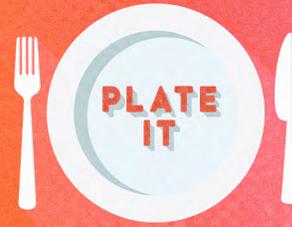


## WEEK 1 ELEMENTARY LESSON GUIDE



### THE BIG IDEA

Step one,  
trust God.

### THE BIBLE

**Elijah and the Widow at Zarephath:** I Kings 17:8-16;  
Mark 12:38-44

## LARGE GROUP TIME

**WHAT?** *What are we talking about today?*

### MUSIC | Worship

- **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)
  - "Pray" (Vineyard Kids)
  - "Echo" (Elevation Worship)
  - "Something Good" (Gateway Kids Worship)

### ACTIVITY | Nailed It! Morning OJ

- Hey, kids! This month, we're transforming our space into . . . drum roll, please! The Plate It Cooking Show! There will be food puns galore, and we'll have tons of fun preparing food and doing food challenges as we learn about the prophets and also how we can prepare ourselves for God and living life the way God wants us to.
- With that said, *orange* you glad you came today? Let's kick it off with our "Nailed It!" segment of the show, where I'll do my best to make my food look as close to the model as possible.
- Each week, we'll progress through the courses of a meal. Are you ready? Okay!
- **What is almost always the first question a server at a restaurant asks you?** If you said, "What would you like to drink?" you are correct!

- Ah, the most refreshing way to start a meal. I wonder what drink I'll have to make today!
- *[Carefully lift the decorated box to reveal the model glass of orange juice.]*
- Taco-bout refreshing! Looks like I'm going to get my squeeze on by making a glass of OJ to look like this fancy model.
- **INSTRUCTIONS:** *Before the kids arrive, place the prepared drink or picture model on the table and cover it with the decorative box. Place the ingredients box on the table. "Build" your OJ behind the ingredients box to build up suspense. Have kids only see you juicing the oranges, choosing a straw, etc. When you are done, choose three kids to come up and be on the judges panel to decide if you nailed it or not. Then invite them to help you fix the problem areas.*
  - **TIP:** *Consider setting a time limit and having an adult volunteer offer fun commentary during the process! Have fun, and purposely don't "nail it!" For example, only fill the glass half full or put the orange slice on differently. After you're finished, cover it with the decorated box, then dramatically reveal your work.*
- You ready to see how we did? Nailed it!
- Just like we start off our meals with a beverage, we're talking today about the first step we need to take in knowing God!

### ACTIVITY | Refill Relay

- Sometimes, prophets depended on God to provide their food and water. Almost like how we depend on chefs and waiters to give us our food and water at a restaurant. I *donut* know about you, but I'm all about drink refills! Whether we're at a restaurant or putting on a cooking show, we have to stay hydrated when cooking and eating! So, today, we're going to do a refill relay!
- **INSTRUCTIONS:** *Split the group into equal teams of 5 to 10 kids, 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 fill their cup with the water from the pitcher, get their water into the large cup, then pass their cup to the next person. The first team to fill up their large cup wins!*
  - ✂ **PRETEEN HACK:** *Consider adding obstacles to make the activity more challenging for preteens. Depending on group size, you could also host an OJ-chugging contest of OJ to see who can drink the most or the fastest in an allotted time (but make sure you do this last part in a safe way so kids don't get sick).*
  - ✂ **SPECIAL NEEDS HACK:** *Provide a buddy or provide a separate area to the side with a play kitchen and play food. Their "relay" could be to put the food in certain spots of the kitchen.*

### QUESTION | What would you need in order to prepare a meal?

- **INSTRUCTIONS:** *Brainstorm the question with the kids. Decide on a simple recipe, and ask the kids to help you think of what ingredients and equipment you might need to make it. Write their answers on a poster board or dry erase board.*
  - ✂ **SPECIAL NEEDS HACK:** *Prepare visual representations – either images or actual items – for ingredients and tools needed (e.g., eggs, bowl, cookware, utensils, etc.). You can add in things that don't belong in recipes (e.g., a shoe, plastic dinosaur, a pencil, etc.) to make it fun!*

- There are so many things that go into preparing a meal! We need a plan, a recipe (or someone who has prepared the meal before), ingredients, cookware, utensils, time, and last but not least, the willingness and confidence to make the meal. Without that last part . . . the meal would never get prepared!

### SO WHAT? *Why does it matter to God and to us?*

#### BIBLE STORY | **Elijah and the Widow at Zarephath**

- It's time to tune in to the Bible story segment of The Plate It Cooking Show! Today's sous chef, [name of volunteer], is here to help me with all the "ingredients" I need for the Bible story.
- **INSTRUCTIONS:** *Tell the story from I Kings 17:8–16 as though you are on a cooking show. Choose a volunteer ahead of time to be your sous chef. Thank the volunteer each time they hand you something throughout the story!*
- This whole month, we're going to be discovering some amazing prophets in the Bible. A prophet was someone chosen by God to speak for God to the people who needed to hear God's message.
  - Many times, a prophet's message to the people was not so popular with the crowd!
  - For eggs-ample, Elijah had to tell the king of Israel that there would be no rain in the land for the next few years. "Yay!" said the king . . . never! The king absolutely was not happy about this news! No rain would mean less and less food. Not a great situation for them, and not a *grape* situation for a cooking show either!
- However, prophets also gave messages of hope from God. Today's story is all about how God sent Elijah on another journey. Up until then, God had sent a raven to give Elijah food and had provided a brook for water.
  - Now, Elijah was on the move, and God promised to provide food for him with the help of an unexpected stranger. **Sous chef? Could you read I Kings 17:8–9 for us?**
  - Perfect. Elijah just needed to ask this new friend for some water and bread. **Sous chef, some water and bread, please.** [*Have volunteer hand you a jar with very little water inside and an empty plate.*]
- Hold your *horseradishes* – that's not bread! What in the *watermelon!*? God clearly told Elijah that this widow would provide food for him, but the widow barely even had food for herself! **What did she have, sous chef?** [*Have volunteer hand you oil and flour props.*]
  - Oh *broth-er!* That would be like inviting all of you to a cooking show only to find that there is no food here to cook!
  - But, of course, Elijah fully trusted what God promised. **Sous chef, can you tell us what Elijah told the woman in I Kings 17:13–14?**
- And it happened just like Elijah said it would . . . the flour and oil didn't run out!
- [*Have the volunteer return the 8 oz. jars of flour and oil to the box, then pull out a piece of bread and put it on the empty plate. Have them keep bringing out the other jars of flour and oil, and adding more slices of bread to the plate a few times for dramatic effect.*]
- Well *oil* be! If the widow did not choose to trust God in that moment, she would have missed out big time!

- **What do you think she would have missed out on?**
- She would have missed out on seeing a miracle. Missed out on an opportunity to help Elijah and serve God. Missed out on connecting with God in a new way! That would have been *bananas*. I'm so glad she didn't miss out!

### BIG IDEA | Step one, trust God.

- **INSTRUCTIONS:** Prepare the 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.
  - ✂ **SPECIAL NEEDS HACK:** Put up a checkered tablecloth on the wall and add the Big Idea plate each week to it to serve as a visual reminder from week to week.
- Let's say today's Big Idea together. **Step one, trust God.**
- God has prepared amazing things for us to be a part of. Isn't it awesome that we have the chance to connect with God and be confident in the plans that have been made for us? Trusting God is a great first step that will prepare us for our life together with God.

### VIDEO | Plate It, Episode 1

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

### VIDEO | Never-Ending Supply

- **If you could have a never-ending supply of one drink, what would it be?**
- **INSTRUCTIONS:** Write down suggestions from kids on a dry erase board or large piece of paper. Then play this [chocolate milk gif](#) several times.
- Those are some great suggestions! Chocolate milk sounds like a good one to me! Let's imagine what that could be like.
- Ok, I think you guys get the point now of how crazy awesome that would be to open up your refrigerator and always have chocolate milk – or whatever your favorite beverage is – inside!
- Think of how Elijah and the widow must have felt to have experienced such an awesome miracle because they chose to trust God and God's promises!

### OBJECT LESSON | Trust the Process

- **INSTRUCTIONS:** Prepare a [green smoothie](#) or bring in the ingredients and a blender to demonstrate.
  - ✂ **SPECIAL NEEDS HACK:** Make sure you have noise-cancelling headphones available for friends who may not like the blender sound.
  - ✂ **PRETEEN HACK:** Expand the discussion for preteens here by asking about a time where they were told to trust someone and try a food they didn't think they would like. Feel free to provide some examples of foods your preteens might not like.
- Making something from a recipe requires a lot of trust. You have to trust that putting all the ingredients together will make what it says it will make.

- Take this green smoothie for instance. The recipe calls for one cup of your favorite milk, one frozen banana, half a cup of strawberries, and one cup of spinach. Does it make what it says it makes? Yep. Does it taste yummy? You might disagree on this answer, but that doesn't change that fact that this is a green smoothie!
- Trust is having total confidence in God. God is good and faithful and loves us so much. God gives us the tools and opportunities to serve, but it's up to God to work things out in the best way. It may not always turn out how we expect, but we can trust that it'll be better than our expectations! We just have to remember **step one, trust God!**

#### BIBLE | Mark 12:38–44

- In today's Bible story, we got to see a *slice* of the life of a prophet. Being given the role of "prophet" was definitely not a *cakewalk*. From depending on God for food and water to relying on God to survive or escape prison, prophets had to trust God with their whole lives. Because God chose them for this role, they were confident that God would provide for them.
- Prophets aren't the only ones who can trust God . . . we all can! Let's read this next Bible passage about a different widow who trusted God.
- **INSTRUCTIONS:** *Read Mark 12:38–44 aloud to the kids.*
- **Why did Jesus say that the widow gave more than the others in the crowd?** Even though the others gave a larger amount, she chose to give everything she had.
- **Would you be able to give up everything you have and trust in God to give you what you need?** Serving God is an amazing part of following God. Even if that means we might have to give something up, we can fully trust God to provide for our every need.

### NOW WHAT? *What does God want us to do about it?*

#### REFLECTION | Recipe Card, Step One

- **INSTRUCTIONS:** *Read the recipe card aloud for the kids. Review the Big Idea and have each kid fill in the blanks on their recipe card. Then invite them to have a time of reflection and write down their response to the question.*
  - ✂ **SPECIAL NEEDS HACK:** *Discuss something they can trust God with while kids create their own pizza using stickers [like these](#) or other materials you prepare.*
- **Step one, trust God. What do I need to trust God with today?**

#### ACTIVITY | Mystery Recipe

- **INSTRUCTIONS:** *Choose a few volunteers to come up and help make an easy recipe without knowing what they'll be making! Give them directions one step at a time.*
  - ✂ **PRETEEN HACK:** *Consider a different activity for preteens that includes blindfolded taste testing. Who in the group trusts the leader enough to know they won't ask them to eat something they don't like?*
- What fun would a cooking show be without a mystery recipe?

- 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 where life with God is going to take us, but we can always come back to **step one, trust God!** He will provide for us no matter what.

### MEMORY VERSE | Verse in a Cup

- **INSTRUCTIONS:** *Split the kids into two (or more, depending on the size of your group) teams. Provide a copy of the memory verse graphic in your Programming folder for each team, along with a cup and scissors. Start by having all the kids read the verse aloud together one time. Set a timer for 90 seconds and have each team do their best to work together and memorize the verse within the time! Then instruct the teams to cut each word out of their verse sheet and place the words into their cup. Alternatively, have the words of the verse pre-cut for the kids. Give their cups a good shake to mix up the words. When you say, "Go," the teams will race to see who can put together the verse the fastest and most accurate!*
  - ✂ **SPECIAL NEEDS HACK:** *If anyone in your group has limited mobility, have a buddy or a leader shake the cup with the memory verse pieces inside while the whole group joins in with shaking and pretending there's an earthquake.*

### PRAYER

- Dear God, thank you for preparing good works in advance for us to do! Help us trust you above everything else. We don't want to miss an opportunity to serve you! Amen.

## SMALL GROUP TIME

### DISCUSSION

- **What did God promise Elijah when God sent him to Zarephath?**
- **What did Elijah tell the widow to do?**
- **What did God promise the widow if she trusted God and followed Elijah's instructions?**
- **Read the first sentence of I Kings 17:13. What is a situation where hearing, "Don't be afraid," from God would help you (or would have helped you) trust more?**
- **If you were the widow, how do you think you would have reacted when Elijah told you to use your last ingredients to make him a meal first?**
- **What are some things in your life you can trust God with right now?**
- **On a scale of 1 to 10, with 10 being "super difficult," how difficult would it be for you to trust God enough to give him everything you have? Why?**

### ACTIVITY | Menus of Thanks

- **INSTRUCTIONS:** *Lay out the notebooks and decorating supplies. Encourage kids to decorate their notebook covers with food stickers, food pun sayings, and cooking images or drawings of their own.*

✂ **PRETEEN HACK:** Consider providing additional craft supplies (e.g., modge podge, magazines, calligraphy supplies, etc.) for preteens who want to level-up their menus!

- God is always doing wonderful things in our lives, even though we may not always notice them. A part of trusting God is thanking God for those things. Decorate this menu book, and make a point of logging one thing you are thankful to God for every day! Because when it comes to our walk with God, we can't forget **step one, trust God!**

#### MEMORY VERSE | Ephesians 2:10 (NIV)

- **INSTRUCTIONS:** Practice this month's memory verse with the signs (a combination of SEE and ASL) available in your Programming folder or at [growcurriculum.org/Ephesians2-10](http://growcurriculum.org/Ephesians2-10).
- Let's practice this month's memory verse together!
- **"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."**