

WEEK 1 PRESCHOOL LESSON GUIDE



THE BIG IDEA

Step one,
trust God.

THE BIBLE

Elijah and the Widow at Zarephath:
I Kings 17:8-16

WELCOME TIME

MUSIC | Jam Session

- **INSTRUCTIONS:** You can lead kids in worship with any songs you like best, but here are a few songs that go along with this month's theme. Make sure you have purchased any licenses required to play or perform these songs. For more information, [read this!](#)
 - "Your Power Will Pull Us Through" (Group Publishing)
 - "I Will Pray" (Yancy)
 - "Trust In You" (Kidspring)
 - "God's Handiwork" (Lantern Music)

ACTIVITY | Morning OJ

- Hey, kids! Welcome to the Plate It Cooking Show! We'll have tons of fun preparing food and doing food challenges as we learn about prophets!
- Prophets were people who got messages from God that they shared with the rest of God's people. They were important because they taught everyone how to live the way God wanted them to.
- We need to follow God's instructions today, too. To show you what that's like, let's see if we could follow directions to make our first food item of the day: orange juice!
- **INSTRUCTIONS:** Show kids a glass of orange juice or [a picture](#) of one. Invite kids to take turns coming to the front to help you squeeze the oranges using the hand juicers (make sure to sanitize their hands first). You might want to have a pitcher of extra orange juice ready beforehand. Give everyone a small cup of juice with a straw once you are finished.

✂ **TODDLER HACK:** Give kids orange halves without the peel so that they are easier to squeeze.

- **Did you think that these oranges could actually become juice?**
- If you didn't think it would work, you might have given up and not even tried. But because you all trusted me when I said we were going to make orange juice, you all helped out and now we get to share our morning OJ together!

ACTIVITY | Refill Relay

- **Did you know that some prophets got their food and water straight from God?** It's true! God provided food and water for them so they wouldn't be hungry or thirsty.
- When we're at a restaurant and we want more of something, we sometimes ask for a refill. Then a nice server comes and gives us more water, for example.
- Today we're going to try making our own refills!
- **INSTRUCTIONS:** Split the group into equal teams, and line them up for the relay. Place the large cups several yards away from the starting lines. Place the pitchers of water a few feet in front of the starting lines. Give the first person of each team one small cup. Have the kids race to get their cups filled with the water from the pitcher and get their water into the large cup. Play then passes to the next person. (It would be helpful to have a leader fill the cups for the children.) The first team to fill up their large cup wins!

✂ **TODDLER HACK:** Have a bucket of cotton balls or pom-poms and have the children work together using 3-ounce cups to scoop the items into large cups. *Do not make this a relay activity.

TEACHING TIME

BIBLE STORY | Elijah and the Widow at Zarephath

- The Plate It Cooking Show is special because in addition to real food we can put in our tummies, we get to talk about food for our hearts. **Do you know what that is?** It's a Bible story!
- **INSTRUCTIONS:** Prepare the materials from your Shop & Prep List to help you tell the story from 1 Kings 17:8–16. You could choose to have a volunteer hand you some of the items as you tell the story.
- Today's story is all about how God sent a prophet named Elijah on a journey.
 - Remember we said how some prophets got their food and water from God? Elijah was one of them! Even though there was no food in all the land, God sent birds called ravens to give Elijah food, and led him to a small stream where Elijah could get water.
- But God was going to help more people trust God like Elijah did. God sent Elijah to the home of a woman who lived with her son.
- When Elijah saw her, he asked her for some water and some bread.
- But just like everyone else in the land, she was running out of food.
 - They only had a small amount of water. [Hold up small jar with a little water inside.]
 - They only had a tiny amount of flour. [Hold up small jar with a little bit of flour inside.]
 - And they only had a little bitty bit of oil left. [Hold up small jar with little drops of oil inside.]

- She told Elijah that they only had enough for one more meal. But Elijah told her to trust God that she would not run out of oil or flour.
- So the woman did what Elijah told her to do. *[Mix the flour, oil, and water together and knead it into a small ball of dough. Lift the box covering the loaf of bread. Place the dough inside the box and put it on the floor.]*
 - She was able to make bread for Elijah and her family. But remember how she thought that would be the last?
- Guess what? The flour and oil didn't run out! *[Lift the box covering the large mason jars.]*
- Because she trusted what Elijah told her, she had enough oil and flour to last her a very long time. If the woman had not trusted God, she would have missed out on this miracle!

BIG IDEA | Step one, trust God.

- **INSTRUCTIONS:** Create a Big Idea "plate" according to the instructions in your Shop & Prep List. Hold the covered "plate" as a server would hold a platter with one hand. With your other hand, remove the tablecloth by pinching it in the center and lifting it up quickly and dramatically.
- Let's say today's Big Idea together. **Step one, trust God.**

VIDEO | Plate It, Episode 1

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

ACTIVITY | Making Bread

- **INSTRUCTIONS:** Either make the dough beforehand or give each kid a little bit of each ingredient and have them knead the dough on their own. You might want to group kids with volunteers to help them with this activity. Let kids know that this isn't real bread and make sure they don't eat it!
 - ✂ **TODDLER HACK:** Make dough in advance or use Play-Doh. Provide food-shaped dough cutters for the children to use.
- **What food did Elijah ask the woman for?**
- **What items did the woman use to make bread?**
- **Have you ever helped someone make bread?**
- **How do you think the woman felt making bread for Elijah and her family?**
- The woman didn't have enough but she saw God give her more than she imagined. She learned to trust God and we can remember **step one, trust God.**

PRAYER

- Dear God, thank you for giving us what we need to do good things! Help us to trust you always and help us to help others when they need it. Amen.

DISCUSSION TIME

SNACK | Mystery Recipe

- **INSTRUCTIONS:** *Have the children work together to make an easy recipe without knowing what they'll be making, such as a fruit salad, nut-free trail mix, or lemonade! Give them directions one step at a time. Be aware of any food allergies that might exist.*
- You're going to have to trust me that these ingredients are going to add up to something really yummy!
- Sometimes we don't know God's plan, but we can always come back to **step one, trust God!** God will provide for us no matter what.

ACTIVITY | Fun with Bread

- **INSTRUCTIONS:** *Give kids slices of white bread with the crust cut out. Have them roll it up or cut out shapes with the bread. (Make sure to clean their hands beforehand and they only touch their own bread.)*
- Jesus taught his friends to pray to God and ask for "our daily bread." That means that we can trust God to give us what we need every day.
- Say, "Thank you, God, for our daily bread!"

ACTIVITY | Placemats of Thanks

- **INSTRUCTIONS:** *Lay out the placemat printable and decorating supplies. Encourage kids to decorate their placemats with food stickers or pictures and drawings of their own. Optional: Laminate for longer use.*
- God is always doing wonderful things in our lives, even though we may not always notice them. Part of trusting God is thanking God for those things. Decorate this placemat, and put it on your table at home to remind you to be thankful to God every day!
- **Step one, trust God!**

MEMORY VERSE | Ephesians 2:10 (NIV)

- **INSTRUCTIONS:** *Write or cut out the words from the memory verse graphic (in your Programming folder) and tape groups of them to large plastic cups (make sure the cups are face down). On the day of class, place the cups — in the correct order — on the floor, a few feet apart. Start by having all the kids practice the verse together one time. Then instruct them to hop from one cup to another while a leader reads the words aloud.*

PLAY TIME

While you're waiting for parents to pick up their kids . . .

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** *Print and distribute the coloring page along with crayons or markers. As the kids color, you can review today's Bible story, Big Idea, and memory verse. For added fun, keep their coloring pages each week, and at the end of the month, bind them together to create a coloring page "recipe book" they can take home!*

ACTIVITY | Let's Get Cookin'

- **INSTRUCTIONS:** *Set up a simple kitchen area so kids can pretend they are cooking a meal.*
- God gave us so many yummy foods to make and eat with our families and friends. Let's pretend to make a meal for our friends!

ACTIVITY | I Spy

- **INSTRUCTIONS:** *Set out a basket of play food and play rounds of I Spy by describing different foods for the kids to find in the basket. (For example, describe a chocolate chip cookie by saying, "I spy a food that you bake in an oven and it has chocolate chips in it.")*
 - ✂ **TODDLER HACK:** *Ask toddlers to find food you'll describe instead of describing it to them. You could also call foods by color and then identify it.*
- God provides for us in many ways. Our job is to **step one, trust God.** Let's play a game where you'll have to trust me to describe a food that you may eat. See if you can find it!

Encourage your preschoolers to help clean up the room while they wait for their parents.