elijah became afraid and what God did to help him feel better.

We often think that strong and brave people are never scared, but that’s not true. Even the bravest and strongest among us need help and comfort sometimes, and God is always there to provide us with just what we need. As we go through the story, picture yourself in the sunny deserts and caves where Elijah walked, and imagine facing challenges with God's loving presence guiding you.

So, let’s look at what happens in 1 Kings 19 in our Bibles and see how God took care of Elijah just like He takes care of us. I think you'll find some great surprises in Elijah’s journey!

Main Teaching Points

1. Elijah's Fear and Running Away

Let's start by understanding why Elijah was afraid. After Elijah had shown God's power on Mount Carmel, defeating the false prophets, Queen Jezebel was very angry with him. She was so angry that she sent Elijah a message saying she wanted to hurt him. Can you imagine how that made Elijah feel? Even someone as brave as Elijah felt scared. So, he ran away to the wilderness, a big desert with no people around.

Illustration: Imagine you're playing a game and suddenly, you feel very nervous because someone is about to catch you. Your heart can beat so fast! Elijah was feeling just like that, but he chose to escape to be safe.

2. Elijah's Time in the Wilderness

As Elijah journeyed far into the wilderness, he felt alone and very tired. He sat under a tree and prayed to God, telling God he was so overwhelmed that he didn’t think he could go on. But God had something special in store for Elijah. While Elijah slept, an angel of the Lord gently touched him and said, “Get up and eat.” When Elijah woke up, he saw bread baked over hot coals and a jar of water. What a wonderful surprise!

This shows that even when we feel down, God sees us and what we need. God provided Elijah with the necessary food and water. God always knows how to take care of us.

Example: It’s like when you’ve had a long day at school, and you come home to find your favorite

snack waiting for you. It makes you feel cared for and loved, doesn't it?

3. Elijah's Journey to Mount Horeb

After eating and resting, Elijah felt stronger. But he wasn't done with his journey yet. God told him to go to a place called Mount Horeb. It was a long trip, lasting forty days and nights, but Elijah made it with God's provision. When he arrived, Elijah went into a cave to stay overnight.

God came to speak with Elijah and teach him something very important. When God's presence came, it wasn't in a powerful wind or an earthquake. It didn't even come as a fire. God spoke to Elijah through a gentle whisper.

Analogy: It's like when you're worried or upset, and you think you need something big to make everything better, like a loud song or a crowded room, but sometimes what you really need is a gentle hug or kind words from a friend.

4. God's Message to Elijah

God asked Elijah, "What are you doing here?" Elijah explained he was worried and felt alone because the people were not listening to God's words. Even when frightened, we can talk to God and tell Him everything we're feeling. God wanted to remind Elijah that he wasn't alone. There were others who were still faithful and friends who would help him. God gave Elijah instructions and guidance to keep going.

Here we see God guiding Elijah with His plan. God didn't leave Elijah alone and still had many great things for him to do.

Personal Application for Elementary Students

Elijah's story teaches us about God's comforting presence when we face hard times. Just like Elijah, we can sometimes feel scared, alone, or unsure about what will happen next. Imagine those times when you find yourself afraid; remember that God is there wanting to help you just as He helped Elijah.

Think of moments when you've been scared, maybe about a big test or meeting new people. Like the angel provided food and water, God will give you strength in different ways to go through tough times. Sometimes, this might come from your parents, teachers, or good friends who have encouraging words for you.

We also learn that God's voice isn't always loud or dramatic. He speaks to our hearts in gentle whispers. Maybe it's through a peaceful feeling when you pray or when you read your Bible. Elijah's story encourages us to listen closely for those quiet whispers in our lives.

Finally, remember that even if you feel alone, God knows what you're going through, and He puts people in your life who will help. Elijah was reminded he had help through God and others. Likewise, don't hesitate to share your worries with trusted grown-ups or pray to God about them.

By thinking about Elijah's story, we can be assured that God loves us and will provide us with what we need. He's always close by, whispering words of love and hope.

Interactive Discussion Questions

Now that we've explored Elijah’s story, let’s talk about it together. I’d like to hear your thoughts and questions! Remember to think deeply about how Elijah's experiences relate to your life.

1. Why did Elijah run into the wilderness?
- This question encourages students to think about fear and how Elijah's human feelings reflected his intense emotions. Discuss how it's okay to feel scared but important to look for God in those moments.

2. How did God take care of Elijah in the wilderness?
- Students should recall how God provided food, water, and rest, which teaches God’s kindness and attention to our needs. Emphasize how this can reflect the ways God provides for us daily.

3. What did Elijah learn when God came as a whisper?
- Help students realize that God often communicates quietly. Encourage them to consider how God speaks to them—through thoughts, feelings, nature, or others.

4. Have you ever felt like you’re facing something tough like Elijah did? How did you get help?
- Facilitate a conversation about personal experiences. Guide the students to see God's hand in their life and how others like family and friends represent His care.

5. What are ways you can listen for God’s ‘gentle whisper’ in your own life?
- Let students brainstorm different ways to make space for listening to God, such as: quiet time and prayer, reading Bible stories, and talking with supportive people in their lives.

As we finish up, I hope Elijah's story gives you courage and reminds you that God is always there, taking care of you, even in the quietest ways. Keep your ears and your hearts open for God’s gentle whispers in your life.