

WEEK 3
LESSON GUIDE



BIG IDEA

God guides me
when I'm scared.

BIBLE

Elijah Flees to Horeb:
1 Kings 19:1–9a

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 Elijah running 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.

WELCOME TIME

ACTIVITY | The Floor Is Fire!

- **INSTRUCTIONS:** For this activity, kids will play a game similar to “The Floor Is Lava.” Provide cushions, low chairs, benches, tables, bean bag chairs, or even puzzle play mats sectioned off and spread across your space. Allow kids to roam around freely as music plays, but as soon as you yell, “The floor is fire!” kids have to run to the nearest “safe” spot before you are done counting to five. Repeat each round with fewer safe zones to make it more challenging. Play a fun, themed song [like this](#) as kids play.
- You were so fast to get to a safe spot when the floor was fire! Thankfully, the floor is not really fire, so we weren't really scared, right?
- That makes me *fired up* to share today's Bible story with you. It's about a time when Elijah was scared for real and how God guided him through it.

ACTIVITY | Safety Mitts

- **INSTRUCTIONS:** For this activity, prepare two pairs of oven mitts or kitchen gloves, two muffin trays, and two packs of muffin cup liners. Two kids at a time will compete, seeing who can add the liners the fastest or who does the most in a one-minute time period. The kid that opens the most wins.
 - ✂ **TODDLER HACK:** Provide a cupcake toy set [like this](#) and have toddlers place the cupcakes in the tray without using mitts. This can help with their matching shapes and sorting skills.
- **Why do we need oven mitts or gloves?** That's right—to keep our hands safe from extremely hot or cold things. Today's Bible story is about how God kept Elijah safe and how God helps us out of scary situations, too.

STORY TIME

SCRIPTURE | 1 Kings 19: 1–9a (Elijah Flees to Horeb)

- **INSTRUCTIONS:** Teach this Scripture passage by reading from a preschool-friendly Bible translation, Bible

storybook, or using the talking points provided below. Dress as a chef with a white apron and hat. Prepare a pretend oven (it can be as simple as a cardboard box on its side) and place your Bible inside. You may even set up a fun kitchen timer, bring out the Bible, and begin teaching when the timer goes off.

- Welcome to the Bible Bakery, where we always get a taste of God's goodness and some yummy treats, too. I am so *fired up* for today's Bible story!
 - **What do you remember about Elijah?**
 - Elijah was a prophet. He delivered messages from God to the people. We also heard about the time he prayed to God, and God sent down fire.
 - Because of God, Elijah was unstoppable. But the queen of the land was not happy with Elijah.
 - She did not like Elijah proving that his God was the one true God. She was very angry that Elijah won and beat all the people who followed the fake god.
 - So the queen sent people after Elijah. She wanted him dead!
 - **Can you show me what it might look like to be scared?**
 - Elijah was scared. He ran away as fast as he could, and with God's help, he was able to escape.
 - Then, God sent an angel to Elijah. The angel provided food. **Let's pretend to eat food.**
 - The angel gave Elijah water to drink. **Let's pretend to drink water.**
 - Then Elijah rested. **Show me how you take naps!**
 - He gained strength from the food and was able to journey some more. The angel provided protection in Elijah's time of need when he was scared, tired, and in a lot of danger.
 - When Elijah called for God's fire and showed the people who the real God was, he probably felt bold and heroic. But when he heard the queen was out to get him, he got scared and ran away.
 - God knew Elijah was scared and guided him. God gave Elijah everything he needed to feel better and stay safe.

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

- **INSTRUCTIONS:** For the Big Idea reveal this month, you'll need a large aluminum cookie sheet and each week's Big Idea [printables](#). Print the pages double-sided and cut out each "baked good." Arrange them on the cookie sheet so that the words are facing down. Invite one kid at a time to come up and flip over a baked good. If there is a word on there, read it aloud for them. After all the words are found, arrange them in order on the cookie sheet. Have kids repeat the Big Idea a few times, then teach them the corresponding hand motions.
- Ah! Something smells delightful! I wonder what Big Idea is baking today!
- **Let's learn the Big Idea together:**
 - **God** (Point upward.)
 - **guides me** (Point thumbs to self.)
 - **when I'm scared.** (Place hands on the side of the face.)

VIDEO | Fired Up, Episode 3

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

ACTIVITY | Naptime Tag

- **INSTRUCTIONS:** For this activity, mark a "hideout" box on the ground using painter's tape. Have one person be "it" while all the other kids are running. Inside the "hideout" is the only place where anyone is safe from being tagged. If a kid is tagged, have them lie down on the side and take a five-second "nap" before they can come back into the game. Continue to switch who the tagger is as time allows.
 - ✳ **TODDLER HACK:** You can do a "Follow The Leader" version instead where kids can imitate you standing, running, and lying down.
- In the Bible story, Elijah was on the run because he was scared of the queen and her army. But God guided

him to a safe place and gave him food and rest.

- God helps us feel safe when we're scared, too. God gives us loving people who understand us and will help calm our fears. Sometimes when we're feeling scared, even a little food or a nap can help us feel much better!
- **God guides me when I'm scared.**

PRAYER

- God, thank you for guiding us when we're scared. We know that we can trust you to keep us safe. Amen.

SHARING TIME

SNACK | Rest-Krispy Treats

- **INSTRUCTIONS:** Pass out homemade or store-bought Rice Krispies Treats.
- Our snack kind of looks like a pillow which helps us remember how God helped Elijah rest and have food when he was scared.
- **Is there anything you want to share with us that you're scared of?**
- **What do you like to do when you're feeling scared?**

ACTIVITY | Circle Time

- **INSTRUCTIONS:** Sit in a circle together. Pass around a slow-rising bread squishy (like [this one](#)) as kids take turns responding to the questions. The person holding the item gets to speak.
- **Who was Elijah running away from?** The queen.
- **Why was the queen mad at Elijah?** He beat all the prophets who worshipped the fake god.
- **Who did God send to guide Elijah as he ran away?** An angel.
- **What did God give Elijah when he was scared?** Food, water, and rest.
- **Who guides you when you're scared?** God! God guides me when I'm scared.

ACTIVITY | Restful Angel

- **INSTRUCTIONS:** For [this craft](#), give each kid a clothespin and a sandwich baggie filled with cotton balls. Then have each kid use markers to decorate the flat side of their clothespin to look like an angel. You could provide small googly eyes and pieces of sparkly pipe cleaners to help create a halo if you'd like. Afterward, have them clamp the clothespin in the middle of the bag to create the angel wings, with cotton balls spread out to either side of the clip. For a yummier option, fill the bags with marshmallows, popcorn, or o-shaped cereal, making a note of items to substitute for kids with dietary restrictions.
 - ✂ **TODDLER HACK:** Provide an angel template like [this](#) and allow toddlers to color or scribble on it. Then cut out and fold following [these instructions](#). Allow toddlers to play with their new angels.
- God sent an angel to remind Elijah to eat and rest. God helped Elijah feel safe and not so scared anymore. Keep your angel close to you to remember **God guides me when I'm scared.**

MEMORY VERSE | Matthew 4:4 (NIV)

- **INSTRUCTIONS:** Help kids learn this month's memory verse by setting the words to the tune of "Yankee Doodle." You can also have kids repeat the verse after you in small chunks, say it using silly voices, or create simple hand motions for keywords.
- **"It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"**

PLAY TIME**ACTIVITY | Coloring Page**

- **INSTRUCTIONS:** Print and distribute [the coloring page](#) along with crayons or markers. You can review today's Bible story, Big Idea, and memory verse as the kids color.

ACTIVITY | Rest Station

- **INSTRUCTIONS:** For this station, provide cushions, stuffed animals, busy toys, and books, and allow kids to rest and practice individual play.
 - ✂ **TODDLER HACK:** When in doubt, bring out the bubbles for toddlers! They can calm a crying toddler and pull a shy toddler out of their shell. Provide bubble machines they can run through and large wands for kids to wave the bubbles themselves.

ACTIVITY | "Sprinkle" Sensory Bin

- **INSTRUCTIONS:** For this free play activity, use sprinkles or prepare [rainbow rice](#) in advance to fill a sensory bin and provide cups, vessels, spoons, and other items for kids to play with. Consider keeping the colors separated to start and allowing kids to mix the colors together in the bin. If using rice, remind kids that it isn't for eating, just for playing!
 - ✂ **TODDLER HACK:** Put the colored rice or sprinkles into empty plastic bottles and seal the tops for the toddlers. Mix in other items for kids to discover among the rice or sprinkles, or create simple noisemakers kids can shake.