



**BIG IDEA:**

STEP ONE, TRUST GOD

**BIBLE:**

1 KINGS

**GRADE:**

4 - 7

**WEEK:**

1



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## 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 don't 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.*



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## 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!

## 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 1 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!*



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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.*]



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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 1 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

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**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.



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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.

## MEMORY VERSE

### VERSE IN A CUP - EPHESIANS 2:10 (NIV)

**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.

**"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."**