



# Be Essential for Jesus

Ephesians 2:10 For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

## Elijah and the Widow

### Trust – God provides what I need

#### Scripture

##### 1 Kings 17:7-16

Some time later the brook dried up because there had been no rain in the land. Then the word of the Lord came to him: "Go at once to Zarephath in the region of Sidon and stay there. I have directed a widow there to supply you with food." So he went to Zarephath. When he came to the town gate, a widow was there gathering sticks. He called to her and asked, "Would you bring me a little water in a jar so I may have a drink?" As she was going to get it, he called, "And bring me, please, a piece of bread." "As surely as the Lord your God lives," she replied, "I don't have any bread – only a handful of flour in a jar and a little olive oil in a jug. I am gathering a few sticks to take home and make a meal for myself and my son, that we may eat it – and die." Elijah said to her, "Don't be afraid. Go home and do as you have said. But first make a small loaf of bread for me from what you have and bring it to me, and then make something for yourself and your son. For this is what the Lord, the God of Israel, 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 on the land.'" She went away and did as Elijah had told her. So there was food every day for Elijah and for the woman and her family. For the jar of flour was not used up and the jug of oil did not run dry, in keeping with the word of the Lord spoken by Elijah.

**Bible Story** - Available on YouTube through Aldersgate United Methodist Church and through the Susquehanna Conference at [susumc.org](http://susumc.org)

#### Family Chat Questions

- What did God ask Elijah to do?
- What did Elijah ask the widow to do?
- Why was it so important to listen to God?
- Share a time when God took care of you and your family.
- What can you do when you are scared about something?
- How do you hear God?
- Think of someone who doesn't know Jesus that you can add to your prayer list.



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#### Family Activities

- Mirror Message: On a mirror or glass surface, use an erasable marker or toothpaste to write this week's message, so that everyone can see it and remember it (Trust – God provides what I need)
- Make Homemade Playdough - <https://lovelymomhood.com/homemade-playdough-recipe-safe-and-non-toxic/>
- Create your own Family Cookbook - Gather your favorite recipes or create new ones. Use an old binder, notebook, or notecards to keep them organized. Call a family member or friend and ask them to contribute a recipe.
- Kitchen Guessing Game –
  - How many cups of water does it take to fill a bucket? Write everyone's guesses down and then start filling!
  - Which weighs more, oil or water? Put a cup of each into separate bottles and try to guess which one weighs more. No kitchen scale? No problem - water is heavier and denser. Now combine the two into one bottle and see what happens!
  - Which is salt and which is sugar? Put a small amount of each into two different containers. Without touching or tasting, can you guess which is which?
  - Name that spice – pull different spices from your cupboard, put on a blindfold, and take turns trying to guess the spice by only using your sense of smell!
- Create a Sensory Bottle – (using the oil and water from the Kitchen Guessing Game) Use a water bottle and fill it ½ full with water and ½ full with oil. Next add in a few drops of food coloring. Screw the lid on tight and let the kids give it a shake. Watch what happens! Add some beads, glitter, or small plastic items for additional fun.
- Say Thank You to a Grocery Worker – the next time you head into the grocery store, be sure to express your gratitude!
- Scavenger Hunt – Complete the Bible story based scavenger hunt, found at the end of the packet.



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#### Children's Independent Activities

- Create a Crazy Recipe – What would you like to make for dinner? Maybe some gummy fish seasoned with rainbow sprinkles? Or maybe potato chips topped with a scoop of chocolate ice cream? Be silly and think about how you would use your favorite foods to make a fantastic meal for your family! Write or draw a picture of your recipe and share it with a friend.
- Thank You for the Delivery - Make a sign for your front window thanking all the delivery drivers that bring you and your neighbors what you need.
- Make Your Own Placemat – use a piece of paper, cardboard, or cloth to design your own placemat. Add our weekly lesson – Trust – God provides what I need.
- Activity Sheets – activities and coloring sheets are included at the end of the packet.

#### Snack Time

- Make and eat edible playdough - <https://www.lookwerelearning.com/edible-playdough-recipes/>
- Try different types of grain products each day (bread, bagel, English muffin, crackers, toast) with your favorite topping <https://www.allrecipes.com/recipe/80934/fairy-bread/>



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#### Closing Prayer

God help us to trust You no matter what! You provide for us in every situation. Remind us to pray for those who don't know You. We want them to feel Your love and to come to know Jesus. We pray for all those store employees making sure that we have what we need. We love You and thank You for all that you provide. Amen.

#### Dive in Deeper with these Ideas and Resources

- Learn more about why God may have sent Elijah to Zarephath. Could he have been in danger by traveling there? Jezebel wanted to have him killed and that is where she lived. Do you think that meant that Elijah had to trust God even more? Read 1 Kings 17 & 18
- Families with preschool aged children may enjoy this slideshow story of Elijah and the Widow <http://freebibleimages.org/illustrations/1s-elijah-widow/>
- Participate in your church's Family Challenge or Mission Project (where offered).
- YouVersion Bible app and The Bible app for kids, [www.youversion.com](http://www.youversion.com) or [www.bible.com](http://www.bible.com)
  - YouVersion has many studies available for all ages
  - Try Ancora Kids Go meet Elijah 3 day Bible study for kids
- Guardians of Ancora – free Bible based gaming app for kids ages 8-11yrs, <https://guardiansofancora.com/>
- Parent Cue – a parenting, faith-based, resource, [www.theparentcue.org](http://www.theparentcue.org)
- God for Kids app – helps parents and kids discover who God is, [www.godforkidsapp.com](http://www.godforkidsapp.com)
- Adventure Bible – web-based access to scripture and games for kids, [www.adventurebible.com](http://www.adventurebible.com)



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### Scavenger Hunt – Elijah and the Widow

After reading this week's scripture and watching the Bible story, see how many of these items you can find.

- Where you find the word of God
- Sticks for a pretend cooking fire
- A drinking "jar"
- When will God send rain next?
- Music or someone humming a tune
- Bread
- A sign of God's love for you
- Find the words to tell God that you trust Him
- 10 first names that start with the letter "E"
- A recipe for homemade bread



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## Activity Sheets





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