



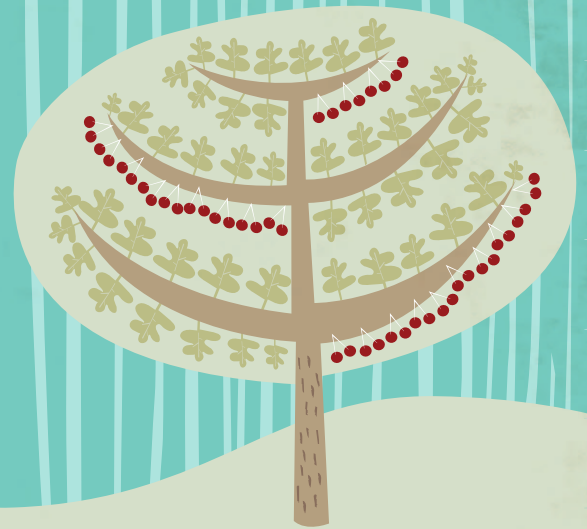
# blessings™

inspire. equip. support.

## LESSON OVERVIEW

### Elijah on the Mountain 1 Kings 19:9-18

<b>Explore::</b> 15-20 min.	<b>Respond::</b> 5 minutes
<b>Discover::</b> 10-15 min.	<b>Bless::</b> 5 minutes
	<b>Connect::</b> 15-30 minutes



Ponder Point:

**God Is with Me**

# E

lijah went and hid in a cave on a mountain. God told Elijah to go out and stand on the mountain, because He was going to pass by. First, a great wind came. Then an earthquake and a fire followed the wind. Elijah waited. Then when he heard a gentle whisper, Elijah went out to meet with the Lord.

## Inspire

“Do you think she would go out with me?” It was my senior year in college, and I sat across the table from a handsome young man who was questioning me about my best friend. I smiled at him, but secretly, I wanted to cry. This was not the first time I had a conversation like this. Erin, my best friend, seemed perfect. In my mind, she had everything. She was beautiful, sweet, and intelligent. Her wealthy family always made sure she had the best of whatever she wanted. And every guy I knew wanted to date her. She was everything I wanted to be but never was.

The more time I spent with Erin, the worse my self-image became. I compared myself to her in every way and always felt that I came up short. I was just “Erin’s friend,” the nameless person the guys went to when they needed advice on how to win her heart.

That night, when I returned home from dinner with another of Erin’s would-be suitors, my confidence was at an all-time low and I felt alone. I let go of the tears that I had been holding onto all evening, and then I did something I hadn’t done in months. I prayed. And while I prayed, I almost audibly heard God’s words. “This isn’t what I created you for.” In that moment I knew I wasn’t alone. The God of the universe was with me. I sat back and pondered what the words I had heard really meant. God put me together. He gave me unique gifts and talents. They may be different from Erin’s, but they were no less valuable. I realized then that I had spent so much time focusing on what I felt I was lacking, that I had completely missed how blessed I was because of the fact that God made me and He was with me!

NOTES:



Alyson Crockett  
TruBlessings Team

## Equip

God is with me. This message is played out time and time again in the life of Elijah. But it is no more apparent than it is in 1 Kings 19, which is the lowest point in Elijah's life.

Elijah had just experienced a great victory for the Lord. The prophets of Baal and Asherah had been defeated. God's power was on display in a mighty and powerful way, and Elijah was the conduit. But lows often follow highs.

For some reason, the threat from Jezebel terrified Elijah and he fled. Elijah was so depressed he asked the Lord to take his life. In chapter 19, Elijah was alone, depressed, suicidal, exhausted, and full of self-pity. It was here that God ministered to His prophet. God first ministered to his physical needs. He provided food and sleep for Elijah. "The angel of the LORD" came and touched him (1 Kings 19:7). God was present with Elijah and demonstrated care for this man in many ways.

God displayed a powerful wind, earthquake, and fire, was not found in them. Instead, He called to Elijah in a gentle whisper. He reminded Elijah that He was with him—not just in the miraculous, but in the ordinary as well.

God awoke Elijah out of his self-pity and gave him a new direction. When Elijah needed God the most, He was there. We can be confident that God is with us too.

NOTES:

A large, empty rectangular box with a light green border, intended for taking notes.

## Support

Read Psalm 139 completely.

Go back and read verses 7–10 again. Throughout this entire psalm, the writer establishes just how precious you are to God. With meticulous detail, you were designed and created. God goes before you in all things and is always with you. There is no place where you can go that He is not present. He loves you. You are His. This is beautiful truth!

Take a few minutes to pray. Find a quiet place and pray this statement of truth to the Lord: “Abba, I belong to You.”

As you say His name, wait and sit in the silence. Repeat this statement. You will be sweetly surprised at how something so simple can remind you on a regular basis of who you are and to whom you belong.

May grace and peace go before you this week in all you do. May you know, truly know, the deep love and presence of our Father.

NOTES:

A large, empty rectangular box with a light blue border, intended for taking notes. The box is positioned on the right side of the page, below the 'NOTES:' heading. The background of the page features a faint, artistic illustration of tall grasses or reeds in shades of green and yellow, extending from the bottom right towards the top right.

# Lesson Overview

Experience	Time	Summary	Supplies/Prepare
<b>Explore::</b> <b>Small Group</b>	<b>15-20</b> <b>min.</b>	Exploration stations create space for children to engage in hands-on activities as they begin their time of worship.	<b>Option 1: Shaving Cream Fun</b> <ul style="list-style-type: none"> <li>• plastic tray</li> <li>• paper plate, 1 per child</li> <li>• shaving cream (or whipping cream)</li> <li>• red food coloring</li> <li>• plastic spoon</li> </ul> <b>Option 2: My Soft Blanket</b> <ul style="list-style-type: none"> <li>• construction paper, 1 piece per child</li> <li>• different kinds of cloth</li> <li>• scissors</li> <li>• glue</li> </ul> <b>Transition Song: “The Cleanup Song” from TruBlessings Worship</b>
<b>Discover::</b> <b>Large Group</b>	<b>10-15</b> <b>min.</b>	Facilitate interactive games, songs, and storytelling, allowing children to participate in discovering God’s Word.	<b>Welcome</b> <ul style="list-style-type: none"> <li>• Bible</li> <li>• “TruBlessings Theme Song” from TruBlessings Worship</li> <li>• Hamilton puppet</li> <li>• Hamilton’s house</li> <li>• play dough</li> </ul> <b>The Big God Story</b> <ul style="list-style-type: none"> <li>• TV tray or small table</li> <li>• cookie sheet</li> <li>• play dough, enough to make a mountain</li> <li>• cotton balls</li> <li>• red tissue paper</li> </ul>
<b>Respond::</b> <b>Large Group</b>	<b>5 min.</b>	Create space for children to celebrate God together in worship through music.	<b>Song of Celebration</b> <ul style="list-style-type: none"> <li>• Suggestion: “I Trust You” from TruWorship <i>Your Love</i></li> </ul>
<b>Bless::</b> <b>Small Group</b>	<b>5 min.</b>	Bless the children that they may experience God fully.	<ul style="list-style-type: none"> <li>• Bible (for the blessing)</li> <li>• snack</li> </ul>

# Lesson Overview

Experience	Time	Summary	Supplies/Prepare
<b>Connect::</b> <b>Small Group</b>	<b>15-30</b> <b>min.</b>	Games, songs, manipulatives, sensory and art activities are used to help children reinforce what they experienced in large group.	<p><b>Option 1: Shake, Rattle, and Roll</b></p> <ul style="list-style-type: none"> <li>• table covering</li> <li>• construction paper, 1 piece per child</li> <li>• 9" x 13" pan, if you have a large group you will need a couple of pans</li> <li>• tempera paint</li> <li>• rocks (several per child)</li> <li>• spoon</li> <li>• paper plate</li> </ul> <p><b>Option 2: Can You Whisper?</b></p> <ul style="list-style-type: none"> <li>• tissue</li> </ul> <p><b>Option 3: Are You Safe?</b></p> <ul style="list-style-type: none"> <li>• energetic music</li> <li>• MP3 or CD player</li> <li>• masking tape</li> </ul> <p><b>Hamilton's Box of Fun</b></p> <ul style="list-style-type: none"> <li>• God Is with Me coloring page (see Resource Folder)</li> <li>• large floor puzzle</li> <li>• 5 to 6 piece puzzles</li> <li>• play dough</li> <li>• large wooden lacing beads</li> <li>• small parachute and foam balls</li> <li>• "The Cleanup Song" from TruBlessings Worship</li> </ul>



# Explore::

15-20 min.

Host and Small Group Leaders



*Exploration stations create space for children to engage in hands-on activities as they begin their time of worship.*

NOTES:

## Option 1: Shaving Cream Fun



### SUPPLIES

- plastic tray
- paper plate, 1 per child
- shaving cream (or whipping cream)
- red food coloring
- plastic spoon

### SET UP

- Place the plastic tray on the table. Put the paper plates, shaving cream, red food coloring, and spoon near the tray. (If you prefer an edible option, you can substitute whipping cream for the shaving cream.)

### ENGAGE

- Invite one child at a time to join you at the table. Squirt some shaving cream on the plate. **In The Big God Story, Elijah was on a mountain and there was wind, an earthquake, and a fire. We are going to have some fun with this shaving cream. First, we are going to squirt some shaving cream onto a plate and blow as hard as we can on the shaving cream to be just like the wind.** Squirt a small amount of shaving cream onto a paper plate and then have the child blow on the shaving cream.
- **Now we are going to be a great big earthquake. Can you shake the plate and make the shaving cream shake, shake, shake?** Demonstrate to the child how to shake the plate back and forth and then allow the child to take a turn. **Now, let's squirt some red food coloring in the shaving cream and mix it up to look red like fire.** Squirt some red food coloring into the shaving cream, and allow the child to mix it up with the spoon. When each child finishes, throw away the plate and begin with a new plate for the next child.

## Option 2: My Soft Blanket



### SUPPLIES

- construction paper, 1 piece per child
- different kinds of cloth
- scissors
- glue

### PREPARE

- Cut the cloth into small squares and rectangles.

### SET UP

- Set the paper, material, and glue on the table.

NOTES:

• **ENGAGE**

• Invite one child at a time to the table. **Do you think Elijah was safe when he was hiding in a cave on the mountain? Yes, he was, because God was with him.**

• **Sometimes at night we like to keep our favorite blanket with us because it helps us to feel safe. We have different kinds of cloth on the table. You get to make a picture of a blanket with it. You can use the glue and stick it on the paper**

• Children move into a large group setting and participate in discovering God's Word through storytelling, worship, and interactive experiences.

• Transition Song: Choose a fun song to cue children to find their Story Spots.

•••••  
**STORY SPOTS**

“Story Spot” refers to an item used to mark the place where each child sits. Consider using carpet squares, small circle-shaped rugs, or large sturdy place mats. When children hear the transition song, cue them to choose a Story Spot, place it in the large group gathering space, and sit down. At the close of your time together in The Big God Story, encourage children to return their Story Spots to their original location.

•••••




  
 Large
   
 Group
   
 SECTION

# Discover::

10-15 min.

Host, Worship Leader, &amp; Storyteller



*Children move into a large group setting and participate in discovering God's Word through storytelling, worship, and interactive experiences.*

## Welcome

### SUPPLIES

- Bible
- Opening Theme Song
- Hamilton puppet
- Hamilton's house
- play dough

Hi, kids! Welcome! I am so excited to be here with you today. Let's all celebrate God by singing and dancing together! (Play the Opening Theme Song from TruBlessings worship and lead kids in dance and celebration.)



Wow! That was great! Now, everyone, take a seat—it's time to hear part of The Big God Story! Hey, boys and girls, do you know who loves The Big God Story? That's right! Hamilton the Hedgehog! Shall we call him and ask him to join us? (Children will answer.) On the count of three, let's call him together. Are you ready? One, two, three. Hamilton, where are you? (Encourage kids to call for Hamilton.) Hmm ... Maybe he's playing with some of his friends. Let's try again. Hamilton, where are you? (Have a volunteer available to be Hamilton the Hedgehog puppet and "walk" the puppet out of his house holding some play dough. It's okay if the children see the volunteer with the puppet on her hand.)

Hi, Hamilton! I'm so glad you are here with us today. Look, boys and girls, Hamilton has some play dough. (Hamilton nods up and down.) Do you like playing with play dough? I do too.

Are you ready to hear this part of The Big God Story? (Hamilton nods excitedly.) Me too! But before we get started, do you know where we can find The Big God Story? (Have Hamilton nod his head and gesture to the Bible.) That's right—the Bible. God gave us the Bible so we can learn about Him! It's full of things that help us get to know God! We read the Bible to learn about God and about His Son, Jesus! And I know that you love to dig, dig, dig right into God's Word to find out what He has to say to us. Isn't that right, Hamilton? (Have Hamilton nod his head.) Let's all stand up and sing our Bible Song together.



The Big God Story is written for a two- to three-year-old audience and can be told in its entirety for an older audience, but may need to be shortened if the class is on the younger side.

**Bible Song** (sung to the tune of "Mary Had a Little Lamb")

*Now it's time to hear God's Word*

*Hear God's Word*

*Hear God's Word*

*Now it's time to hear God's Word*

*So let's look in the Bible*

As the song ends, have children return to their Story Spots. Hamilton can model this for children by sitting quietly as he listens to The Big God Story. The volunteer can return him to his house with his little face peeking out, or she may choose to sit quietly with him throughout the storytelling section.

**PRAYER OF RELEASE**

A Prayer of Release is a prayer asking God to remove any distractions that would get in the way of hearing from and responding to Him. As we pray, we dedicate this time to the LORD and ask to be filled with knowledge and understanding from Him, giving God His rightful role as teacher.

We can begin to model this posture of prayer with the children in our care. To lead two- to three-year-old children, pray a simple prayer thanking God for His presence and asking Him to teach you as you gather together. For example: "Thank You, God, for being with us. We ask that You would teach us today."

**NOTES :**

# The Big God Story

1 Kings 19:9–18

**SUPPLIES**

- TV tray or small table
- cookie sheet
- play dough, enough to make a mountain
- cotton balls
- red tissue paper

**PREPARE**

Tear up the red tissue paper.

**SET UP**

Place the TV tray or small table near the Storyteller. Put the cookie sheet on the table. Put the play dough, cotton balls, and torn-up red tissue paper under the table.

**Before we get started, let's pray together and ask God to teach us today.** (Lead the kids in a Prayer of Release as you prepare to hear God's Word.)

**We have been learning in The Big God Story about a man named Elijah. We know that Elijah listened to God. God took care of Elijah too. He sent birds to feed him and gave him a place to drink water when he needed it.**

(Start to mold a play-dough mountain on the cookie sheet as you are talking to the children.) **Elijah was hiding in a cave. Then God spoke to Elijah and asked him, "What are you doing here?"** Elijah told Him what he was doing. **Then God told Elijah to go stand on the mountain. I have a mountain right here.** (Point to your mountain.) **I am going to pretend my fingers are Elijah going up the mountain.** (Have your fingers walk up the side of the mountain.) **I want all of you to make a mountain with your knees.** (Sit down on the floor and show the children how to bend their legs in front of them to make a mountain.) **Can you make your fingers walk up the mountain? Great job!**

(Place cotton balls on the side of the play-dough mountain.) **These are going to be the**

## NOTES:

: rocks on the mountain. When Elijah went up the mountain to meet with God, a  
 : great big wind came and blew really hard. (Blow on the cotton balls to make them fall  
 : off.) **Can you blow on your mountain?** (Blow on your knees along with the children.)  
 : **Was God in the wind? No. The wind was not God. So Elijah waited.**

: Then a big earthquake came and shook the mountain. (Shake the cookie sheet  
 : back and forth.) **Can you shake your mountain back and forth?** (Shake your knees  
 : along with the children.) **Was God in the earthquake? No. The earthquake was not  
 : God either, so Elijah waited some more.**

: After the earthquake, a fire came on the mountain. (Stick the torn pieces of red  
 : tissue paper on the mountain.) **Let's pretend your mountain has fire on it too. Let's  
 : all say "Fire, fire, fire!"** (Repeat "Fire, fire, fire!" along with the children.) **Was God in the  
 : fire? No, the fire was not God. Thank you for being mountains with me. You can  
 : put your mountains back down on the floor.**

: Then Elijah heard a whisper. Let's all whisper, "Who is it?" (Whisper "Who is it?"  
 : along with the children.) **Do you know who it was?** (Allow the kids to respond.) **It was  
 : God. God did not come in the loud wind or the earthquake. He didn't come in the  
 : fire. God came to talk to Elijah in a gentle whisper. Elijah covered his face and  
 : went to meet with God.**

: Elijah was safe on the mountain when the wind came, when the earthquake  
 : shook, and when the fire came. Who kept Elijah safe? God did. Does God keep  
 : you safe? Yes, he does. God is with us all of the time. He loves us. God is our  
 : safe place.

: Have the children say good-bye to Hamilton as he goes back into his house and thank  
 : him for coming to be a part of The Big God Story.



# Respond:: 5 min.

Worship Leader



*Children have the opportunity to respond to God as they celebrate Him within the faith community.*

## Song of Celebration

Friends, God is with you all of the time. When you are scared or lonely you can remember that God is with you. We are going to sing a song together about trusting God to take care of us. We can jump and sing.

Lead kids in a celebratory worship song. Suggested song: "I Trust You" from TruWorship Your Love.



# Bless:: 5 min.

Small Group Leaders



*This time is set aside for leaders to spend a few moments blessing the children in their small groups.*

NOTES:

A blessing can be a prayer of commission, a portion of Scripture, or words of encouragement and guidance. A blessing can be offered in order to ask God's Spirit to overflow from the child's life in such a way that blesses others, while it can also be prayed over a child for the purpose of declaring God's protection, joy, or wisdom.

**Children, God is with you all day and night.**

Open a Bible and read Psalm 46:1 (MSG):

**God is a safe place to hide, ready to help when we need him.**

**Snack:** If you would like to tie in the snack with the lesson, you can have them make mountains with crackers. As the kids eat, sit down with them and engage them in conversation. Make sure to consider any food allergies or check with parents ahead of time.


  
 Small Group  
 SECTION

# Connect::

15-30 min.

Small Group Leaders



**Games, songs, manipulatives, sensory and art activities are used to help children reinforce what they experience in large group.**

NOTES:

## Option 1: Shake, Rattle, and Roll

### SUPPLIES

- table covering
- construction paper, 1 piece per child
- 9" x 13" pan, if you have a large group you will need a couple of pans
- tempera paint
- rocks (several per child)
- spoon
- paper plate

### SET UP

Place a piece of paper in the pan. Squirt two to three drops of paint on the paper. Place a couple of rocks on top of the paper. Have the spoon and plate on the table.

### ENGAGE

Invite the children to the table. **Today in The Big God Story Elijah was on a mountain. A big wind came and blew so hard that the rocks broke. Then an earthquake came and shook them all up! Let's make a painting using rocks. We will shake the pan and watch the rocks and paint shake around and make a picture. God kept Elijah safe when the wind, the earthquake, and the fire came. God keeps us safe too.** As each painting is finished, use the spoon to get the rocks out of the pan and place them on the paper plate. Put each child's picture in a safe place to dry.

## Option 2: Can You Whisper?

### SUPPLIES

- tissue

### ENGAGE

Invite children to join you. **After the wind, earthquake, and fire came, God talked to Elijah. Did God yell at Elijah? No, God whispered to Elijah. We are going to play a whispering game. Let me see if you all can whisper.** Start to talk to the kids in a whispering voice and have them talk back to you whispering. **I'm glad we all know how to whisper. I am going to hold up this tissue high in the sky and then drop it. When it is dropping, we can whisper to each other. When the tissue touches the ground, we need to all be quiet.** When the tissue is falling you can ask the kids questions or get them to sing a song in a whisper voice with you if they are having a hard time thinking of things to whisper about.

## NOTES:

### Option 3: I'm Safe!

#### SUPPLIES

- energetic music
- MP3 or CD player
- masking tape

#### PREPARE

Choose some energetic music and have it ready to play in the MP3 or CD player.

#### SET UP

Make a large X on the floor with the masking tape.

#### ENGAGE

**God keeps us safe wherever we are. He keeps us safe when we are inside and outside. We are going to play a game. When the music is playing, we are going to dance, bounce, skip, and run around. When the music stops, we all need to go and stand on the big X where we will be safe. Are you ready? Let's move!**

#### Ongoing Connect Option

### Hamilton's Box of Fun

Invite the kids to your circle time area and sing together:

**Hamilton's Box** (sung to the tune of "Oh Where, Oh Where Has My Little Dog Gone?")

*Where, oh where is Hamilton's Box?*

*Oh where, oh where can it be?*

*It's full of fun toys that we sure like a lot*

*Oh where, oh where can it be?*

Pick one or two kids to help find the box or basket. Once it's found, you can place it in the middle of your circle time area and invite the kids to come and explore what is inside. Ask: **Come on over, everyone! What fun things can we explore today?**

**Let's take turns playing with things and even play together.**

When it's time to put the toys away, cue the kids with a Cleanup Song. (Choose a fun song that your children will recognize as the Cleanup Song each week, possibly with a circus theme or other recognizable sound that is different from other music.)

#### Hamilton's Box of Fun

This is a fun resource to encourage the kids to interact with each other by sharing toys and using their imagination with different objects. This activity can be utilized at the beginning or end of the service, if time permits.



### HAMILTON'S BOX OF FUN

Each quarter the suggested supplies for Hamilton's Box will be refreshed.

Be sure to check the Resource Folder every week for the most recent coloring page.

### SUPPLIES

- God Is with Me coloring page (see Resource Folder)
- large floor puzzle
- 5 to 6 piece puzzles
- play dough
- large wooden lacing beads
- small parachute and foam balls
- "The Cleanup Song" from TruBlessings Worship

### SET UP

- Put a variety of fun objects/toys in the box. Hide the box or basket somewhere in the room. Clean the objects each week after use.

## home|front

**HomeFront Weekly:** Be sure to send home the HomeFront

Weekly for next week's lesson! This preteaching tool for parents encourages families to spend time in God's Word together before children arrive at church. TruBlessings will spend two weeks on the same part of The Big God Story and Ponder Point, and each Weekly covers four weeks' worth of lessons. It is designed to trifold with an editable field that allows you to fill in the dates for the weeks that will be covered.



**HomeFront Monthly:** Every four weeks we highlight one of the 10 environments. For each new environment, parents should receive HomeFront Monthly. This resource gives families ideas for how to create fun, spiritually forming times in their homes—setting aside a sacred space for family in the midst of their active, everyday lives!