

LESSON 4: CRUSH WORRY GOD'S WAY

MAIN IDEA: When worry takes over, you can trust God will take care of you!



POWER VERSE

"For I can do everything through Christ who gives me strength."

- Philippians 4:13



THE BUZZ

**I don't have to worry!
God will provide!**

LESSON INFO

Bible Story: Elijah And The Widow (1 Kings 17:8-16)

Hands-On Learning: The kids will learn that they don't have to worry because God will meet their needs!

Crafts:

- Bible Story Coloring Page
- Donut Craft
- God Will Provide Coloring Page

Lightning Round: Review the lesson with a quiz game.

MATERIALS NEEDED

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| • Backpack with water and a donut | • Cardstock |
| • Empty backpack | • Bible Story Pictures (<i>printed or prepared on screen</i>) |
| • Crayons or markers | • Coloring Pages (<i>print piece</i>) |
| • Colorful construction paper cut to look like sprinkles | • Donut Craft (<i>print piece</i>) |
| • Glue | |



LESSON INTRO

TEACHER INSTRUCTIONS: This script is meant to be read aloud to the kids to start off the lesson. Before class begins, prepare the Intro Video to be played during this segment.

Hey everybody! Welcome to church! Today, we're continuing our series called 4×4. In this series, we're looking at four lessons from Philippians 4.

Have you ever been worried? Maybe you were worried when someone you loved was sick or your friend was mad at you. Worry is never fun. Today, we're going to learn that we don't have to worry because we can trust God to provide for us!

Before we hear our Bible story, we are going to check in with Scooter and Snow and see what they are up to today. Let's watch!



INTRO VIDEO

Play: "4×4 - Lesson 4 - Intro Video (PS)"

Wasn't that great? Now, I want us to stand up and practice The Buzz together. Everyone stand up! Let's say it in a silly voice. Ready? What's the Buzz?

(Repeat The Buzz together, in a silly voice)

That was silly! Now let's use our normal voices and say it one more time. What's the Buzz?

(Repeat The Buzz together, in your normal voices)

Great job, everyone. You can sit down. Today, we're going to hear a true story from the Bible about a time that a widow trusted God with everything she had, and He performed a miracle! Let's listen carefully as we hear our Bible story.



BIBLE STORY VIDEO

Play: "4×4 - Lesson 4 - Bible Story Video (PS)"

→ *Either play the "4×4 - Lesson 4 - Bible Story Video (PS)" or continue to the live teaching script and tell the story aloud to the kids.*



BIBLE STORY

Elijah And The Widow (1 Kings 17:8-16)

TEACHER INSTRUCTIONS: The Bible Story can be taught either through the Bible Story Video or through a live teaching. Below is the live teaching script. Before class begins, print the Bible Story Pictures. Have the children gathered around so they can see the pictures.

1 Today's Bible Story is about the prophet Elijah. Something was happening in the land where Elijah lived. There had been no rain for a long time. Day after day, not a single drop fell from the sky. The ground became dry and cracked. There was no water to drink and no food to eat. But he didn't worry. God spoke to Elijah and said, "Go to the village of Zarephath. There is a widow there who will feed you." Widows were often very poor, so going to a widow who also probably didn't have much food seemed silly. But Elijah obeyed God and traveled to the village of Zarephath.

2 When he arrived, he saw a widow gathering sticks. Elijah walked up to her and asked, "Can you bring me a cup of water?" As she turned to go get it, he added, "And bring me a piece of bread to eat." The woman stopped and turned back toward him. She said, "I only have a handful of flour in a jar and a small amount of cooking oil. I was about to cook one last meal for me and my son. After we eat it, we will die." Oh no! This widow was in a terrible situation! She must have been worried. Then Elijah said something that must have shocked her. He said, "Don't worry. For this is what the Lord says: The jar of flour will not be used up, and the jug of oil will not run dry until the day the Lord sends rain and the crops grow again."

The Bible tells us she did exactly what Elijah said. She went home, made a cake, and gave it to Elijah. She went back to her kitchen to make something for herself and her son. When she looked in the jar of flour, it wasn't empty! When she poured oil from the jug, it didn't run out! Wow! She made food for herself and her son. The next day, she checked again and there was still flour and oil. And the day after that. And the day after that! God did a miracle! When we find ourselves in need, we don't have to worry. We can trust God to provide and take care of our needs. That's how you crush worry God's way!

→ End by praying with the kids and reminding them that we never have to worry because God provides for us.

1 Show Bible Story Picture 1

2 Show Bible Story Picture 2

3 Show Bible Story Picture 3

4 Show Bible Story Picture 4

THE BUZZ

Before moving on to the next segment, have the kids all stand together and repeat The Buzz:

**I don't have to worry!
God will provide!**



HANDS-ON LEARNING

A backpack with water and a donut, an empty backpack

TEACHER INSTRUCTIONS: Before class begins, gather all classroom materials. Have the children gathered around so they can see any illustration materials.

Let's pretend you're going on a big adventure, like a hike with your family! You've got your backpack on, and you're ready to go. *(Show both backpacks)*

You're walking up a trail, you're having fun, and then—uh-oh! You start to feel a little thirsty. So, you stop and open your backpack, but there's no water! Oh no! *(Look in the empty backpack and show it's empty)*

A little later, your tummy starts to growl. You open your backpack again, but there's no snack! *(Look in the empty backpack and show it's empty)* How would you feel if your backpack didn't have what you needed? *(Pause for response)*

But then you remember your dad has a backpack, and every time you needed something, he had it right there! *(Show the other backpack and pull out the water bottle and snack)*

Wow, your dad even has a donut snack! Your favorite! You didn't even have to worry! You'd feel safe and happy because your parents knew exactly what you needed, even before you asked. That's what God is like!

Do you think God knows what you need every day? *(Pause for response)* Can you trust God to take care of you? *(Pause for response)*

Yes! The Israelites didn't have food, but God gave them manna in the morning and quail at night. God knew what they needed, and God knows what you need, too!

God takes care of your food, your home, your family, your heart, and everything else. You can trust Him every single day.



THE BUZZ

Before moving on to the next segment, have the kids all stand together and repeat The Buzz.

**I don't have to worry!
God will provide!**



CRAFT TIME

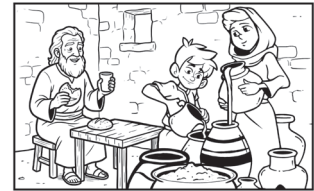
Use any or all of the following craft options

CRAFT 1

Supplies: Bible Story Coloring Page (Print Piece), crayons or markers

How To Do: Allow kids to color freely.

Talk About: The widow trusted God when she had nothing left. We can always trust Him to care for us!

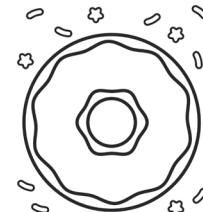


THE WIDOW FED ELIJAH HER LAST BIT OF FOOD.
GOD DID A MIRACLE AND GAVE HER FOOD TO MEET ALL HER NEEDS!

CRAFT 2

Supplies: Donut Craft (Print Piece), construction paper sprinkles, glue, cardstock

How To Do: This will work best if printed on cardstock. Allow each kid to color the donut, then glue colorful pieces of paper to look like sprinkles as decoration.



**DONUT WORRY.
GOD WILL PROVIDE!**

Talk About: We "donut" have to worry! God will meet all our needs!

CRAFT 3

Supplies: God Will Provide Coloring Page (Print Piece), crayons or markers

How To Do: Allow kids to color freely.

Talk About: God will always provide for us - no matter what!



I DON'T HAVE TO WORRY! GOD WILL PROVIDE!



LIGHTNING ROUND

Review Game

TEACHER INSTRUCTIONS: Ask the kids the following questions to quiz them. Test their listening skills while also reviewing the lesson with them.

- ① Who was the man in our Bible story?
Answer: Elijah
- ② What was the land missing?
Answer: Rain
- ③ Who did Elijah find picking up sticks?
Answer: A Widow
- ④ Did the widow have lots of food to give?
Answer: No
- ⑤ Did she feed Elijah anyway?
Answer: Yes
- ⑥ What ingredients was she worried she would run out of?
Answer: Flour And Oil
- ⑦ What did the widow find when she got home after giving food to Elijah?
Answer: More Flour And Oil
- ⑧ Do we need to worry about the things we need?
Answer: No
- ⑨ True or False: God will give us everything we want.
Answer: False
- ⑩ What's The Buzz, today?
Answer: I don't have to worry! God will provide!

→ End class time with an encouragement and a prayer. Thank God for His grace.

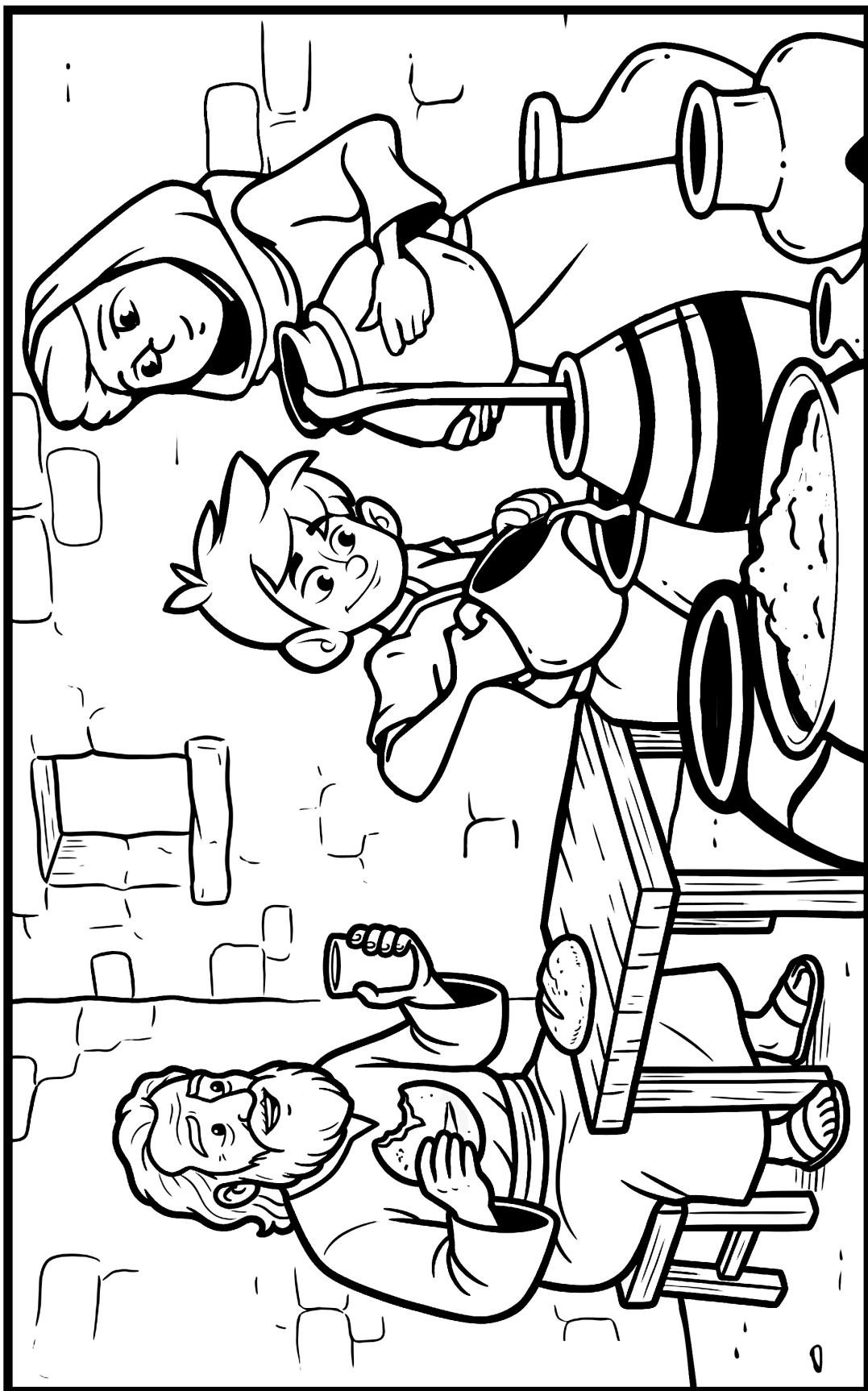




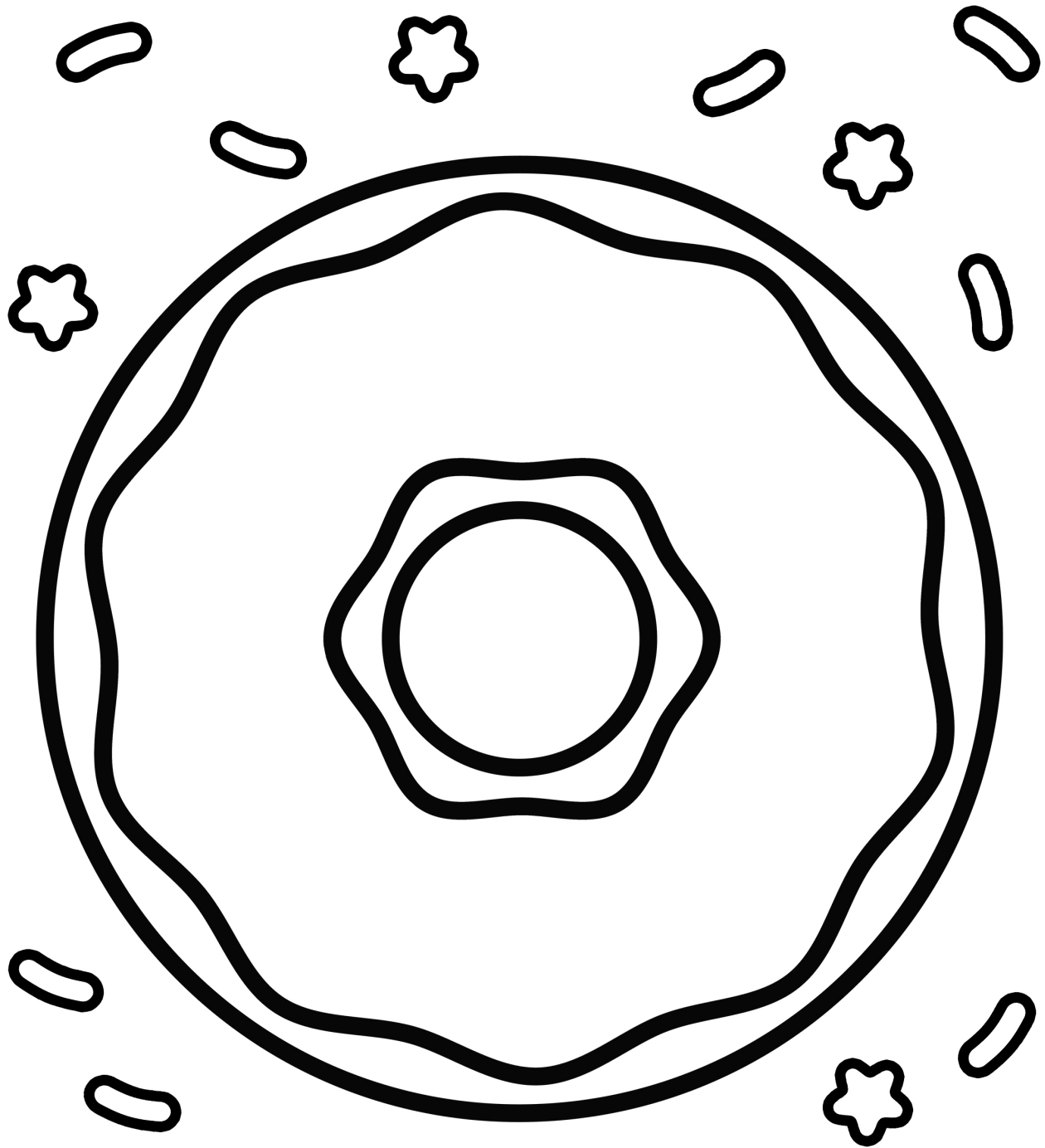
I only have a handful of flour
in a jar and a small amount
of cooking oil.



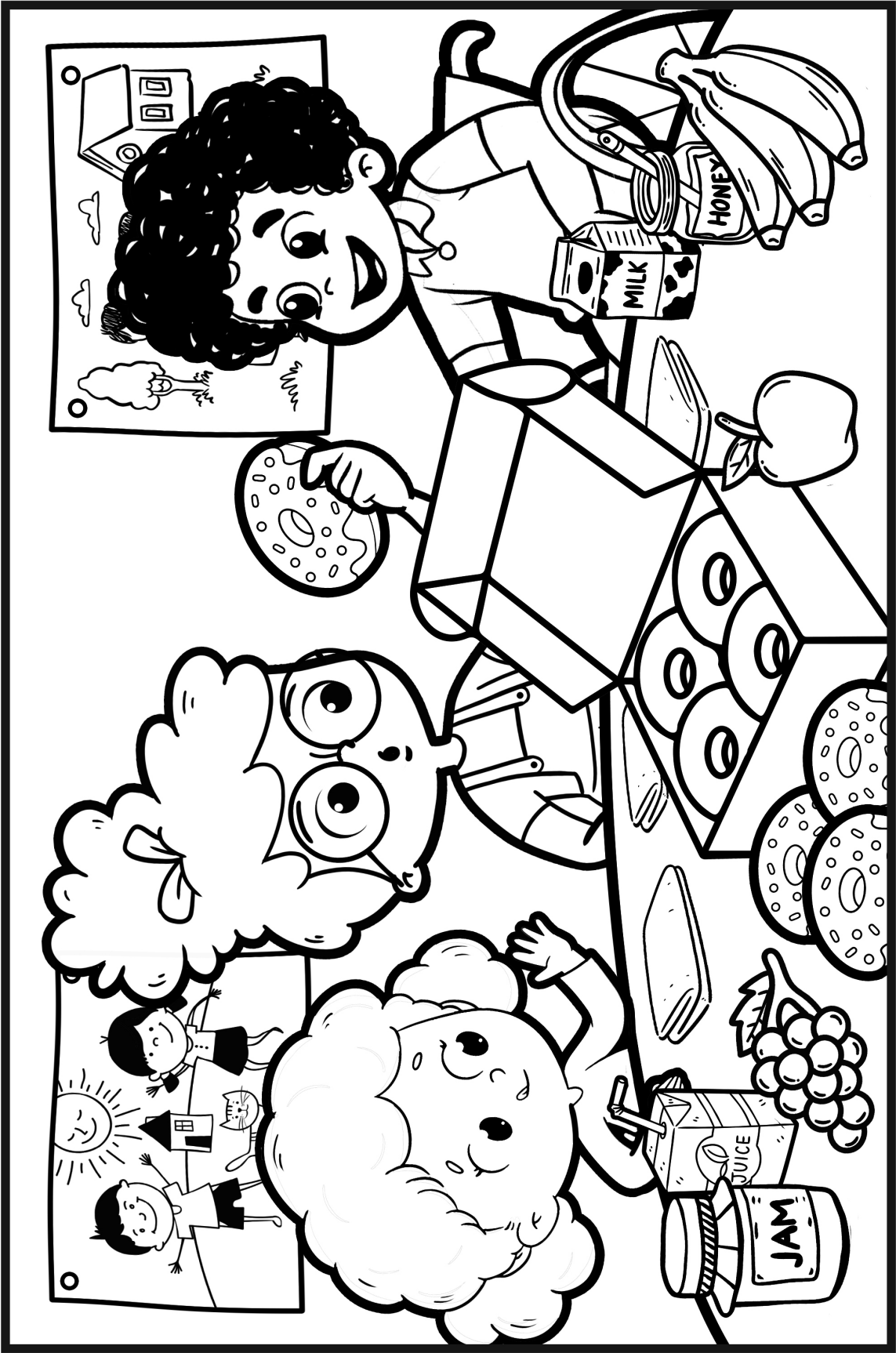




**THE WIDOW FED ELIJAH HER LAST BIT OF FOOD.
GOD DID A MIRACLE AND GAVE HER FOOD TO MEET ALL HER NEEDS!**



**DONUT WORRY,
GOD WILL PROVIDE!**



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