



K-Ist Lesson

Review

- Have any of you run in a race before, like in a track meet or just playing outside with friends? Allow discussion.

I'm going to give all of you a chance to run and maybe even win a prize today. Everyone stand up. I'm going to give you some commands, and I want you to do them as best you can. When you get too tired, you may sit down. The last three standing will win a prize. Set the timer for three minutes. Give commands such as jog in place, run in place as fast as you can, run in slow motion, run while lifting knees up high, etc., until time is up. Pass out ribbon awards or treats to the last three students standing. Optional: give treats to all students.

Whew! That was a great race. Many races are short sprints and take only seconds to finish. But there are longer races called marathons.

- Does anyone want to guess how many miles people run in a marathon? Allow guesses. Write guesses on the board.

Show pictures of Olympic or marathon runners if you brought them. A half marathon is about 13 miles (21 kilometers) and it usually takes a person about two hours to run to the finish line. A full marathon is just over 26 miles (42 kilometers) and takes about four hours to finish. That's a long time to run! People have to practice hard for these races if they want to win a prize.

In our lesson today, we're going to see someone who ran even farther than a marathon race. But he wasn't racing to win a prize; he was running for his life!

But first, let's review what we've learned in the last few lessons.

Refer to the Exodus to Malachi Timeline. We've been studying about the time when the people of

Israel had two kingdoms. Point out where the kingdom divides on the timeline at #24.

- Refer to Lesson 91 Flip Chart. Who remembers what these kingdoms were called? Israel. Judah.
- We read about the many wicked kings in Israel and Judah who led their people into sin. What sin did they keep doing? Worshipping false gods.

Refer to Lesson 92 Flip Chart. In our last lesson, we learned how God's prophet Elijah challenged the false prophets who worshipped Baal to see whose God would send fire from heaven.

- What happened when Baal's prophets cried out to him to send fire for their altar? Nothing happened. No one answered.

When the false prophets finally gave up, Elijah had the people pour water over his offering until everything was soaked and the ditch around the altar was filled with water. Then Elijah prayed for God to show his power.

- What happened next? God sent fire from heaven that burned up the sacrifice, the wood, the stones, the dirt, and even the water in the ditch.

The people fell down and worshipped the Lord as the one true God. Then all the false prophets were destroyed.

Elijah Flees from Jezebel

What about King Ahab? He was watching everything that happened that day. Elijah was probably hoping that King Ahab would turn back to God after seeing his great power. Since Ahab was king, he could get rid of Baal worship and lead the people of Israel back to the Lord.

Show the Lesson Flip Chart. But when Ahab got home, he told his wife, Queen Jezebel, how Elijah had killed all the false prophets of Baal. Queen Jezebel was really angry, so she sent a message to Elijah threatening to kill him.

Elijah was afraid of Jezebel and ran for his life. You see, Jezebel was a cruel, wicked woman. She did not fear the Lord, and she used her power as queen to do evil things. Her threat was serious because she had hunted down and killed other prophets of God before this. Now she wanted to kill Elijah, too!

When Jezebel threatened to kill Elijah, he escaped to a city 100 miles away. That's like running almost four marathon races!

Elijah was very sad and discouraged! He had hoped people in Israel would change their ways and come back to God. Instead, he was being hunted by Jezebel and feeling very much alone.

1 Kings 19:5-8

Elijah was scared and tired. Let's read how God helped him in 1 Kings 19:5-8. Have the student bring the Bible and turn to the sticky note. Read the verses.

- Whom did God send to help Elijah? An angel.
- What did the angel do? Verse 5. Woke Elijah up and gave him food and water.

Elijah ate then lay down to sleep again. He must have been really tired.

- What happened next? Verse 7. The angel came again with more food.

Right! Elijah got up and ate the food the angel gave him a second time.

- Then where did Elijah go using the strength he got from that food? Verse 8. To Horeb, the mount of God.

- How long did it take Elijah to get there? 40 days and 40 nights.

That's a long time to go without eating! But God gave Elijah strength.

Refer to the Flip Chart. Elijah started his long journey in Jezreel where the king and queen lived, ran out to the wilderness where the angel gave him food, and then traveled 40 more days to Mount Horeb.

- Guess how many miles Elijah traveled to Mount Horeb? Allow guesses.

The mountain was about 200 miles away from the first place Elijah stopped. Wow! When we add it all up, Elijah walked and ran over 300 miles! That's like 12 long marathon races.

God Whispers to Elijah

When he reached the mountain, Elijah found a cave and stayed there. But he was still very sad. He told God how he felt. Elijah was upset that the people of Israel had turned from God and even killed many of God's prophets. Elijah felt like he had failed; the people had not turned back to God even after they saw God's power at Mount Carmel. Elijah thought he was the only person left who obeyed the Lord, and now he was in danger of being hunted down and killed by the queen.

Sometimes we can feel sad, tired, and afraid. But God understands and wants to help. And he helped Elijah in an unusual way. First, God told Elijah to go out and stand on the mountain. Then God sent a very strong wind that tore the mountain and broke pieces of rock apart!

- What would that sound like? Allow students to make blowing/crashing sounds.

- Who thinks God was in that great wind? Show of hands.

No, God was not in the wind.

- Then God sent a powerful earthquake that shook the mountain! What would that sound like? Allow students to make rumbling sounds/stomp feet.

- Who thinks God was in that earthquake? Show of hands.

No, God was not in the earthquake.

- Then God sent fire! Who thinks God was in that fire? Show of hands.

But he was not in that, either. These three things only announced that God was coming.

- Then Elijah heard a whisper. What does a whisper sound like? Can you say, "Elijah" in a whisper? Allow students to whisper the name.

- Who thinks God was whispering? Show of hands.

- Refer to the Flip Chart. Yes, God spoke to Elijah in a whisper. Why do you think God chose to speak to him in a whisper after all the amazing, powerful things he did? Allow answers.

Elijah had already watched God's fire come from heaven, so he knew of God's power. But sometimes it's easy to forget that God works quietly, too, or in ways that we don't even notice. Just because we don't see big, great things happen doesn't mean God isn't working. We can trust God to be faithful to do what's best for his children, even if he does it quietly.

God spoke to Elijah and gave him his next mission. He was supposed to go choose a man named Elisha to be the next prophet. God also told Elijah that he wasn't alone; there were still 7,000 other people in Israel who did not worship Baal. That was great news!

Elijah left the mountain ready to keep on serving the Lord. He wasn't running away anymore because he trusted that God would continue to protect him as he served God and obeyed his instructions.



2

God sent an
angel to help
Elijah.



1

Queen Jezebel
wanted to kill Elijah.

3

God spoke to
Elijah in a whisper.

