

WEEK 4
LESSON GUIDE



BIG IDEA

God
comforts me.

BIBLE

God Appears to Elijah:
1 Kings 19:9b–18

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.**

WELCOME TIME

ACTIVITY | Choose A Comfort Food

- **INSTRUCTIONS:** For this activity, have kids lined up in a single file line along a line on the floor marked with painter's tape. Call out each of the two options and point to the side of the room indicating their preference. Play a fun song [like this](#) as kids play.
 - ✂ **TODDLER HACK:** Provide pictures for each of these items to help them point out which ones they like. You may also want to do this activity closer to snack time in case these images trigger hunger cues for younger toddlers.
- **Which of these comfort foods would you choose?**
 - Chocolate or vanilla ice cream?
 - Chicken soup or mushroom soup?
 - Pancakes or waffles?
 - Chicken nuggets or hamburgers?
 - French fries or apple slices?
 - Cookies or cake?
 - Scrambled eggs or bread?
- Wow, all those foods make me feel *fired up* ... and hungry! We all prefer different ways of feeling comfort when we are feeling sad. Thankfully, God knows you better than anyone and knows what comforts you.

ACTIVITY | Whisper Words

- **INSTRUCTIONS:** For this activity, start by having the kids sit in a circle (depending on the size, you may need to break up into smaller groups). Have a short phrase ready to share with one kid, and have them repeat and whisper what they heard into the ear of the person sitting next to them. Continue until the phrase has made its way through the whole group. See if the person who was at the end heard the words correctly. You can use past Big Ideas or even silly phrases like "It's raining tacos" or "I am a gummy bear." For kids who struggle to whisper, have the kids seated farther apart and have each kid travel to the next kid to relay the message in a quieter voice.

✂ **TODDLER HACK:** *Toddlers may not be able to whisper or repeat phrases. Instead, prepare paper fans that you and the toddlers can take turns fanning at each other. Talk about the wind that Elijah felt in the Bible story.*

- It can be hard to hear what someone is saying when they whisper. But a whisper is quiet and helps us feel calm.
- In today's Bible story, Elijah waits for God to show up and talk to him in a big and loud way, but God chooses a whisper instead!

STORY TIME

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

- **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!
 - Elijah had been running away from the queen, who was very upset with him. You see, Elijah shared the truth about God, and that made some people—like the queen—very angry.
 - So Elijah ran away and came to a place called Mount Horeb.
 - **Can you say that with me? Mount Horeb.**
- God asked Elijah why he was there. Elijah felt afraid, alone, and tired. He felt like he was the only one telling people about God.
 - **Have you ever felt sad?**
 - **Have you ever felt scared?**
 - **Have you ever felt lonely?**
 - **Have you ever felt tired?**
 - Sounds like you have some idea of how Elijah was feeling.
- God decided to meet Elijah at Mount Horeb. Elijah expected God to show up in a powerful way, but that's not what God had in mind!
 - First, there was a strong wind. **Can you make wind sounds with me? Whoosh!**
 - Then, there was a big fire. **Let's wave our hands in the air and move them side to side like flames.**
 - Finally, there was an earthquake. **Everyone stomp your feet really fast.**
- But where was God? God did not appear in the wind. God wasn't there in the fire. God didn't show up in the earthquake.
 - What happened next was a gentle whisper. God spoke to Elijah in a gentle whisper.
 - Elijah covered his face and went out of the cave to talk to God.
- God let Elijah know that he was not alone. God was always there, and there were other people who loved God, too. Elijah just didn't know it. Through the gentlest whisper, God showed Elijah great comfort!

BIG IDEA | God comforts me.

- **INSTRUCTIONS:** *For this month's Big Idea reveal, 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 marvelous! I wonder what Big Idea is baking today!
- **Let's learn the Big Idea together:**
 - **God** (Point upward.)
 - **comforts** (Hug self.)
 - **me.** (Point to self.)

VIDEO | *Fired Up*, Episode 4

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

ACTIVITY | Wind, Fire, Earthquake, Whisper

- **INSTRUCTIONS:** For this activity, prepare a large [parachute](#), tablecloth, or bedsheet and have all the kids stand around it and grab onto the sides. When you say "fire," have them wave the parachute with their arms held high. When you say "earthquake," have them shake the parachute from side to side with their arms in front. When you say "wind," have them make waves with the parachute by moving their arms up and down. And when you say "whisper," have them lift their arms high and run under the parachute.
- God showed up to talk to Elijah and give him comfort.
 - **Was God in the wind?** No!
 - **Was God in the fire?** No!
 - **Was God in the earthquake?** No!
 - **Where was God?** God was in the gentle whisper.
- God knew how to comfort Elijah, and God knows how to comfort us, too. So the next time you are feeling down for any reason, remind yourself, **God comforts me.**

PRAYER

- God, thank you for comforting us. Whenever we feel worried, sad, lonely, or frustrated, we can go to you! Amen.

SHARING TIME

SNACK | Milk And Cookies

- **INSTRUCTIONS:** This week, provide milk and cookies as the ultimate kids comfort food! Pair this snack with another comforting activity—reading a story. Pick a read-aloud book or play a read-aloud video (like ["Milk and Cookies"](#)) as kids munch. Make sure you have substitute snacks available to accommodate kids with allergies.
- Our comforting snack reminds us of how God comforted Elijah in a gentle whisper.
- **What are some other foods you like to eat that make you feel better?**
- **Do you have a special stuffed animal or blanket that comforts you?**

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.
- **Where was Elijah hiding when God spoke to him?** Mount Horeb.
- **What are some powerful ways that Elijah thought God would show up?** Wind, fire, and earthquake.
- **How did God speak to Elijah?** In a gentle whisper.
- **Was Elijah ever alone?** No, God was with him, and there were other followers of God Elijah didn't know about.
- **Who can you count on to comfort you?** God! God comforts me.

ACTIVITY | Comfort Cookie Delivery

- **INSTRUCTIONS:** For this activity, invite the kids to decorate a [cookie bag](#) for a friend or family member. Help them write words of encouragement or the Big Idea, draw pictures, or decorate with [stickers](#) or stamps. Then distribute homemade or store-bought cookies and seal them inside their bags. Reminds kids to give or share the cookie with someone who needs comfort!
- God comforted Elijah through a gentle whisper. God knew how to find Elijah and comfort him in the right way. God does that for us, too. A lot of times, God sends comfort to others through us!
- Who can you comfort today? Just like how **God comforts me**, God comforts them, too!

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 them 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 | Follow The Lines

- **INSTRUCTIONS:** For this activity, tape a large sheet of paper on the wall with four random lines drawn on the paper [like this](#) in different colors. Tell kids that each line represents a different element from the Bible story: wind (blue), fire (red), earthquake (green), and gentle whisper (yellow). Have sheets of dot stickers with the corresponding colors that kids can place on the lines to follow from beginning to end. Each kid doesn't have to place the dots right next to each other. Encourage them to space them out so other kids can add to each line.
 - ✂ **TODDLER HACK:** Developing independence is important for toddlers. Remember to observe the toddlers and think about each kid's preferred activities. Step back and watch them try a game or craft on their own for a bit so they can gain the skills from trial and error. Be available to help when needed, but be willing to hang back and allow them to struggle for a little bit before jumping in to help.

ACTIVITY | Horeb Hiding Place

- **INSTRUCTIONS:** For this station, obtain a large cardboard box (large enough for at least two kids to crawl inside) and lay it on its side with the flaps open. Encourage kids to freely play in the immediate vicinity and hide inside the "cave."