

WEEK 4
LESSON GUIDE



BIG IDEA

God
comforts me.

BIBLE

God Appears to Elijah:
1 Kings 19:9b–18; 2 Corinthians 1:3–7

ABOUT THIS WEEK

Some baking creations don't turn out the way we'd hope, and we'll need people to comfort us when things end up half-baked. This week, we'll hear about how God appeared to Elijah to comfort him when his situation didn't turn out how he had expected. Through a gentle whisper, God showed up to bring comfort to Elijah so we can believe that **God comforts me.**

LARGE GROUP TIME

Is there anything more comforting than the smell of freshly baked cookies or pie? Today, we will hear how God comforted Elijah when he was on the run. Through this story, we just might discover what a hug from God might be like. Set your oven timers and get mixing. I am *fired up!*

WHAT? *What are we talking about today?*

ACTIVITY | Kitchen Memory

- **INSTRUCTIONS:** *For this activity, you'll need a cookie sheet or table arrayed with kitchen items like a serving spoon, ladle, measuring cup, spatula, whisk, measuring spoons, cupcake liners, and cookie cutters. Have all the kids take a good look as you name each item and give them a minute to memorize them all. Next, have everyone turn away except for one, who then moves or takes away one item. When the group turns back around, they get three guesses to figure out what's changed. Repeat the game with another kid, taking turns choosing and altering an item.*
 - ✂ **PRETEEN HACK:** *Make this more challenging by having kids take away two or three items instead of just one.*
- In this game, some of the changes were really obvious, while others were so small it was hard to tell what changed.
- In today's Bible story, the prophet Elijah was expecting to hear from God in big, obvious ways, but God chose to show up differently.

ACTIVITY | Ready, Set, Bake!

- **INSTRUCTIONS:** *For this activity, you'll need plastic eggs, slime, water pitchers, bowls, rolling pins, play dough, cookie cutters, crayons, construction paper, cupcake tins, cupcake liners, paper plates, colored tissue paper, plastic pie servers, pie tins, and sponges cut into wedges. Before your program, set up stations with*

various tasks for kids to complete, timing each one to find the fastest participant or team. Use suggested stations or create your own. Remember to reset each station for the next person. For smaller groups, have multiple kids attempt the same station simultaneously rather than racing through different ones. Encourage cheering and support from others.

✂ **ACCESSIBILITY HACK:** Have the stations serve as sensory stations to rotate through instead of having kids rush through them. Encourage each kid to have a turn while their groups cheer them on.

- Baking is all about timing. Let's see how quickly you can get through each station!
 - **Crack the egg:** Empty the egg yolk (slime) from the (plastic) egg into a bowl.
 - **Add the water:** Pour water from a pitcher into a bowl and put it into the indicated line.
 - **Flatten the dough:** Use a rolling pin to flatten a mound of play dough.
 - **Shape the cookies:** Use a cookie cutter and crayon to trace four "cookies" onto construction paper.
 - **Line the tin:** Fill a cupcake tin with cupcake liners.
 - **Decorate the cake:** Cover a paper plate completely with tissue paper scraps.
 - **Serve the pie:** Use a plastic pie server to transfer a wedge-shaped sponge from a pie tin onto a plate.
- **Whether you felt confident or stressed about getting everything done in time, wasn't it comforting to have people cheer you on?**
- In today's Bible story, we'll see God cheering on Elijah when he was at his lowest. God might not have shouted or applauded, but God gave Elijah the comfort he needed.

POLL| This Or That: Comfort Foods

- **INSTRUCTIONS:** For this poll, you'll need painter's tape or another boundary mark on the floor. Have kids stand in a single file line. After each question, kids will respond by moving to the left for "this" or to the right for "that."
- **Would you choose this comfort food or that?**
 - Peanut butter and jelly or ham and cheese?
 - Mashed potatoes or scrambled eggs?
 - Hot milk or hot chocolate?
 - Cereal or oatmeal?
 - Chocolate chip cookies or brownies?
 - Soup or noodles?
 - Apples or oranges?
 - Pancakes or waffles?
 - Chicken nuggets or hot dogs?
 - Pizza or hamburger?
 - Cake or pie?
- Eating our favorite comfort foods can make us feel better, but there's something even more powerful—turning to God for comfort. Let's explore how God provided comfort to Elijah.

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

SCRIPTURE | 1 Kings 19:9b–18 (God Appears to Elijah)

- **INSTRUCTIONS:** In your teaching area, set up a table and lay out a few baking tools like a rolling pin, mixing bowl, and whisk. Place your Bible and teaching notes on a cookbook stand. Wear a chef's hat and apron for added fun, and roll a rolling pin over a slab of play dough as you begin storytelling. Feel free to distribute

[homemade](#) or store-bought apple pie for everyone to eat at the end.

- It's time for another story at the Bible Bakery. Getting a taste of God's goodness is even better than a slice of delicious apple pie on a gloomy day.
- Remember Elijah? He was running scared from Queen Jezebel, who was out to get him. Then, God guided Elijah to a place to hide, rest, and eat. But that's not all.
- **Let's read 1 Kings 19:9b-11a.**
 - Elijah was in a place called Horeb. When God asked him, "What are you doing here, Elijah?" it wasn't because God didn't know. God wasn't angry with Elijah for running away and being scared. God wanted to give Elijah a chance to share what was on his mind.
 - Elijah sounded like he was feeling down, left out, and unprotected from the danger he faced. He may have even felt as though God wasn't with him anymore.
- **Now, let's see how God showed up in 1 Kings 19:11b-13.**
 - The wind, the earthquake, and the fire all seem like powerful ways for God to show up. But Elijah didn't need a spectacular display of power.
 - At that moment, he needed comfort and assurance that God was with him. So, God spoke to Elijah in a gentle whisper.
- **Let's read the rest of their conversation in 1 Kings 19:14-18.**
 - Sometimes, we might feel really stressed and need to express all our feelings. This story shows us when we do, God listens and comforts us.
 - God told Elijah that he wasn't alone even though he had more work ahead. There were others who also followed God, and of course, God would be there with him every step of the way.
- God chose to comfort Elijah through whispers of truth and hope rather than magnificent shows of power. A warm slice of pie, as comforting as that can be, wouldn't even come close to the comfort God gives when we need it most.

BIG IDEA | God comforts me.

- **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 comforts me.**

VIDEO | A Clip Of "Cloud Bread"

- **INSTRUCTIONS:** Show a baking ASMR (autonomous sensory meridian response) video, like [this one](#) about Korean "cloud bread." For more information on how to legally use copyrighted material for educational purposes, [read this!](#)
- **Have you ever seen an ASMR video?**
- These are videos of sounds or images that give us a satisfying feeling—like the sound of typing on a keyboard, squishing slime, spreading paint, or baking bread. Let's watch some now.
- **Did you think that was satisfying?**
- **What do you think God's gentle whisper sounded like?**
- We may not hear God's voice like Elijah did at Mount Horeb, but God does speak to us. It might be through family, friends, teachers, or stories from the Bible.
- God knows when we are feeling down and wants to hear from us. **God comforts me** and you.

ACTIVITY | Comfort Cookies

- **INSTRUCTIONS:** For this activity, you'll need pre-baked, plain sugar cookies, [frosting pens](#), and [cellophane](#)

[bags](#). Invite kids to decorate the cookies with frosting, then wrap them in cellophane and give their cookies to someone at church or after church.

✂ **ACCESSIBILITY HACK:** If you need to, replace real cookies with circles cut from brown felt. Have them decorate their “cookies” with [small black pom poms](#) as chocolate chips, precut white felt as frosting, and colorful pieces of yarn or string as sprinkles. Use tacky glue to adhere the pieces.

- God comforted Elijah through a gentle whisper and comforts us, too. We can find comfort in God whenever we feel lonely or sad. Plus, God can comfort others through us when they are feeling down.
- Comfort can come in many forms, such as talking on the phone or video, sending text messages, having someone sit with you at lunch, or even receiving a cookie from a friend. **God comforts me** and shows me how to comfort others, too.

SCRIPTURE | 2 Corinthians 1:3–7

- **INSTRUCTIONS:** Read the passage aloud or invite a volunteer to read.
- Sometimes, comfort comes “baked” in the unexpected, like music, conversations, stories, scents, food, and even other people! God can provide comfort anywhere because the Holy Spirit is with us and comforts us wherever we are.
- This passage reminds us that God is the one who provides us comfort. It says that God comforts us in all our troubles so that we can do the same for others. We can share the comfort we receive with those around us.
- When Jesus was here on earth, a big part of what he did was to offer comfort to people. He reached out to those who were brokenhearted and cast out from society.
- Jesus showed them that he saw them and understood their pain. **God gives me comfort.**

VIDEO | *Fired Up*, Episode 4

- **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 for kids to knead as they think about the prompts. This week, consider using [scented dough](#).
 - ✂ **PRETEEN HACK:** It’s not easy being a preteen! Talk openly about the disappointment (or other feelings) that happens when things don’t turn out the way we hope. If they seem open to it, invite them to share any disappointments they’ve had recently or in the past. Providing a listening ear and validating feelings can be a way God uses you to comfort them.
 - ✂ **ACCESSIBILITY HACK:** Emotional regulation can be tough for kids with disabilities. Find out from parents what brings their kids comfort when they feel disregulated. Perhaps having a squeeze toy, using a chew tool, listening to calm music, or taking deep breaths. Weave these into your discussion times as tangible and practical things God can use to comfort them.
- When you’re baking something, that delicious smell can carry from the oven throughout the entire house. That’s the kind of complete comfort God offers to us. As we work our dough, let’s think about what we’ve learned so far and what God wants us to do about it.
 - **If you were Elijah, would you have expected God to appear in the wind, fire, or earthquake? Why?**
 - **Why might God’s gentle whisper have been the most comforting to Elijah?**

- **When are some times you might want to be comforted?**
- **What do you usually do to comfort yourself when you're feeling sad or lonely?**
- Let's shape our dough into something that we find comforting as we say the Big Idea together: **God comforts me.**

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 find that God comforts us in the story of God appearing to Elijah on Mount Horeb through a gentle whisper.
 - **Write or draw about a time when you were comforted.**
 - **Can you think about some ways you can provide comfort to others?**
- **God comforts me.** God comforts you. God invites us to comfort someone else, too.

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, as big and powerful as you are, you comfort us so gently. Help us know that we can come to you with all our feelings. Thank you for giving us comfort when we need it most and also for giving us the ability to comfort others. Amen.

SMALL GROUP TIME

DISCUSSION

- **SCRIPTURE QUESTIONS**
 - **In what ways did Elijah think God was going to speak to him?** *Through the wind, earthquake, and fire.*
 - **What was Elijah's response to God's gentle whisper?** *He pulled his cloak over his face and went out and stood at the mouth of the cave.*
 - **Why do you think God told Elijah about the seven thousand who had not bowed down to Baal?** *God might have been letting Elijah know that he was not alone.*
 - **Read 2 Corinthians 1:4. What is something we can do with the comfort God gives us?** *We can comfort others who need it.*
- **APPLICATION QUESTIONS**
 - **When are some times you might need comfort?**
 - **What are some things that you find comforting?**
 - **Who is someone you can give God's comfort to this week? How will you do that?**

ACTIVITY | Where Is God? Wheel

- **INSTRUCTIONS:** For this activity, you'll need one [printable](#) per kid, paper plates, and brass fasteners. Have kids color the images on the printable, cut all the pieces out, and paste the triangular shapes onto a paper

plate. Place the wheel piece on top and press a brass fastener through the middle to hold the wheel and paper plate together. Kids can turn the wheel to reveal the different natural phenomena mentioned in the Bible story. See a worked example here.

✂ **PRETEEN HACK:** To help kids remember the Big Idea, have preteens make a heart-shaped whisk using [craft wire](#) and with the help of pliers. Shape the whisk like [this](#) (can just be one or two hearts), and wrap the handle like what is shown in [this video](#).

- When Elijah heard God would be coming by his hiding place, he might have expected God to show up in the big acts of nature like wind, an earthquake, or fire. But God's presence must have felt so comforting when he appeared to him in a gentle whisper.
- Let's put this wheel together to remember that while God is powerful enough to be present in these larger-than-life ways, God chooses to be near us. **God comforts me.**