



# 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.

## THE WAY

Whisper Verse: "In God I trust."

## 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."

Permission is granted to reproduce these materials. Not for resale. Use is subject to the Terms of Use available at ResourceWell.org. Terms are subject to change without notice. All other rights are reserved.



**THE WORSHIP  
THE WORD &  
THE WAY**

Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	Treasure Chest	Treasure chest, stamp or sticker of bread
		Whisper Verse	Sign language for "In God I trust."
THE WORSHIP	Up to 20	<b>Worship</b> Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org.	<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" "With God All Things Are Possible" <b>Additional Hymn Suggestions:</b> "God Is So Good" "How Great Is Our God" "My God Is So Big"
		Offering	Baskets
		Worship Illustration	<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 Visual: Two small jars or containers—one of flour and one of oil
THE WAY	Up to 25	<b>Craft:</b> God's Promise	Sturdy white paper, 2 disposable cups (3 ounces or smaller), cotton ball, 1-inch square of yellow paper, tape or glue, crayons or markers
		<b>Game:</b> Making Bread	Resealable bag or clear container of cooking oil, resealable bag or clear container of flour, dough or clay, small box
		<b>Game:</b> I Trust!	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
	<b>Circle of Prayer</b>	None	
Final 5	<b>Final Five</b>	Ponder, Pray & Play: Unit 7, Lesson 33 Color This Story: "Elijah and the Woman in Zarephath"	
GOT TIME?	Up to 10	<b>Say &amp; Do:</b> 1 Kings 17:8-16	None
	Up to 10	<b>Game:</b> Stop and Be Still!	Unit 7 Bible Memory Verse Song "Be Still and Know," timer or clock
	Up to 10	<b>Game:</b> Whispered Words	None
	Up to 10	<b>Story Time</b>	Any story about trusting God to keep His promises.

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



In God I trust

## THE 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 that God promised to give the woman what she needed to make bread for herself and her son. We can trust God to keep His promises. Today's Whisper Verse is "In God I trust."** Teach the Whisper Verse in spoken language and in sign language below. **We call it the Whisper Verse so you can whisper it to others.\***

### **SIGN LANGUAGE: "In God I trust."**

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

**Each time we say today's Whisper Verse, let's say it with three hand motions:**

- |                   |   |
|-------------------|---|
| <b>"(In) God"</b> | The right hand begins in front of the face, then is lowered and slightly raised in front of the face with palm facing left and all five fingers together. |
| <b>"I"</b>        | Point to self.  |
| <b>"trust."</b>   | Clench both fists tightly to demonstrate having a good hold on something.   |

Allow children to enjoy free play until everyone has arrived. **Let's sing the "Clean Up Song" as we put toys away before Praise Time.** Praise any child who helps. Allow several minutes for clean up.

**"Clean Up Song": Clean up! Clean up! Everybody, everywhere!  
Clean up! Clean up! Everybody do your share!**

Gather and seat children in Praise Time area.

**\*Today's Whisper Verse:** "In God I trust," Psalm 56:4b. The Whisper Verse is a tool to help the children learn a major point in the lesson. It is coupled with sign language or hand motions as a memory aid. The verse is not necessarily chosen from today's Bible story.



The God of Power

## THE WORSHIP

**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.

**It’s Praise Time—our time to sing praise to the God of Power. Elijah saw God do many powerful miracles. When there was no food in the land, God performed miracles to keep His promise to feed Elijah. Elijah trusted Him to keep His promises. Other people trusted God, too. Do you trust in God to take care of you? (Yes.) That is our Whisper Verse today. Let’s try it together.** Review the Whisper Verse together: “In God I trust.” Include the sign language.



Sing: “I Am with You.”

**Let’s trust God now to do miracles with the offerings we give to His church. As we give our offering, let’s remember how good God has been to us.** Sing: “God Is So Good” or “Give Thanks to the Lord” while collecting the offering.

**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 and He can do anything!** Sing: “Be Still and Know.”



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



**Elijah and the woman trusted God to keep His promise to never let the woman’s flour and oil run out so she and her son would always have food. God keeps His promises to us, too.** Sing: “I Am with You.”

**The woman trusted and obeyed God when she used the last of her flour and oil to make bread for Elijah. It was a miracle that they never ran out. God blessed Elijah and the woman with that miracle.** Sing: “Blessed Are Those” and “With God All Things Are Possible.”



God keeps His promise

## THE WORD

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

**With my eyes on my teacher;**

Point to eyes.

**My mouth quiet as can be,**

Place index finger over mouth as quiet sign.

**I will listen to hear,**

Cup hand around ear.

**How God loves you and me.**

Hug self, point to others, and then self.

Last time, we learned God sent the ravens to feed Elijah. Today, we will hear how God sent Elijah to tell a woman that God promised to give her a way to make food. Handle the Bible as a special treasure, leaving it open to 1 Kings 17:14.

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

Read the points below or retell the passage in your own words using the points below as a general guide. To illustrate the story, display two small jars or containers—one of flour and one of oil. Other visual options include the craft sample, Color This Story, or any related picture.

- **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 that God would give her?** (Flour and oil to make bread.) **Let's find our answer in the Bible.** Read 1 Kings 17:14 from the teacher's Bible.

**Who did the woman trust to provide food for her and her son?** (God.) **Our Whisper Verse reminds us of the answer. Let's say it together: "In God I trust."** Include the sign language or hand motions.



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 disposable cups (3 ounces or smaller), cotton ball, 1-inch square of yellow paper, tape or glue, crayons or markers

**Prepare:** On sturdy paper, print or draw a picture of a woman and her son on one side and Elijah on the other side. Across the top of the sturdy paper, print: **Elijah promised God would provide.**

**1 Kings 17:8-16**

#### **Directions:**

1. Color the picture.
2. Glue or tape the cups ("flour jar" and "oil jug") at the bottom of the center of the page.
3. Stretch the cotton ball and glue it inside one cup for the flour.
4. Glue the yellow square of paper in the other cup for the oil.

#### **Craft Discussion:**

- **The woman needed oil and flour to make bread. How much flour did the woman have left?** (Enough to make one last meal for herself and her son.)
- **What did she make for Elijah?** (Bread.)
- **Who sent oil and flour to the woman?** (God.)
- **Did she ever run out of oil and flour?** (No.)
- **The woman trusted God. Who can you trust?** (God.)
- **That's like our Whisper Verse! Let's say it with our motions right now!** Say the Whisper Verse together with the hand motions: "In God I trust."
- **God kept His promise. The woman and her son had all the flour and oil they needed to make bread every day.**

# THE WAY *continued...*

## **GAME: MAKING BREAD**

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

**Supplies:** Resealable plastic bag or clear container of cooking oil, resealable plastic bag or clear container of flour, dough or clay, small box

**Elijah asked the woman for water and food. The woman gave water to Elijah, but she didn't have enough flour and oil to make bread for him and her son.** Hold up the bags of flour and oil. Let children look closely at the oil and flour. (Optional: Let children touch the flour. Put a tiny drop of cooking oil on your finger and rub it onto the backs of the children's hands.)

**Elijah told the woman God promised she would always have flour and oil if she would use the last flour and oil she had to make food for Elijah. Did God keep His promise? (Yes.) Let's pretend we are making some bread for Elijah.**

### **Directions:**

1. Give each child a small ball of dough or clay.
2. Show children how to roll and knead the dough or clay into a bread shape.
3. Help children take turns putting their bread into the box "oven" and pretend it is baking.

## **GAME: I TRUST!**

**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 and signs, **"In God I trust."**
7. Have all 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. **Let's sing the "Blessing Song."** Sing to the tune of "Frere Jacques" or other familiar tune.  
**God our Father, God our Father. Once again, once again.  
Thank You for our blessings. Thank You for our blessings. Amen. Amen.**
2. 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 she and her son would not have any food.**
  - **Elijah promised God would give her flour and oil. 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.
  - **Who remembers our Whisper Verse?** Choose a child to demonstrate the motions to the Whisper Verse: "In God I trust."
  - **Can you trust in God?** (Yes.)



## **CIRCLE OF PRAYER**

**God made you and He cares for you. He loves to hear you pray with private words or words you say out loud. Let's fold our hands and close our eyes. As I lift up your name to God in heaven, I will lay my hand on your shoulder. Let's pray together.**

**Dear God, thank You for making us and loving us. We lift up to You a special prayer for \_\_\_\_, \_\_\_\_, \_\_\_\_ (say each name). We pray for our families and friends. Thank You for teaching us how to love one another. Amen.**



When only 5 minutes remain, begin this segment.

## **FINAL FIVE MINUTES**

**COMPLETED CRAFT:** Take home your "God's Promise" craft. Tell someone God kept His promise to the woman. The jars of oil and flour would never run out and the woman and her son would always have food.

**PONDER, PRAY & PLAY:** Distribute Ponder, Pray & Play cards, if available. **Show this card to your family. Talk about how you can trust God to keep His promises.**

**COLOR THIS STORY:** "Elijah and the Woman in Zarephath." Discuss the Bible story and play the Unit 7 Bible Memory Verse Song, "Be Still and Know," as the children color.



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 acts it out with hand motions; then repeats the same phrase and motions with the children.

- **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: STOP AND 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," timer or clock

**Directions:**

1. Play the Bible Memory Verse Song as children jump up and down and sing.
2. After a short time, pause the music. Children are to freeze in place.
3. Time the children to see how long they can stay very still. Stop the timer as soon as a child makes an obvious movement.
4. Repeat steps 1-3 several times. Each time, challenge the children to try to stay still a little longer.

Have the children sit down. **You all did a good job being still. It is often easier to think about God when we are still. Let's sit still for a moment and think about God. What do you remember about Him?** (Children respond.)

# GOT TIME? *continued...*

## **GAME: WHISPERED WORDS**

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

**Supplies:** None

Sometimes it is good to be still for a moment and remember what is true. What do you like to think about when you are still? (Children respond.) In the Bible, God says, "Be still and know that I am God." When do you like to be still and think about God? (Children respond.) Let's play a quiet, still game. Listen very carefully to words from the Bible that are whispered to you. Then, whisper the words you hear to the person next to you.

### **Directions:**

1. Children sit very still in a circle.
2. The teacher whispers, "**God said, 'I am with you.'**" into the ear of the first child.
3. That child whispers the phrase to the next child in the circle.
4. Continue around the circle until the last child tells the group what he or she heard to see if the phrase was delivered correctly.
5. The teacher announces the original phrase. (It is likely the phrase will change as it passed along. Laugh together at the way the phrase changes.)
6. Play the game as often as you like. Use one of the phrases below or come up with your own.  
**Jesus said, "Do not be afraid."**      **Jesus said, "Come, follow Me."**  
**Jesus said, "Do not worry."**      **God said, "Be still and know I am God."**



## **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!** Read 1 Kings 17:8-16 with your family. Talk about the story of Elijah and the Woman in Zarephath. What did Elijah ask her to do? What two things did she need to make bread for Elijah, herself, and her son? What did God promise her? 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 for each family member by placing cheese on a slice of bread and melting it in an oven. While you wait for your snack to bake, talk about the story of Elijah and the woman. What are some things God promises us? Can you trust God's promises? Thank God for providing bread for you and your family and then enjoy your snack!

### **Unit 7 Bible Memory Verse:**

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