

WEEK 3
LESSON GUIDE



BIG IDEA

God guides me
when I'm scared.

BIBLE

Elijah Flees to Horeb:
1 Kings 19:1–9a; Psalm 85:8–13

ABOUT THIS WEEK

Safety is important in a kitchen, so there are many rules for chefs and other staff to follow. This week, we'll look at the story of when Elijah ran away from Queen Jezebel and how God kept Elijah safe. When Elijah was afraid, God gave him what he needed to stay safe, and we can remember this—**God guides me when I'm scared.**

LARGE GROUP TIME

Welcome to another delicious day in our bakery! We've been learning about some amazing things God did through Elijah, like how Elijah prayed to God for fire from heaven and it came. Today's Bible story is about what happened afterward, when Elijah went from feeling invincible to scared. How would he get fired up for God ever again?

WHAT? *What are we talking about today?*

ACTIVITY | Fire In The Kitchen

- **INSTRUCTIONS:** *Play lively music. Have kids line up on one side of the room and move slowly to the other side, pretending to carry a large cake with their arms out in front of them. Pause the music at times, and everyone must freeze. Occasionally shout, "Fire in the kitchen!" prompting everyone to drop to the ground and crawl forward.*
 - ✳ **PRETEEN HACK:** *Convert this activity into a relay obstacle race. Set out chairs and tables for kids to avoid by spinning around them. Have them actually carry a cake pan or pie tin with both hands on it the whole time, even when they drop to the ground during the "fire in the kitchen."*
- Kitchens can be fun, but they are also risky because of fire. Safety always comes first, so let's practice a fire drill. When you hear there's a fire, drop to the ground to avoid breathing in smoke.
- Thank goodness this was only a pretend fire. **But what would be the first feeling you would have if there were a real fire?** I would try really hard not to panic and then move as quickly as possible toward the exit!
- In today's Bible story, we will find Elijah in a scary situation he wanted to get away from. We'll find out what happened and see what God did about it.

ACTIVITY | Sweets And Safety

- **INSTRUCTIONS:** *For this activity, you'll need two pairs of oven mitts and a bag of Hershey's Kisses chocolates. In pairs, kids will compete to open as many Hershey's Kisses as possible in one minute while wearing oven*

mitts. Repeat with different pairs of kids. Consider sharing the chocolates with the group afterward.

✂ **ACCESSIBILITY HACK:** Instead of opening Hershey's Kisses, have them use the oven mitts to open something larger, like plastic clamshell or to go containers with bakery play food (or pictures) inside.

- **What is the purpose of oven mitts?**

- To keep our hands from getting burned in the oven. Can they help us do other things, though? Oven mitts might be helpful when we use them in hot ovens, but not so much when unwrapping chocolates.
- In today's Bible story, Elijah was feeling burnt and burned out after dealing with fire. Let's see what God does to help him during this scary, discouraging time.

POLL | How Scared?

- **INSTRUCTIONS:** Ask kids the questions below or come up with your own. Have them reply by crossing their arms for "not scary," placing their hands on their heads for "a little scary," and raising both hands for "very scary."
- **How scary would it be to ...**
 - Start at a new school?
 - Cross the street at a crosswalk?
 - Ride a roller coaster you never rode before?
 - Get partnered with someone new for a school project?
 - See a stray cat strolling down the street toward you?
 - See a coyote strolling down the street toward you?
 - Go to the bathroom in the middle of the night without turning on the lights?
 - Give a speech in front of the whole school?
 - Find out a snake escaped from its cage while you're at the zoo?
 - Jump out of a plane wearing a parachute?
- We all get scared of different things, but we don't ever have to feel ashamed of feeling afraid—in fact, fear can be helpful sometimes to keep us from danger. But what's even more helpful is knowing God is always there for us when we're scared.

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

SCRIPTURE | 1 Kings 19:1–9a (Elijah Flee To Horeb)

- **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 cut into some dough using cookie cutters as you begin storytelling. Feel free to distribute baked cookies for everyone to eat at the end.
 - ✂ **ACCESSIBILITY HACK:** Use this month to check in with parents and update kids' allergies records. Invite parents to provide a favorite baked food that their kid is able to eat during service.
- Thanks for joining me again in the Bible Bakery, where we always get a taste of God's goodness. Baking can be fun and relaxing, but it can also be stressful and scary. There are lots of hazards we need to be careful around, like sharp tools and hot ovens. We also have to pay attention to the ingredients we use because we don't want anyone to get a tummy ache or allergic reaction.
- Remember Elijah? Soon after his victory against the followers of the false god Baal, Elijah found himself in a scary situation.
 - **Let's see what happened in 1 Kings 19:1–2.** Not long ago, Elijah proved God was the true God by defeating the prophets of Baal. However, when Queen Jezebel heard about this, she was furious

and threatened to hunt Elijah down. Elijah was very scared of her threat.

- **So what did Elijah do? Let's read 1 Kings 19:3–5a.** Even though Elijah trusted God and bravely stood up to everyone, Elijah became overwhelmed with fear. Being God's messenger was exhausting and dangerous work, and Elijah was ready to quit.
- **But what did God do? Let's read 1 Kings 19:5b–9a.** When Elijah was on the run and exhausted, God sent an angel to help him. The angel provided food and water, giving Elijah the strength to set out on a 40-day journey to Mount Horeb.
- When Elijah felt scared, God became his safe space, but in this case, God didn't simply take away what scared him. Instead, God provided the help Elijah needed. Knowing Elijah needed a break, God led him to a place where he could rest, eat, and hide.
- After some food and a nap, Elijah was ready to talk with God about how he was doing. We'll find out what they talked about next time.

BIG IDEA | God guides me when I'm scared.

- **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 guides me when I'm scared.**

VIDEO | A Clip Of "Cooking With Nana"

- **INSTRUCTIONS:** Show [this video](#) (or something similar) of a grandmother cooking with her grandchild. We always suggest viewing the clip beforehand to make sure you think it's a video that will be a good fit for your context! For more information on how to legally use copyrighted material for educational purposes, [read this!](#)
 - ✂ **PRETEEN HACK:** In addition to or instead of the video suggested, invite kids to try and spot the different safety hazards in this quick [online game](#). You can share this link with leaders to show on their mobile devices or tablets, or project it on a large screen and have kids yell out their answers.
- **How many of you enjoy baking or cooking in the kitchen with grown-ups? What are the tasks they let you do?**
- The adults who let you in the kitchen are really focused on keeping you safe. There are sharp knives and super-hot ovens that can be pretty scary. Even if you think you're not scared and can handle it, they're worried because they care about you and don't want you to get hurt.
- There are times we might not know what's best for us, but God does. God can guide us to what we need most when we feel scared or need to be cautious. Elijah was scared and on the run when God sent an angel to watch over him, feed him, and send him on his way once he was ready.
- **God guides me when I'm scared.**

ACTIVITY | Top Eight Scares

- **INSTRUCTIONS:** For this activity, you'll need printouts of each of the "Top Eight" categories from the [printable](#). Post one of each category in different parts of the room. Call out different food items from the list and have kids rush to the Top Eight section of the room the item falls under. There can be more than one correct answer in some cases.
- Food researchers have identified the following eight foods as the leading cause of allergies in people: milk, eggs, fish, shellfish, soy, wheat, peanuts, and tree nuts.
- **Which of the "Top Eight" do you think is in the following foods?**

- **Chocolate?** *Milk.*
 - **Mayonnaise?** *Eggs.*
 - **Tofu?** *Soy.*
 - **Cream cheese?** *Milk.*
 - **Toast?** *Wheat.*
 - **Crab cakes?** *Shellfish.*
 - **Walnuts?** *Tree nuts.*
 - **Marshmallows?** *Eggs.*
 - **Butter?** *Milk.*
 - **Miso soup?** *Soy.*
 - **Ice cream?** *Eggs, milk.*
 - **Macadamia nut cookie?** *Tree nuts, eggs.*
 - **PB & J sandwich?** *Peanuts, wheat.*
 - **Tuna sandwich?** *Fish, wheat.*
 - **Lobster roll?** *Shellfish, wheat.*
 - **Trail mix?** *Peanuts, tree nuts.*
 - **Sushi?** *Fish, shellfish.*
- **Are any of you allergic to any of the things on this list?**
 - One health food trend out now is having your food label read “Top Eight-Free.” This tells people the food does not contain any of those eight ingredients. That’s helpful because coming into contact with any of the Top Eight can be scary for people with specific allergies.
 - Baking can get a bit tricky when you have to avoid certain ingredients like eggs and milk. But here’s the cool part: you can still make delicious treats without using those eight foods. For instance, swap regular milk with coconut milk, use applesauce instead of eggs, and try sunflower seed butter as a peanut butter substitute. There’s always a way.
 - In today’s Bible story, Elijah felt scared and ran away from the queen. At first, he thought giving up was the best option. But God showed him that there’s a way forward, even in scary situations. God guided Elijah to a safe place where he could rest, find food, and regain his strength.
 - In the same way, **God guides me when I’m scared**, too.

SCRIPTURE | Psalm 85:8–13

- **INSTRUCTIONS:** *Read the passage aloud or invite a volunteer to read.*
- **As you heard this psalm being read to you, what words or images popped into your mind?**
- What a picture of how God supports us when things get scary. This psalm praises God for promising peace and providing good things. It talks about fearing God, but it’s not the same as being scared—it means respecting and honoring God. The psalm encourages us to get closer to God, who is always close to us. We can trust in God’s love, faithfulness, righteousness, and peace when we’re going through something that makes us afraid or worried.
- To understand this idea better, let’s look at how Jesus lived and helped people when he was on earth. Jesus consistently brought a sense of peace to those he met, encouraging them not to be afraid.
- He wasn’t dismissing their fears but showing that trusting in God is important, even in scary situations. Whether facing a storm on a boat or hiding in a locked room, Jesus’ friends could rely on him whenever they felt scared.
- Likewise, **God guides me when I’m scared**.

VIDEO | *Fired Up*, Episode 3

- **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](#) for kids to knead and play with as they reflect on the questions. When discussing situations where kids might feel extra vulnerable, create a safe space for them to share their thoughts. Remind them that sharing is optional, and they can choose not to if they're not comfortable.
 - ✂ **PRETEEN HACK:** Some preteens might be hesitant to talk among their peers about what currently makes them scared. In this instance, you can have kids open up about things they were scared of when they were much younger and have them reflect on the things that helped them feel calm in those situations.
- Baking can be chaotic, with equipment and ingredients all over the counter, but it can also be a peaceful time where you can think about things. As we work our dough, let's reflect on what we've learned so far and what God wants us to do about it.
 - **Imagine that you are Elijah, and the queen is after you. Would you think or feel any differently than Elijah did?**
 - **How might those feelings improve after getting rest and food?**
 - **When are some times you might feel scared?**
 - **Are there people in your life who help you when you're scared? What are some ways you calm yourself when you're scared?**
- Let's make a scared face emoji with our dough, then squish it out. Then, say the Big Idea with me: **God guides me when I'm scared.**

RESPONSE | Recipe Card Responses

- **INSTRUCTIONS:** Give each kid an index card, pencil, and colored pencils. Have them write their response to the prompt on the lined side or draw on the blank side. You will repeat this activity with new prompts every week, so if you'd like, collect the cards at the end, punch a hole in the corner, and put each week's card on a [binder ring](#).
- The recipe for everything we need starts with God. We saw that when Elijah was running away to Mount Horeb, God guided him and kept him safe when he was scared. God was always his safe space.
 - **Write or draw about your safe space. What's in it? Who's in it? What can you say here that you can't say to anyone else? What can you do to invite God into your safe space?**
- **God guides me when I'm scared.** That doesn't mean my fears just disappear, and I won't suddenly become invincible, but it does mean I can trust God to take care of me. God leads me to things that give me peace and rest during tough times.

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 guiding us when we're scared. You are there for us when we feel trapped by fear or worry. You remind us that it's okay to be scared sometimes. Thank you for providing people in our lives who can help create a safe space for us. Amen.

SMALL GROUP TIME

DISCUSSION

● SCRIPTURE QUESTIONS

- **Why was Elijah on the run?** *Jezebel was after him because he defeated her false prophets.*
- **What did God provide for Elijah while he rested before going to Horeb?** *Baked bread and a jar of water.*
- **Why do you think Elijah needed these at the time?** *Possible answers: We can experience big feelings when we're tired and hungry; once he got food and rest, he regained strength to continue his journey.*
- **Read Psalm 85:9. Does "fear" mean we need to be scared of God?** *No, it means we can give God all of our attention with honor and respect.*

● APPLICATION QUESTIONS

- **What are some things that scare you?**
- **Who in your life helps you to feel less scared?**
- **How can you remember God guides you when you're scared?**

ACTIVITY | Feel Better Bread

- **INSTRUCTIONS:** *For this activity, you'll need one slice of bread per kid, milk, food coloring, disposable cups, disposable plates, and new paintbrushes. Prepare different edible "paint" colors using milk and food coloring in separate cups. Give each kid a slice of bread on a plate and a new paintbrush for them to draw on their bread with. If you have a toaster available, toast the bread afterward. For details, see [these instructions](#).*
 - ✂ **ACCESSIBILITY HACK:** *Have kids decorate an apron with fabric markers and use tacky glue to adhere to other materials like pom poms or yarn. Print the Big Idea on paper and cut to the size of [plastic name tags](#) to pin on their apron.*
- God sent an angel to give Elijah food, water, and a safe place to rest and hide. Sometimes, God might send you to help a friend when they are scared or worried.
- Create a design on your bread that lets someone know that you are thinking of them in their time of need. **God guides me when I'm scared**, and God also guides me to someone who needs my help.