

Take a Break!

Spiritual Rest Lessons from Elijah

1 Kings 19:1-13 KJV

Bible Lesson & Activities for Children



THE **SUNDAY SCHOOL** STORE

The Power of Snacks and Naps



Being a human means that we all have basic fundamental needs. We can't survive without things like food, water, and rest. In a way, this reminds us of our dependence on God. We can't spiritually survive without Him, just as we can't physically survive without food and sleep. This lesson reviews how Elijah was revived and cared for in the wilderness. Just as God provided for him, He provides for us and gives us the strength we need for all things.

Sometimes we try to go it alone. We think we need to do everything or fix everything, and we grow weary and discouraged when we can't. Like Elijah, we can despair and think that the world is against us. But God is for us! He knows what we need when we need it, and will always provide. The Lord cares for our physical needs, but more importantly, He gives us spiritual help, as well. Through Jesus, we have the assurance of salvation, which provides life and hope and strength.

Passage: 1 Kings 19:1-13

Target Audience: Kindergarten-6th grade

Materials Needed: Construction paper; decorative supplies; glue; markers or crayons; tape; scissors; paper bags; snacks or treats; water bottles; socks; cotton filling; fabric markers or paints; blow dryer or fan; ping-pong balls; Bibles.

More Resources Online

- Watch the [video demonstration of the object lesson](#).
- Watch the [video example for the craft projects](#).
- Watch the [video Bible story "Elijah in the Wilderness"](#) from Saddleback Kids Club
- Watch the [video Bible story "God Provides for Elijah"](#) from Crossroads Kids
- For more free illustrations, visit [Christian Clip Arts](#) and [Ministry-To-Children](#)

Object Lesson (5 minutes)

Greet children and discuss basic needs we all have...

Hello, children of God!

Do any of you participate in sports or other sorts of programs? Chances are, when you're in the middle of a practice or game, you need to take a break, right? At some point you have to pause. Maybe you do some stretches on the sidelines, or you have a snack and something to drink. *Hold up examples of snacks as you are able.* You just can't keep going nonstop. As much as you might love the game or activity, our bodies and minds are limited, and we need fuel and rest. *The following example is a personal one, and can be adapted as needed to your own hobbies.* Now, I happen to be a runner. I enjoy going long distances. When you run for a long time, you have to give your body fuel. I have some friends who do ultramarathons, running for 50 or even a hundred miles at one time. Throughout the race, they have to eat, drink, and take short breaks so they can keep going. It's impossible to finish otherwise.

Sometimes it sounds nice to not need things like sleep and food, and just be able to constantly be moving and working. But that's not part of being human. I kind of think that God has designed us to need those things because it reminds us of our dependence on Him. We cannot do anything on our own. Sometimes we try to, or we grow frustrated because we think we need to, but it's God who gives us strength and capability to do all things. He can help us when we think life is impossible.

There was a man in the Bible who learned this. His name was Elijah, and he was a prophet, someone who spoke for God. Elijah was not too popular with the queen at the time, and he was basically on the run to avoid her. He grew very discouraged and upset and was exhausted from all that he had been doing. He sat down by a tree and decided he should just give up. He told God to just take his life, and then went to sleep. When he woke up, though, there was an angel with him, telling him to have a snack. Some bread and water were there for him, and after he ate it, he took another nap. The angel came again and said "take and eat, this journey is too much for you. So he had some more food, and then

was able to travel for forty days and nights to a special place where he had an encounter with God. Wow, food that gives you that sort of energy must be pretty amazing...

You see, Elijah was ready to give up, but God had not given up on him. He still had plans for Elijah. And He knew that Elijah would need help to carry them out. God gave Elijah what he needed, physically as well as spiritually. And He does the same for us! We cannot do things on our own. When we try to handle everything, we can grow discouraged and tired, and want to give up. But God is there to give us help. Sometimes what we need is physical sustenance. A nap and a snack can do a lot of good! Even more than that, though, we need emotional and spiritual nourishment. God provides us with what we need for life, and He gives us the most important thing we need: salvation! Through Jesus, we have new life and forgiveness of sins.

So how do we get this spiritual nourishment? It isn't hard! We pray and read God's word. We go to church and talk with other believers. We have all of the tools we need for fuel and rest in the Lord. Sometimes what you need is a little food. We always need Jesus!

Prayer: (Invite the children to repeat each line)

Dear God,

Thank you for providing for us

And caring for all of our needs.

Please help us to trust in you

And rely on you for strength.

Thank you for your love

We love you, God!

In Jesus name, Amen!

Game & Activities Suggestions (10 minutes)



This passage looks at Elijah’s experience in the wilderness and encounter with God. There are elements of our reliance on the Lord, as well as His communication with us. To get students thinking and ready to learn, consider an activity opener along these lines:

- Wind power: God sent Elijah fire and wind before finally appearing in a gentle whisper. Celebrate the wind element with a game of “air hockey.” Provide students with drinking straws and ping pong balls. Have them sit on opposite sides of a table and use only air through the straws to try blowing the balls across the table and off on the other side. The winning team is the one with fewer ping pong balls blown off on their side.
- What is that sound? We don’t know what God sounds like, but He came to Elijah as a whisper. Play sound clips of various odd sounds, or place sounds behind a screen or bag, and have students guess what the sounds are.
- Feed Me Relay: the angel provided Elijah with food so that he could carry on with his journey. Have students line up in two groups and race to “feed” each other, running back and forth across a room to grab a small item (cracker, fruit piece, water bottle) and bring to the next person in the line. Continue until all of the students in one line have had a turn.
- Fueled for Faith: Discuss favorite foods and drinks that students enjoy. Talk about the importance of physical nourishment and how we obtain it. Discuss ways that we can be fueled spiritually, as well, like prayer and Bible study.
- Rest up! Elijah needed rest to be re-charged for his journey. We need rest in our lives, too. Talk with children about their bedtime routines and favorite sleep comforters or pillows. Discuss beds that people might use in other times and other places.

Explain to children that the story here is about someone who followed God very closely, but still became discouraged and tired. We all grow hungry and weary sometimes, but God provides us with what we need all the time!

Main Bible Teaching (15 minutes)



This passage is one of a few great stories featuring the prophet Elijah. It could be acted out with students, or is a great one to tell with interactive elements. Use a fan or hair dryer for the wind on the mountain, hand students crackers for the food fed by angels, or pretend to lie down and go to sleep at various parts. Older students can read passages out loud, or you can read and explain for younger ones.

1 Kings 19:1-2 KJV *And Ahab told Jezebel all that Elijah had done, and withal how he had slain all the prophets with the sword. (2) Then Jezebel sent a messenger unto Elijah, saying, So let the gods do to me, and more also, if I make not thy life as the life of one of them by to morrow about this time.*

Set a little bit of context for this story. Directly before this, Elijah defeated the prophets of Baal on Mt. Carmel. This was a mighty victory for God, but greatly angered the wicked queen, Jezebel. Rather than admitting that God was the one true God, she was determined to destroy Elijah. Rather than impressing the people into belief, the miracle on Mt. Carmel put Elijah's life at risk.

Ask: Do you know anything about Elijah? What did he do?

1 Kings 19:3-4 KJV *And when he saw that, he arose, and went for his life, and came to Beersheba, which belongeth to Judah, and left his servant there. (4) But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers.*

This is a very low point for Elijah. He was defeated and probably felt like a failure, and now the queen was after his head. He ran away, traveling about 80 miles from where he had been, and went out into the wilderness. Elijah figured that he hadn't done his job right, since he wasn't believed and trusted, but that's not always the mark of success for a prophet. Elijah was so discouraged that he prayed begging God to let him die. Fortunately, though, God did not grant him this wish. Good thing God tells us "no" sometimes! In fact, Elijah is one of just a few people who never died!

Ask: Have you ever felt very discouraged? What did you do?

***1 Kings 19:5-8 KJV** And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise and eat. (6) And he looked, and, behold, there was a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again. (7) And the angel of the LORD came again the second time, and touched him, and said, Arise and eat; because the journey is too great for thee. (8) And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.*

God took care of Elijah's needs. First, he needed physical rest, and instead of dying, he took a nap. Then God gave him food. The angel came twice and delivered nourishment. We need these things, too. Sometimes things seem horrible, but a nap and a snack can make a world of difference! God gives us these things, and He provides for our spiritual needs, as well. After the snack, Elijah had enough strength to continue for forty days and nights! This was probably a contemplative journey for him, and at the end of it he came to a special mountain of God. This was a holy place, and he went there to meet the Lord.

Ask: What kinds of snacks help you stay fueled? Do you play sports and have snacks during practices?

1 Kings 19:9-13 KJV *And he came thither unto a cave, and lodged there; and, behold, the word of the LORD came to him, and he said unto him, What doest thou here, Elijah? (10) And he said, I have been very jealous for the LORD God of hosts: for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away. (11) And he said, Go forth, and stand upon the mount before the LORD. And, behold, the LORD passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the LORD; but the LORD was not in the wind: and after the wind an earthquake; but the LORD was not in the earthquake: (12) And after the earthquake a fire; but the LORD was not in the fire: and after the fire a still small voice. (13) And it was so, when Elijah heard it, that he wrapped his face in his mantle, and went out, and stood in the entering in of the cave. And, behold, there came a voice unto him, and said, What doest thou here, Elijah?*

Elijah met the Lord, who asked him what he was doing on the mountain. Elijah's response is a bit self-pitying, in a way. He was not truly the last of God's faithful servants, but he felt that way. God had patience with Elijah, though. He presented Himself to the prophet in a special way. We often think that God speaks with booming thunder and fire, but here it was quite the opposite. God was not in the wind or the fire or the earthquake. He was in a gentle whisper. God comes to us in unexpected ways. We might want Him to give us obvious and loud answers, but maybe He speaks through other people or circumstances. He comforts us with gentle whispers. Elijah covered himself, knowing he couldn't face God and live. When we are in God's presence, there is joy and comfort. But there should be respect and reverence, too. And God is present with us, everywhere and all the time!

Ask: How does God speak to us? (Through His word, church, others, etc.)

Remind children that God provides for us. Sometimes we just need rest and food. We always need His love and spiritual nourishment, though, and He will always give it to us. Sometimes we feel discouraged or depressed, but God is with us. He does the hard work for us. God comes to us in unexpected ways, but we can be assured that He is with us, in gentle whispers, rejuvenating snacks and more!

Craft one: "Sustenance Snack Sack"

You will need:

- Paper bags or gift bags
- Construction paper or cardstock
- Markers or crayons
- Decorations (stickers, glitter, etc.)
- Small snacks, treats, or comfort items
- Ribbon, string, or pipe cleaner



Procedure:

1. Decorate the outside of the bag with special statements, encouragements, and maybe a "to/from" line.
2. Add extra decorations as desired.
3. On a piece of construction paper or card, create a caption



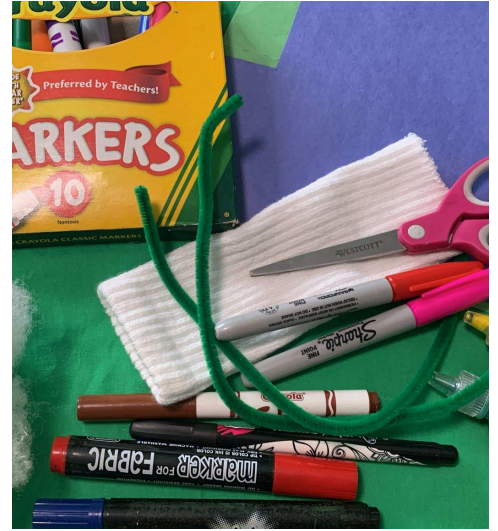
explaining why there are treats in the bag, and including a note about the Bible passage.

4. Place the snacks and treats inside the bag. Fold the top and string a ribbon, sticker, or pipe cleaner around to decorate. Present it to a person in need of encouragement.

Craft Two: "Comfort Pillow"

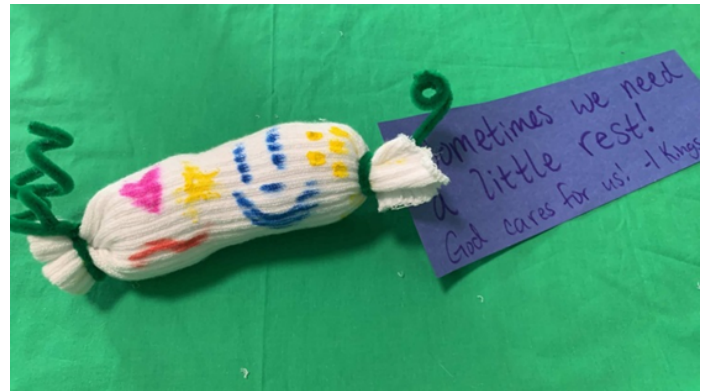
You will need:

- Construction paper or cardstock
- Markers or crayons
- Cloth, small pillows (or pillowcases), or socks
- Ribbon or pipe cleaner (optional)
- Scissors
- Fabric markers or paints
- Cotton stuffing



Procedure:

1. Decorate the outside of the cloth, sock, or pillow using fabric pens or fabric paint. Add gems or stickers if desired.
2. On the construction paper or card, write captions and verses to accompany the pillow.
3. Once the fabric is dry from decorating, stuff it with cotton.
4. Older students can sew the fabric, or for younger ones use string or pipe cleaner to close. Attach the caption and use it for a "comforting rest pillow" or give to a loved one.



1 Kings 19:8 KJV

And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.



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Word Search Puzzle

Ahab - Jezebel - Elijah - Beersheba - Judah - Wilderness

Angel - Broom - Bread - Water - Israel - Earthquake

K	V	M	K	K	U	C	H	S	H	F	E
F	U	R	N	T	R	Z	V	B	K	L	A
K	H	B	I	L	G	B	A	E	A	S	R
Q	W	I	L	D	E	R	N	E	S	S	T
J	Y	O	S	O	A	O	G	R	U	Y	H
G	N	W	I	W	H	O	E	S	L	A	Q
H	C	O	A	S	J	M	L	H	B	X	U
J	C	V	R	T	R	U	G	E	E	A	A
N	L	B	A	Y	E	A	D	B	N	C	K
O	C	Y	G	H	B	R	E	A	D	Q	E
C	E	L	I	J	A	H	C	L	H	N	Z
T	S	J	E	Z	E	B	E	L	H	O	D

Word Search Answers

K	V	M	K	K	U	C	H	S	H	F	E
F	U	R	N	T	R	Z	V	B	K	L	A
K	H	B	I	L	G	B	A	E	A	S	R
Q	W	I	L	D	E	R	N	E	S	S	T
J	Y	O	S	O	A	O	G	R	U	Y	H
G	N	W	I	W	H	O	E	S	L	A	Q
H	C	O	A	S	J	M	L	H	B	X	U
J	C	V	R	T	R	U	G	E	E	A	A
N	L	B	A	Y	E	A	D	B	N	C	K
O	C	Y	G	H	B	R	E	A	D	Q	E
C	E	L	I	J	A	H	C	L	H	N	Z
T	S	J	E	Z	E	B	E	L	H	O	D