

Lesson Plan

July 26th, 2026

This Month's Truth: I Am Broken

Bible Story: God provided for Elijah (1 Kings 17:8-16)

Theme Verse: "Therefore, let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help us in time of need." (Hebrews 4:16)

Teachers rally with your team a few minutes before kids start to arrive: Rally is a pre-service time for you to be expectant and equipped before the kids start arriving. Go over the lesson and any ideas for the day. Pray over your space and for the kids that will be coming that they will be connected to the person of Jesus.

Share: We get to teach kids about hope from God, which means we can trust that something good will happen. In the midst of a famine, God worked through a widow to provide food for the prophet Elijah, as well as for her household. Elijah had hope that God would care for him, and God did! (Read 1 Kings 17:13-15.) We can have hope when we turn from sin and follow God. Kids can know that hope helps to conquer fear and worry because we can trust that God will care for and help us in our brokenness.

Pray: Lead the group in prayer, thanking God for His hope—for how it helps us trust Him and for how He is at work in our lives.

Pre Service

Arrival time, please use this time to build relationships with kids and encourage them to build relationships with one another.

Service

What To Do:

- **Teacher** Start 5-minute countdown **5 minutes prior to service start time.**

Teacher Opener: Hello, everyone! My name is ____, and we are going to have a ton of fun today! Our Theme today is SOS! What is our Theme? (SOS!) SOS is used with a special way of communicating called Morse code. It is a way of saying, "I need help!" Have you ever needed

help doing something? Who did you turn to for help? We need help too. We are broken because of our sin, which is when we do what we think is best rather than following what God says is best. While our sin leads to brokenness, God gives us what we need to rescue us from brokenness. If you are ready for more, say, “SOS!” (SOS!)

Head, Shoulders, Knees, Cup

What To Do: Are you ready to play a super fun, super silly game? (Let kids cheer.) It is called “Head, Shoulders, Knees, Cup!” Head, shoulders, knees, what? (Cup!)

Here is how we play. We will form two teams. (Form two even teams.) Face someone from the other team—like you are looking in a mirror! I will place a cup on the floor between you. Do not touch it yet! (Allow time and set out the cups.)

Now when I say a certain word, you will put your hands there. Let’s practice! If I say, “Head!” you say, “Head” and touch your head. Let’s try it. “Head!” (Head!) “Shoulders!” (Shoulders!) “Knees!” (Knees!)

Great job! Now if I say, “Cup!” that is your chance to grab the cup before your teammate does! If you grab it first, show a victory dance! Then place the cup back on the floor and get ready for the next round. If you are ready, say, “Let’s go!” (Let’s go!)

Keep It Going: Add in “elbows,” “forehead,” “hips,” and “back” for an extra challenge.

Leader Tip: Invite a kid to be the caller if you have an uneven number or allow one group of kids to play in a group of three.

Safety Tip: Ensure that kids are standing far enough apart that they do not collide when reaching for the cup.

Loud And Clear: You all did such an awesome job playing “Head, Shoulders, Knees, Cup!” Give someone near you a high five! (Give high fives.)

Today we are going to be learning about how we all need to be rescued sometimes. We cannot always fix what is broken on our own—including ourselves. We are all broken because of sin—the wrong choices we make when we do what we think is best rather than following what God says is best. Let me hear you say, “I am broken.” (I am broken.) However, we can trust that

God throws us a “life preserver” by rescuing us from our brokenness and sin. Let me hear you say, “SOS!” (SOS!) God loves to help us with what we need!

Transition Script to go into the Intro Video: There is an island competition show called SOS: Surviving Out at Sea! and we get to watch the latest episode. Let me hear you say, “Oh yeah!” (Oh yeah!) Two contestants will compete in a challenge. One will leave as a conqueror, and one will leave with a coconut. Kick off our video by calling out, “Start the show!” (Start the show!)

Play Intro Video

What You Say: That was so cool to see Jim and Lilly team up to complete their puzzles. Their teamwork meant they both left as conquerors and with coconuts! When life is challenging, we might feel hopeless—like Jim and Lilly did when they were working by themselves. Hope is when we trust that something good will happen. Everyone, say, “Hope!” (Hope!)

The brokenness in our world, and in our lives, can make us feel like we do not have hope. But we do! We have a God who loves us, cares about us, and is always with us. God offers us hope that we can have a relationship with Him now and forever. Instead of a lifetime supply of coconuts, we get a lifetime supply of hope! Let me hear you say, “I need God’s hope!” (I need God’s hope!)

Worship

What You Say: Let’s all stand up and worship together this morning!

What To Do:

- Turn lights off
- 2 songs of worship
- **Teachers and Small Group Leaders worship with the kids, modeling what it looks like to give God our praise. Stand in the front of the room, or next to the kids- but not in the back.**
- Dismiss the kids back to their seats when the songs are over

What To Do:

- Have the kids **open up** a physical Bible and find the Bible story for that day.

- Use the Bibles provided in the classroom if a kid does not have their own Bible with them.

Transition Script to go into the Bible Story Video: (Open the Bible to 1 Kings 17:8-16.) This is the Bible—God’s true message to us about Himself. Every story in the Bible helps us know who God is and how He does incredible things in the world. Today’s story from the Bible is found in the Old Testament, which is the first part of the Bible. Prophets were people who shared special messages from God, and our Bible story today is about a prophet named Elijah. Everyone, say, “SOS!” to get our Bible story started in 3-2-1 (SOS!)

Play Bible Story Video

Questions to consider asking after the video:

- What is something that you learned about God from the video?
- What is something that you learned about people?
- What can you take away from the video?
 - How can you apply the lesson from today into your life?

Making The Connection Script: Elijah was in a difficult position. There was no rain, which meant no crops could grow, and people ran out of food. That is called a famine. Talk about an SOS situation! Say, “SOS!” (SOS!) God told Elijah to go to a widow. Even though that widow and her son were also suffering from the famine, Elijah had hope that God would provide, and God did! Elijah had hope, which means he trusted that something good would happen.

While we are not in the same situation as Elijah, we all still face brokenness in our lives. Sometimes it is because of something we do, and sometimes it is because of the brokenness in other people and in our world. Maybe you have felt alone at school, you worry about bad things happening in the world, or maybe you said something that hurt someone else. It can be discouraging to know that we cannot fix brokenness on our own. However, like Elijah hoped and trusted God would take care of him, we can have hope that God will rescue us. Say, “I need God’s hope!” (I need God’s hope!)

Use the Three Circle Graphics on the Playlist

(Circle 2) The first two people God created sinned, and ever since then, people have had a sin problem. We were made by God to have a perfect relationship with Him, but when we choose to do things our way rather than His way, our sin separates us from God and leads to

brokenness in our world. Sin deserves to be punished. Brokenness also leads to broken feelings, such as worry, fear, and doubt. Do you think anyone in our Bible story had those broken feelings? (Allow responses.) No matter how hard we try or how many right things we do, we cannot fix this brokenness on our own. SOS! We need help! We are broken, and we need God's hope.

(Circle 3) Elijah had hope that God would care for him, and we can have hope too! Say, "I need God's hope!" (I need God's hope!) God gives us hope through Jesus, His Son. Jesus lived a perfect life and died on a cross to take the punishment for our sins. He came back to life, showing He is more powerful than sin and death. Jesus is the true King of everything, and anyone who asks for forgiveness and turns away from sin to trust and follows Him can have hope of a relationship with God both now and forever. We have hope that He makes us new and helps us live as His children.

(Circle 1) One day, Jesus will return. Everyone who has turned from sin to follow Jesus can have hope and look forward to that day! Jesus will make everything new when He destroys sin and brokenness forever. For how long? (Forever!) Until then, we can have hope that God will continue to help and rescue us from brokenness.

Like Elijah trusted that God would take care of him, the widow, and her son, we can trust Jesus to forgive us, help us, and be with us. When we ask God for forgiveness and follow Him, He changes our hearts and fills us with real hope that never runs out, like the flour and oil in today's Bible story. So when we feel worried, afraid, or unsure, we can have hope that God will help us and give us what we need. Say, "I need God's hope!" (I need God's hope!) If you have questions or want to know more about following Jesus, talk with me or your Small Group Leader.

Theme Verse Review:

Theme Verse Motions:

Therefore, let us approach the throne of grace with boldness, (Start with fists at your shoulders. Bring your fists down in front of you, stopping at your waist.)
so that we may receive mercy and find grace (Pull your fists toward you.)
to help us in time of need. (Clasp your hands in front of your chest.)
Hebrews 4:16 (Hold your hands out like a book.)

What You Say: Our Theme verse reminds us that even when life feels broken, we can come to God for help and hope. Let's learn our Theme verse together with some fun motions.

Play Theme Verse Video

What You Say: This Bible verse reminds us that when we feel broken or in need, we do not have to be afraid. We can come to God boldly. He always hears us and gives us mercy, grace, and help when we need it most! Mercy means that God does not punish us for our sin, even though we deserve it. Grace means God's undeserved love for us. We can have hope that, when we have a relationship with God through Jesus, those gifts are always there! Say, "I need God's hope!" (I need God's hope!)

Large Group Closing:

What You Say: You all did such a great job today! We learned that we are broken, and we need God's hope. Hope means trusting that something good will happen. Remember, when life feels empty or hard or when we feel worried, afraid, or unsure, we can have hope that God is with us and will help us. Let's talk with God now and thank Him for His gift of hope in 3-2-1.

Closing Prayer: God, thank You for always helping us when we are broken because of our sin. Thank You for giving us hope through Jesus. Help us trust You when we feel worried or scared. Remind us that You always love us and never run out of hope for us. We love You. Amen.

Transition to Small Group Time: Split the kids into small groups. This can be done either by age, grade, or gender.

Small Group Time:

Option #1: Connection Questions

What To Do: It is time to discover more! Let's discuss and discover together.

1. What is something that makes you feel better when you are sad or upset? (Allow answers and share your own answer.)
2. When sailors are on boats in the dark, they have hope when they see the bright light of a lighthouse. That light helps lead boats to safety. We can look to God and have hope

that He will help us too. What are different ways God helps us? (We can pray and ask God to help us. We can read the Bible and learn from stories of other people who trust God. And we can talk with other people and be encouraged by the hope and trust they have in God.)

3. Though we are broken because of our sin, God gives us reason to hope. Let's open our Bibles to **1 Kings 17:9** and read about it together. (Invite kids to open their Bibles. Read the verse aloud or invite a kid who volunteers to read the verse aloud. Be sure to have Bibles available for kids who need one. Help kids find the verse so everyone can follow along together.) God told Elijah to go find the widow, and Elijah trusted and obeyed God. How can we be like Elijah? (We can turn to God and trust Him no matter what is happening.)
4. We can have hope because God made the way for us to have a relationship with Him through Jesus. How does Jesus rescue us from our sin and brokenness? (Jesus took the punishment for our sin that we deserve when He died on a cross and came back to life. He takes away our sin, guilt, and fear. He has shown His love for us and assures us that good things are in store for those who trust in Him.) If you have any questions about Jesus or how He rescues us, I would be happy to talk with you!
5. The Bible tells us that God gives us the hope we need through Jesus. Today we learned that when we are worried or afraid, God always provides what we need. What is something you learned today? Is there anything you are still wondering about? (Allow answers.)

Option #2: Elijah and the Widow

What To Do: Our craft today is a coloring page that shows the Bible story we learned about. On our page we see Elijah and the widow. We see the way that God provided for Elijah and the widow. We are going to color and decorate our page and it will help us remember our Bible story from today.

Additional Idea: You can have the kids cut out the squares and make them into a book if you need something with more time. They can cut out the squares and then staple them together into a book.

Loud And Clear: God provided for Elijah and the widow, and He promises to take care of you too. Our Bible story is your reminder that when you feel worried or broken, you can turn to God and find hope. God is good, even when things in life feel dark or scary. He loves you more than you can imagine, and He is there for you no matter what. Nothing is too big or too small to take to God!

Option #3: Activity Page

What To Do: This activity page helps us remember some big things we have learned about today. As you color and work on activities, talk to a friend about some of your favorite parts of our time together.

Leader Tip: Get to know the kids better. Ask them what they remember about Elijah and the widow or remind them that when life feels empty or broken, we can have hope that God is with us and will help us.

Loud And Clear: We are broken because of our sin, but God offers us hope that when we ask for forgiveness and follow Jesus, He will help us and give us what we need. Like God gave Elijah hope, He gives us hope through Jesus. We can trust Him with everything because His love never runs out!

Close out in prayer:

What To Do:

- Ask for any specific prayer requests
- Pray with the group
- Lead the group in the prayer below.

What You Say: God, thank You for helping us when we feel sad or broken. Thank You for giving us hope, just like You gave hope to Elijah and the widow. Help us trust You to take care of us, even when life is hard. Thank You for Jesus, who fixes what is broken in our lives because of sin. We love You and trust You. Amen.

Dismissal:

Leader Tip: Work with your team to dismiss the kids in a fun, manageable, and safe way. As kids leave, make sure they have all of the crafts and papers. Share with the person picking them up something positive you observed today. Invite them back next week.