



# Elijah and the Woman in Zarephath

Lesson Aim: To know we can trust God  
 to keep His promises.

## THE WORSHIP

**Who God Is:** The God of Power

## THE WORD

**Bible Story:** 1 Kings 17:8-16

**What He Has Done:** God sent Elijah to the woman and her son to tell them God would provide food.

## BIBLE MEMORY VERSE

"Be still and know that I am God." Psalm 46:10

Unit 7: The Prophets and God's Power			
	Bible Story	What He Has Done	Lesson Aim
32	Elijah and the Ravens, 1 Kings 17:1-6	God provided for Elijah's needs during the famine.	To know God has the power to give us what we need.
33	Elijah and the Woman in Zarephath, 1 Kings 17:8-16	God sent Elijah to the woman and her son to tell them God would provide food.	To know we can trust God to keep His promises.
34	God Sends Fire to Elijah, 1 Kings 18:30-39	God sent fire from heaven to prove He is God.	To know God is the one true God.
35	God Speaks to Elijah, 1 Kings 19:11-13, 16	God whispered to Elijah and told him to find Elisha.	To learn some of the ways God speaks to us.
36	Elisha and His Little Room, 2 Kings 4:8-11	God provided a room for Elisha in the woman's house.	To know we should show kindness to God's helpers.
37	Elisha and Naaman, 2 Kings 5:1, 9-10, 14-15	God healed Naaman when he obeyed.	To know we should always obey God.

## TEACHER'S ENCOURAGEMENT

This week, read Deuteronomy 7:8-9. Please join us in praying, "Thank You, Lord, for showing Your power to each generation. Help this generation trust You alone to provide them with all they need to serve You and minister to others. Amen."

## TEACHER'S TIP

"Trust" and "promise" are big words that young children are just beginning to learn. Help them to better understand how we can trust God to keep His promises, by using these words in your classroom: "Jenny, I know you will be careful with the toys. I trust you." "I promise each of you will have a turn to play." Talk to the children about who they trust and what a promise is. Talk about the promises God makes to us, such as always being with us, and always loving us.



**THE WORSHIP  
THE WORD &  
THE WAY**

Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	<b>Welcome</b>	Treasure chest, stamp or sticker of bread
		<b>Coloring Center:</b> A Miracle in Zarephath	Coloring pages of Elijah and the woman in Zarephath, crayons
		<b>Play-Dough Center:</b> Bread for Elijah	Play-dough, play-dough tools, small cloths
		<b>Dramatic Play Center:</b> Enough to Eat	Dishes, cups, napkins, play food
		<b>Activity Center:</b> Promises	Balloon
	Up to 5	<b>Prepare for Worship</b>	None
THE WORSHIP	Up to 20	<b>Worship</b> Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org.  <b>Additional Song Suggestions:</b> "God Is So Good" "What a Mighty God We Serve"	<b>Unit 7 Bible Memory Verse Song:</b> "Be Still and Know" <b>Other Bible Memory Verse Song Suggestions:</b> "Blessed Are Those" "Give Thanks to the Lord" "He Is Mighty to Save" "I Am with You" "I Will Listen" "Love One Another" "Praise Time: Love the Lord Your God" "Sing Praises" "With God All Things Are Possible"
		<b>Offering</b>	Baskets
		<b>Worship Illustration</b>	<i>The Adventures of Delbert and Lello</i> puppet script or storybook: Prophets & Promises Unit 7, Lesson 33
THE WORD	Up to 10	<b>Watch the Word:</b> 1 Kings 17:8-16	Teacher's Bible with bookmark at 1 Kings 17:14 Visuals: Picture of the Bible story, bread (small loaf or dinner roll)
THE WAY	Up to 25	<b>Craft:</b> God's Promise	Sturdy white paper, 2 craft sticks, 2 disposable cups (3 ounces or smaller), cotton ball, 6-inch square of yellow paper, label, tape or glue, crayons or markers
		<b>Game:</b> Act It Out!	Bread (real or pretend)
		<b>Game:</b> God Keeps His Promises	Picture of a loaf of bread or of flour and oil, tape, chairs, Unit 7 Bible Memory Verse Song "Be Still and Know"
		<b>Snack:</b> Elijah's Bread	Any bread-like snack (muffin, bread, pita, crackers, etc.), water
	Final 5	<b>Final Five</b>	Ponder, Pray & Play: Unit 7, Lesson 33
GOT TIME?	Up to 10	<b>Say &amp; Do:</b> 1 Kings 17:8-16	None
	Up to 10	<b>Game:</b> Be Still!	Unit 7 Bible Memory Verse Song "Be Still and Know"
	Up to 10	<b>Game:</b> Quiet Time	Unit 7 Bible Memory Verse Song "Be Still and Know"
	Up to 10	<b>Story Time</b>	Any story about trusting God to keep His promises.

**RESOURCES:** Supplemental materials are available at ResourceWell.org.



The God of Power

# THE WELCOME

## WELCOME

Welcome each child as they arrive. **Hello \_\_\_\_\_.** I'm glad you are here! **Come open the Treasure Chest to find today's treasure.** Child unlocks the Treasure Chest to receive a stamp or sticker of bread. **Let this stamp (or sticker) of bread help you remember God promised to give the woman what she needed to make bread for herself and her son.**

**Teacher's Note:** These activity centers are designed to reinforce the lesson through hands-on learning experiences either individually or in small groups with the guidance of the teacher. Choose the Bible Activity Centers that best suit the children in your class. Set up the activity centers around the room before children arrive. Allow children to move freely among them.

## COLORING CENTER: A MIRACLE IN ZAREPHATH

### **SUPPLIES**

Coloring pages of Elijah and the woman in Zarephath, crayons

### **DO**

Children color while talking about the story of Elijah and the woman in Zarephath.

### **TALK ABOUT**

**What are some things you can do?** (Children respond.) **Today, we will read a Bible story about a miracle. A miracle is something only God can do. Who can tell me something only God can do?** (Children respond. Answers may include creation, healing the sick, sending Jesus to the world as a baby, saving us from our sins, etc.)

## PLAY-DOUGH CENTER: BREAD FOR ELIJAH

### **SUPPLIES**

Play-dough, play-dough tools, small cloths

### **DO**

Children play with the play-dough while learning about today's story. Encourage children to make loaves of bread with the play-dough.

### **TALK ABOUT**

**Today, let's pretend to make bread with the play-dough. In our story today, Elijah asks a woman from a town called Zarephath (ZEHR-uh-fath) to make him some bread to eat. Can you say Zarephath?** (Children respond.) Give each child a ball of play-dough. Encourage them to make bread shapes with their play-dough or make pretend bread with the play-dough using the steps below.

1. Stir the flour, water, and oil. (Stir above the play-dough.)
2. Knead the dough. (Flatten, fold in half, then flatten again.)
3. Cover the dough with a cloth so it can rise. Count to 10. (Cover and count to 10.)
4. Form the loaf. (Make bread shapes.)
5. Bake the bread. (Place the bread shapes in a toy oven, box, or cabinet to "bake.")

# THE WELCOME *continued...*

## DRAMATIC PLAY CENTER: ENOUGH TO EAT

### SUPPLIES

Dishes, cups, napkins, play food

### DO

Children play in the center as they talk about God caring for our needs. Encourage them to be like the woman from Zarephath who shared her food with Elijah.

### TALK ABOUT

**Elijah met a woman who had very little food. She was afraid to share it with Elijah because she didn't think she would have enough. He told her, "Do not be afraid. God will take care of you." God had the power to take care of the woman and her son and He has the power to take care of us, too. Let's say this little rhyme together.** (To the tune of "Row, Row, Row Your Boat.")

**God keeps His promises and His Word is true.  
He will give us all we need; He cares for me and you!**

## ACTIVITY CENTER: PROMISES

### SUPPLIES

Balloon

### DO

Before class, blow up the balloon and tie it off. If you have a large class, you may want to use more than one.

### TALK ABOUT

**When we promise to do something, we are telling someone what we will do or not do. Have you ever made a promise to someone?** (Children respond.) **What was that promise?** (Children respond.) **Did you keep your promise?** (Children respond.) **Sometimes, promises are hard to keep. Who can we trust to always keep His promises?** (God.) **God always keeps His promises. Let's play a promise game with this balloon. Let's promise to help each other keep the balloon in the air and not to let it touch the ground. Do you think we can do it?** (Children respond.) **Let's try our best.** Have the children stand in a circle and take turns bopping the balloon into the air.

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## PREPARE FOR WORSHIP

**It's time for Praise Time. Let's sing a "Clean Up Song" as we put things away.** Praise children as they help clean.

**Clean up! Clean up! Everybody, everywhere!  
Clean up! Clean up! Everybody do your share!**

### BIBLE MEMORY VERSE SIGN LANGUAGE

(For visual demonstrations, see [www.signingsavvy.com](http://www.signingsavvy.com))

<b>"Be still,</b>	Flat hands start at mouth, then both hands move down and end with flat hands facing palms down.
<b>and know</b>	Open hand with palm facing down, the fingertips tap the forehead two times.
<b>that I am God."</b>	(God) The open right hand, fingers together and palm facing left, moves upward and then down the center of the face with fingers facing up.
<b>Psalms 46:10</b>	Hold hands open, as if holding a Bible.

Adding sign language or motions to the Bible Memory Verse helps children recall what they are learning.



## The God of Power

# THE WORSHIP

**Supplies:** Praise music, optional: musical instruments

**Teacher Tip:** To help children identify time set aside for worship, designate a special corner or area for singing, collecting offering, and watching the worship illustration. Play "Praise Time: Love the Lord Your God" as children move to that designated area.



**God always keeps His promises. He promises to always be with us and to always love us. Those are just a few of His promises. Let's pray and thank Him.** Have the children bow their heads and close their eyes. **Dear God, thank You for always keeping Your promises. We love You. Amen.**



Sing: "Love One Another." **In today's Bible story, God promises to provide food for a woman and her son. The woman trusts God to keep His promise and He does!**

**God was good to the woman and her son, and He is good to us. As we give our offering, let's remember how good God is.** Sing: "Give Thanks to the Lord" while collecting the offering.



**Let's find out if Delbert and Lello know anything about Elijah and the woman who trusted God.** Perform *The Adventures of Delbert and Lello* puppet script or read storybook: Prophets & Promises Unit 7, Lesson 33.



**To trust in God means to know He is our all-powerful God that will always do what is best. We can be still and know He is God.** Sing: "Be Still and Know."



Talk to the children quietly. **Sometimes, God just wants us to sit and be still and remember how much He loves us. Psalm 46:10 says, "Be still and know that I am God." Let's say it together with the motions.** Practice a few times.

**"Be still,**

Flat hands start at mouth, then both hands move down and end with flat hands facing palms down.

**and know  
that I am God."**

Open hand with palm facing down, the fingertips tap the forehead two times. (God) The open right hand, fingers together and palm facing left, moves upward and then down the center of the face with fingers facing up.

**Psalm 46:10**

Hold hands open, as if holding a Bible.

**Teacher Tip:** Keeping the attention of young children during quieter or slower songs can sometimes be challenging. Prepare the children by talking to them quietly. Find motions that fit the song, such as having the children walk in a circle while holding hands. Change directions when you get to the chorus or add other movements such as stretching your arms high or clapping.



God keeps His promise

## THE WORD

**Supplies:** Teacher's Bible with bookmark at 1 Kings 17:14, picture of the Bible story, bread (small loaf or dinner roll)

**Before we begin our Bible Time, let's say our Classroom Promise with the motions.**

<b>With my eyes on my teacher;</b>	Point to eyes.
<b>My mouth quiet as can be,</b>	Place index finger over mouth as quiet sign.
<b>I will listen to hear,</b>	Cup hand around ear.
<b>How God loves you and me.</b>	Hug self, point to others, and then self.

**Let's reach deep in our pockets and pull out our listening ears.** Reach in your pocket and cup your hands behind your ears as if listening.

**How many of you like bread?** (Children respond.) **Have you ever seen anyone make bread?** (Children respond.) **It smells wonderful when it is baking.** If you have time, allow the children to smell the bread. **To make bread, you need ingredients like flour and oil.**

**Our story today is about a woman who lived in the town of Zarephath (ZEHR-uh-fath). Can you say Zarephath?** (Children respond.) **The woman from Zarephath had just enough flour and oil to make bread for herself and her son. God told Elijah to go and find this woman and ask her to share her bread with him. Let's find out what happened.** Handle the Bible as a special treasure, leaving it open to 1 Kings 17:4.



### WATCH THE WORD: 1 KINGS 17:8-16

Read the story below or retell the passage in your own words. To illustrate the story, show a picture of the Bible story from a children's Bible, the coloring page, or other source.

- **God told Elijah, "Go to town,**
- **For a woman there has food for you."**
- **Elijah asked her for water and bread,**
- **But she didn't know what to do.**
  
- **"I barely have enough oil and flour**
- **To make my hungry son some bread."**
- **Elijah told her, "Don't be afraid!**
- **Hear what our God has said:**
  
- **"Flour from her jar won't be used up;**
- **Oil from her jug will always flow."**
- **In God she trusted and made Elijah's bread,**
- **And everything God said was so!**

**What did Elijah promise the woman God would give her?** (Flour and oil to make bread.)

**Who did the woman trust to provide food for her and her son?** (God.)



We can trust God to keep His promises

## THE WAY

**Teacher Tip:** Craft and games can be presented at the same time in different areas or one at a time depending on class size and teaching style.

### **CRAFT: GOD'S PROMISE**

**Purpose:** To remind the children that God promised to provide for Elijah, the woman, and her son.

**Supplies:** Sturdy white paper, 2 craft sticks, 2 disposable cups (3 ounces or smaller), cotton ball, 6-inch square of yellow paper, label, tape or glue, crayons or markers

**Prepare:** On sturdy paper, draw or print Elijah and also draw or print the woman and her son together. Cut out Elijah and cut out the woman and her son. On a label, print:

**Elijah promised God would provide.  
1 Kings 17:8-16**

**Adaptation for Ages 2-3:** This craft has been adapted from the curriculum for ages 4-5.

#### **Directions:**

1. Color Elijah and the woman with her son. Attach each figure to a craft stick.
2. For the flour, stretch the cotton ball and glue it inside one cup.
3. For the oil, crumple the yellow square of paper and glue it inside the other cup.
4. Attach the label to one of the cups.
5. Read the story from THE WORD as the children use their crafts to act it out.

#### **Craft Discussion:**

- **The woman needed oil and flour to make bread. How much flour did the woman have left?** (Enough to make bread for herself and her son.)
- **What did Elijah ask her to share with him?** (Bread and water.)
- **What did Elijah tell her?** (Don't be afraid. Trust in God.)
- **Who sent oil and flour to the woman? (God.) Did she ever run out?** (No.)
- **God kept His promise. The woman and her son had all the flour and oil they needed to make bread every day.**
- **The woman trusted God. Who can you trust?** (God.)

# THE WAY *continued...*

## **GAME: ACT IT OUT!**

**Purpose:** Children will understand God provided oil and flour for the woman to make bread.

**Supplies:** Bread (real or pretend)

Let's act out our story.

### **Directions:**

1. Choose children to be Elijah, the woman, and her son. The rest of the children can be the townspeople.
2. Have Elijah stand at one end of the play area. Have the woman and her son stand at the other end. Have the remaining children sit by the woman and her son. In the middle of the play area, create the woman's house. Use two chairs for a door or use other furniture or boxes.
3. Direct the children where to go and what to do as you read the story below.
  - **God told Elijah to go to the town of Zarephath and to find the woman who would have food for him.** Elijah walks toward the woman and her son.
  - **When Elijah came to the town gate, a widow was there gathering sticks.** The woman pretends to gather sticks.
  - **Elijah asked her, "Would you give me some water and bread?"** Elijah says, "Would you give me some water and bread?"
  - **The woman was sad. She knew she only had enough for her and her son.** The woman and her son rub their stomachs showing they are hungry.
  - **Elijah told her, "Do not be afraid. God will take care of you."** Elijah says, "Do not be afraid. God will take care of you."
  - **The woman went home and did what Elijah asked.** The woman and her son walk to the house and she pretends to make bread. Elijah follows her to her house.
  - **From then on, they always had food. The flour and oil never ran out.** Lead all the children in clapping, cheering, and saying, "**God keeps His promises!**"

## **GAME: GOD KEEPS HIS PROMISES**

**Purpose:** Children remember to trust God to keep His promises.

**Supplies:** Picture of a loaf of bread or of flour and oil, tape, chairs, Unit 7 Bible Memory Verse Song "Be Still and Know"

**God promised to give flour and oil to the woman. She showed her trust in God when she used the last of her flour and oil to make bread for Elijah. Did God keep His promise? (Yes.) God always keeps His promises.**

### **Directions:**

1. Place chairs (one per child) back-to-back in a line.
2. Tape the picture of a loaf of bread (or flour and oil) to front of one of the chairs.
3. Play the Unit 7 Bible Memory Verse Song as the children walk around the chairs.
4. Stop the music periodically.
5. When the music stops, each child sits in the nearest chair as quickly as possible.
6. The child sitting on the chair with the bread picture, says, "**God keeps His promises!**"
7. Have all the children stand and shout, "**God promises to take care of you.**"
8. Play several times.



# THE WAY *continued...*

## **SNACK: ELIJAH'S BREAD**

**Purpose:** Children will pretend to be Elijah and eat the bread and drink the water.

**Snack Suggestion:** Any bread-like snack (muffin, bread, pita, crackers, etc.), water

**Let's act out our story. You can all pretend to be Elijah. I will be the woman from Zarephath. Elijah asked the woman for water and bread. Here is your water.** Give water to each child. Do not serve the snack yet.

### **Directions:**

1. Serve the drinks.
2. **Let's sing the "Blessing Song."** Sing to the tune of "Frere Jacques" or another familiar tune.  
**God our Father, God our Father. Once again, once again,  
Thank You for our blessings. Thank You for our blessings. Amen. Amen.**
3. Pray. Lead discussion below while children enjoy their snack.
  - **The woman only had enough flour and oil to make bread for herself and her son. She was afraid they would run out of food and have nothing to eat.**
  - **Elijah promised God would give her the flour and oil she needed. What did she do when Elijah asked her to make bread for him?** (She trusted God and made Elijah some bread.) Give each child the snack.
  - **Can you trust God to keep His promises?** (Yes.)



When only 5 minutes remain, begin this segment.

## **FINAL FIVE MINUTES**

### **BIBLE MEMORY VERSE**

Gather children in a circle sitting or standing and practice the words and motions.

<b>"Be still,</b>	Flat hands start at mouth, then both hands move down and end with flat hands facing palms down.
<b>and know</b>	Open hand with palm facing down, the fingertips tap the forehead two times.
<b>that I am God."</b>	(God) The open right hand, fingers together and palm facing left, moves upward and then down the center of the face with fingers facing up.
<b>Psalm 46:10</b>	Hold hands open, as if holding a Bible.

### **PRAY**

**Let's pray together.** Say a closing prayer with the children.

### **PLAY**

Allow children to play with selected toys or centers or choose a book to read to them.

### **DISMISSAL**

Have children take home their coloring page, craft, and a copy of the Ponder, Pray & Play for 2-3's.



If time remains, choose from the connected activities below.

## **GOT TIME?**

### **SAY & DO: 1 KINGS 17:8-16**

**Purpose:** This pantomime version of the Bible Story helps children remember the story details.

**Supplies:** None

**Directions:** With each phrase, the teacher says the phrase and leads the children in doing the hand motions.

- **God told Elijah, "Go to town,** (Point far away.)
- **For a woman there has food for you."** (Pat belly.)
- **Elijah asked her for water and bread,** (Reach hands out, as if begging.)
- **But she didn't know what to do.** (Shrug shoulders with palms up.)
  
- **"I barely have enough oil and flour** (Show empty hands.)
- **To make my hungry son some bread."** (Pat belly.)
- **Elijah told her, "Don't be afraid,** (Shake head no.)
- **Hear what our God has said:** (Cup hand around ear to hear.)
  
- **'Flour from her jar won't be used up;** (Pretend to scoop flour from a jar.)
- **Oil from her jar will always flow."** (Pretend to pour oil from a jar.)
- **In God she trusted and made Elijah's bread,** (Point to heaven.)
- **And everything God said was so!** (Clap hands to celebrate.)



### **BIBLE MEMORY VERSE ACTIVITIES**

"Be still and know that I am God." Psalm 46:10

### **GAME: BE STILL!**

**Purpose:** To help children memorize and review the Unit 7 Bible Memory Verse.

**Supplies:** Unit 7 Bible Memory Verse Song "Be Still and Know"

**Our Bible Memory Verse says, "Be still and know that I am God." Let's practice being still in this game. When the music stops, I want you to freeze in place. Don't move and don't talk. Just be still until the music begins again.**

**Directions:**

1. Play the Bible Memory Verse Song as children dance or march around the room.
2. After a short time, pause the music. Children are to freeze in place.
3. Without talking, use your fingers to count to five as you encourage the children to be still.
4. Repeat steps 1-3 several times.

# GOT TIME? *continued...*

## **GAME: QUIET TIME**

**Purpose:** Children play this quiet, still game as a fun way to practice stillness and listening.

**Supplies:** Unit 7 Bible Memory Verse Song "Be Still and Know"

**In the Bible, God says, "Be still and know that I am God." What are your favorite things about God? (Children respond.) God wants us to take time to be still and remember the things we love about Him. Let's practice doing that right now.**

### **Directions:**

1. Invite children to get in a comfortable position by laying their heads on a table or resting on the floor.
2. **It is good to take time to be quiet and think about God. Let's be quiet and think about God while we listen to our Bible Memory Verse Song.** Play the Unit 7 Bible Memory Verse Song "Be Still and Know." Children rest quietly as they listen.



## **STORY TIME**

Gather the children and read a favorite story. This can be a Bible story, a chapter from *The Adventures of Delbert & Lello*, or a story about trusting God to keep His promises.

### **PONDER, PRAY & PLAY**

Unit 7, Lesson 33: Elijah and the Woman in Zarephath

**PONDER!** God kept His promise to Elijah and the woman in Zarephath [*Zair-uh-fath*] (1 Kings 17:8-16). What did God promise the woman when Elijah asked her to make bread for him to eat? Did God keep His promise?

**PRAY!** Pray this prayer each day this week: "Lord, thank You for always keeping Your promises. Help us to trust in You. Amen."

**PLAY!** Bake bread with your family, or make a bread snack by placing cheese on a slice of bread and melting it in an oven. While you wait, talk about the story of Elijah and the woman. What are some things God promises us? Thank God for your snack and enjoy!

### **BIBLE MEMORY VERSE**

**"Be still,**

Flat hands start at mouth, then both hands move down and end with flat hands facing palms down.

**and know**

Open hand with palm facing down, the fingertips tap the forehead two times.

**that I am God."**

(God) The open right hand, fingers together and palm facing left, moves upward and then down the center of the face with fingers facing up.

**Psalms 46:10**

Hold hands open, as if holding a Bible.