

LESSON 6

GOD COMFORTS ELIJAH

BEFORE YOU TEACH

The Presence of God

In the Old Testament times, God often revealed Himself to the people in different ways. In the beginning, He showed Himself to Adam without inhibition. Later, Jacob wrestled with a Man and the experience was the equivalent of seeing God (Gen 32:24-29). With Moses, God spoke to him through a burning bush (Ex 3:2) and talked to him face to face in the tabernacle of meeting (Ex 33:11). Elijah looked for God in the wind, the earthquake, and the fire before God presented Himself in the form of a small voice.

Although God did not necessarily manifest Himself as a human figure, many times He would appear in some tangible, visible form.

In the New Testament, God came in the fleshly form of Jesus Christ. He also spoke and appeared before Paul in a flash of light.

Today, these experiences are not very common, but we can still experience God in many ways, such as through miracles, prayers, and in times of quiet meditation. God does not only reveal Himself through powerful and mighty phenomena. Often, He will show Himself in unexpected ways to those with a humble heart.

Mount Horeb

Some scholars say that Mount Horeb was probably an alternate name for Mount Sinai. The mountain stretched over two hundred miles from Beersheba, and in today's story, we find out that God had given special strength to the prophet Elijah to travel the long distance.

Elijah's life had many parallels to Moses' life. It was on Mount Sinai where God met Moses and gave His commandments and laws to the people centuries earlier. It was also at this sacred place that Elijah heard the voice of God.

Like Moses, Elijah went without food for forty days and forty nights during his journey. Much later, he would appear with Moses and Jesus together on a mountaintop.

BIBLE TEXT

1 Kings 19:1-18

BIBLE TRUTH

God is always there to strengthen, help, and guide us no matter how bad we feel or how difficult the problems we face.

LESSON OBJECTIVE

To encourage the students to ask their almighty God for help with any and all of their problems.

MEMORY VERSE

"Then you will call upon Me and go and pray to Me, and I will listen to you."

(Jeremiah 29:12)

PRAYER

In the name of the Lord Jesus Christ, we pray. Thank You, Lord, for guiding us through another week safely. We know that You are always there to take care of us, especially when we encounter problems. We know that we can pray to You and count on You to help us, even if we feel helpless, sad, or angry. Please help us grow even stronger in our prayers so that we can completely rely on You. Praise the Lord! Hallelujah! Amen.

UNDERSTANDING YOUR STUDENTS

Elijah had just experienced two great victories. With God's power, he triumphed over the false prophets when God sent down fire and answered his prayer for rain.

But instead of feeling on top of the world, Elijah suddenly felt tired and disheartened. The miracles that God performed through him required both physical and emotional strength. Furthermore, after receiving news of Jezebel's death threat, Elijah quickly became discouraged.

He probably thought that all he had done did not amount to much. He began to focus on himself and how lonely he felt. He might have been angry or sad when he claimed that he was the only one left in all Israel who served the Lord.

Ask your students whether they have ever felt this way. Most likely, they have never faced the threat of death, but everyone feels discouraged and lonely sometimes, especially when they encounter a situation in which they feel that they are being treated unfairly (e.g., being isolated by their friends).

Another common problem your students might face is the expectation to complete a task that they keep failing despite multiple attempts, leaving them discouraged and feeling alone.

When your students encounter these problems, they may feel frustrated and complain. But God promises us

that He will listen to us when we pray (cf. memory verse), even when our prayers sound more like complaints.

Even though Elijah complained and even asked for death, God was still there to comfort him by providing food and giving him strength to travel to his next destination. God also showed Elijah that he was not alone in serving the Lord, revealing to him that there were seven thousand others who did not worship Baal.

Likewise, your students can find renewed courage and hope in knowing that God will always care for them, no matter what they feel. God promises to listen to our prayers, even if our prayers are weak with complaints like Elijah's.

Actually, when we kneel down and tell God our problems, we are acknowledging our weaknesses, and God has the power to help us. Remind your students that Jesus wants them to come to Him when they have problems (Mt 11:28) and that He will help them overcome their fears.

Also remind your students that they don't have to feel lonely because they can always find spiritual support in church among their peers, their RE teachers, and their parents, who are all able to support them in their desire to honor God.

VOCABULARY

anoint: to put oil on the head of someone who is chosen to work for God; in the Bible, kings, priests, and prophets were anointed

threat: an indication of the intent to harm someone

REVIEW

In our last lesson, we learned how Elijah prayed sincerely for rain to fall. After everyone left, he went back to the top of Mount Carmel and prayed to God. Then he asked his servant to look towards the sea, but his servant did not see anything.

Elijah continued to pray like this, asking his servant to check the sky each time. How many times did Elijah do this altogether? (Seven times.) On the seventh time, the servant saw something. What was it? (A cloud the size of a man's hand.)

Elijah knew that this was a sign of the rain to come. He instructed his servant to warn King Ahab to start traveling now or else he would be soaked in the storm. God also protected Elijah from the rain by allowing him to run very fast, even faster than King Ahab's chariot.

Who gave Elijah this kind of strength and speed? (God did.) What did we learn from this story? (We learned to pray sincerely to God; He will give us what we need.)

BIBLE STORY

Queen Jezebel's Death Threat

After Elijah prayed to God for rain, everyone was very happy, except for the queen and king. Boys and girls, why do you think that the queen and king were unhappy?

When King Ahab returned to the palace, he told Jezebel everything that had happened on Mount Carmel. She became very angry at Elijah for proving that Baal was not real. She was even angrier that he had her false prophets killed.

She did not like the way Elijah was always creating trouble for her. She knew that if she wanted to keep practicing evil by worshipping idols, Elijah would have to get out of the way. The best idea she could come up with was to kill the prophet.

She quickly commanded a messenger to relay to Elijah her death threat: "If I don't have you killed by this time tomorrow, let the gods kill me or do worse to me."

Elijah Flees

When Elijah heard this, he became very scared. He knew that Jezebel was a powerful queen and she usually got her way. She had killed many others before and she would certainly do it again.

Elijah thought that the best thing to do was to run for his life. He was so afraid that he and his servant just ran and ran until he arrived at a place called Beersheba. When they arrived, he left the servant there and continued to travel alone for another day until he reached the desert.

He found a broom tree with some shade, sat down next to it and prayed, feeling discouraged, angry, and all alone.

"I've had enough! I wish the Lord would let me die, because I'm no better than my fathers."

Boys and girls, have you ever felt discouraged, angry, or alone when other people are being bad while you are being good? What did you do when that happened? How many of you prayed when that happened? How many of you complained?

God Sends an Angel

Elijah was very tired from all the traveling, and he soon fell asleep. Some time later, Elijah felt someone touch him and heard someone call him.

"Awake, Elijah, so you can eat."

Elijah looked around and saw that there was bread and water for him. Then he realized that God had sent an angel to help him. He ate quickly but he was so tired that he fell asleep again afterwards.

A short while later, the angel appeared again and told him to get up and eat. God knew that Elijah was in the middle of a difficult journey.

The angel said, "Elijah, you must eat for you are weak from hunger. The trip you are about to make will be too hard for you if you don't have enough strength."

Elijah ate all the food and he felt much stronger. Then he began his journey to Mount Horeb. He was given so much energy that he did not eat again for forty days and forty nights. After he arrived, he found a cave and decided to spend the night there.

God Appears

While Elijah rested in the cave, he remembered how frightened he was. He had run all this way because he was afraid Queen Jezebel would find him. Then suddenly, God spoke to him.

"Elijah, what are you doing here?" asked God.

Elijah replied, "I have worked very hard for the Lord. I am the only one who serves You and now Jezebel wants to kill me."

Then God said to Elijah, "Go out and stand on the side of the mountain. I will pass by there."

Soon, a strong wind started blowing. It blew so hard and wild that rocks were splitting into pieces. But God was not in the wind. Then an earthquake followed. It rumbled and the mountain shook but God was not in the earthquake. After the earthquake came a fire. It burned and smoked but God wasn't in the fire.

Then came the sound of a small voice. When Elijah heard it, he wrapped his cloak around his face and went out to the entrance of the cave.

God's voice came again, asking, "What are you doing here, Elijah?"

Elijah gave the same reply, "I work hard for the Lord. I am the only one left who serves You and now Jezebel wants to kill me."

God Comforts Elijah

God knew that Elijah was scared so He comforted him, giving him new instructions.

"Go back, Elijah," said the Lord. "Go back to the desert where you came from. I want you to anoint Jehu as the new king to take the place of Ahab. Also, anoint a new king over Syria. Lastly, anoint Elisha to take your place as prophet. There are still seven thousand others whose knees have not bowed down to worship Baal."

Boys and girls, how do you think Elijah felt when he heard this from God? Perhaps when Elijah heard this, he felt much better. Talking to God might have helped him get rid of his fear. He may have been reminded of how God always took care of him.

In any case, Elijah knew he could trust God and felt assured that God was with him. Feeling ready again, he left the cave and went on his way.

CHECK FOR UNDERSTANDING

Fill In the Blank/True or False

1. Queen _____ (Jezebel) was not happy because Elijah proved that Baal was not the true God.
2. When Elijah heard the queen's death threat, he became very _____ (scared).
3. God sent an _____ (angel) to bring food to Elijah in the desert.
4. The angel brought bread and _____ (water) for Elijah.
5. Besides Elijah, there were many others who also served God and had never worshipped Baal. True.

Questions to Think About

1. God fed Elijah in different ways. Can you remember the other time when God provided him with food and water? God made ravens bring Elijah bread and meat by the brook Cherith.
2. It's pretty scary to know that someone wants to kill you. Do you think Elijah was not being brave when he ran away to hide?
3. What could Elijah have done, instead of running away?
4. Have you ever felt alone and sad? What can you do during those times?

MEMORY VERSE PRACTICE

Please reinforce the memory verse every week.
You can practice the memory verse with your students anytime during class.

"Then you will call upon Me and go and pray to Me, and I will listen to you." (Jeremiah 29:12)

SPIRITUAL TEACHING & LIFE APPLICATION

1. God is always there to guide, strengthen, and help us no matter how lonely we feel or how difficult the problems we face.

Give each student a small piece of scratch paper. Ask the students to write down one problem they recently encountered on the paper and fold it up. If your students are stuck and cannot think of any problems, ask them to think of a time when they felt they were being treated unfairly or when they tried really hard to do something but couldn't succeed.

Ask one student to collect all the pieces of paper and read them aloud as you write them on the board.

For each problem, ask the students to brainstorm:

1. How would they feel if they faced the same problem?
2. What would they do if they faced the same problem?

After going through all of the problems, ask the students:

1. How do you think God feels about your problems?
2. How do you think God can help you face these problems?

Read Psalm 121. Draw a big mountain on the board, or prepare a picture (e.g., a magazine clipping) of a mountain. Sometimes our problems are big like mountains, but God created heaven and earth. Mountains are big, but God is the one who made them, which means He is bigger. We might feel discouraged, angry, or sad, but God is willing to help us, no matter what problems we face. As long as we are willing to allow God to guide us, He will help us. We can show God that we want His help by praying to Him.

How should we pray to show God that we want His help? Firstly, we need to acknowledge that God has the power to help us. We need to show God that we have faith in His power and that we're confident that He can help us. The Bible says, "Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them" (Mk 11:24). Once we are able to place confidence in God, He will surely listen to our prayers and answer them in time. Let's read the following scenarios and see how other children at your age pray for God's help.

COMFORT IN PRAYER

Laura is being bullied by some of her classmates in her new school. Not only do they talk behind Laura's back, they also publicly insult Laura due to her appearance and skin color. Laura feels very disrespected and unwelcomed because of these bullies. She's afraid to tell her parents or teachers about it because she doesn't want everyone to know that she's being picked on in school. In desperate need for help, Laura prays to God:

"Lord, I need Your help! I'm being bullied in school. The things they say behind my back and to me are so insulting that I feel very disrespected and hated. Every day, I hold my tears until I come home because I don't want them to see me cry and say that I am weak. But Lord, I am so weak! I cannot stand this bullying anymore. I really need Your help. Please give me comfort and strength so that I can remain strong and continue to be a peacemaker in school. I don't want to have enemies in school. Please don't allow them to get in the way of my learning. Help me overcome this situation with Your wisdom. May all the glory be unto Your name. Amen."

Laura finds comfort and peace in her daily prayers that keep her strong every day. As time goes by, Laura makes some new friends in school and she is now very happy and excited about school again. The good news is that Laura's classmates no longer bully Laura or anybody in school. Laura's decision to remain friendly with them, despite their horrible treatment of her, moved them, and now they have determined not to bully anymore. They realized from Laura that being friends is better than being enemies.

Laura has not ceased praying to God. After this bullying incident, Laura continues to pray each day to thank God for giving her so many friends in school.

PRAYER FOR STRENGTH

Rachael's mom is suffering from cancer. Every week, Rachael goes with her mom to the doctor for chemotherapy. She feels hurt every time she sees her mom in pain. Rachael is very worried about her mom's health. Nevertheless, she's trying her best to be strong for her mom because she knows that her mom needs a lot of support and encouragement during this time. Sometimes, she feels as if she is putting on an act for her mom. Deep inside her heart, she's very distressed. She's tired of worrying, yet she cannot show it to anybody. Rachael turns to God for help... She knows that God is willing to help every weakness. So apart from praying for her mom, she says a little prayer for herself:

"Lord, I feel very tired and helpless. My burdens are so heavy that I don't know if I can carry them further. It's so difficult to act strong when I really am so weak and afraid. Lord, You're the only One who can give me strength. You're the only place where I can find comfort and peace. I know that my mom is in good hands—Your powerful, merciful, and miracle-working hands. Lord, please give me the strength to hold up my family's faith during this difficult time. May all the glory be unto Your name. Amen."

Rachael continues to pray every day for her mom, her family, and herself. At times, Rachael feels very worried and burdened all over again, but she always finds comfort and strength in the Lord. Her mom's health condition begins to get better. In the end, God gives Rachael enough strength to overcome this dreadful experience!

2. We can ask our almighty God for help with any and all of our problems.

Please read the memory verse: "Then you will call upon Me and go and pray to Me, and I will listen to you" (Jer 29:12).

In today's story, did Elijah ask God to help him? (No, he was very discouraged and did not really ask for God's help. Instead, he complained to God in his prayer.) What did God do for Elijah even though he did not ask for His help? (God gave him food and water, strength, and encouragement.)

Our memory verse today is God's promise to us that He will listen to us when we call upon Him and pray to Him. This means that He wants to listen to our problems, even if we feel angry, discouraged, or sad. He does not mind if we

cannot ask Him directly for help but complain instead. He understands what we need and wants to help us in any and all of our problems. When we talk to God about our problems, He listens. He can and will help us. Tell your students about your own experience with a problem that you faced and how you prayed to God about the problem (even though you may only have complained to God and not explicitly asked God for help). What was God's answer? How did God comfort you?

"My God shall supply all your need according to His riches in glory by Christ Jesus" (Phil 4:19). The God that we pray to is the same God that provided for Elijah when he was running away from Queen Jezebel. When Elijah felt lonely, afraid, and exhausted, God sent an angel to help and comfort him. Likewise, God will also help us today when we are in need. He may not send us an angel, but in one way or another, God will always provide. Let's hear a story!

TESTIMONY

Jordan and his mom are very active church members. They attend Sabbath every week and always enjoy it. However, Jordan's dad isn't a believer. For many years, Jordan and his mom have been trying to preach to him, but he's very stubborn. Oftentimes, Jordan's mom would get into arguments with him about their belief in God. Jordan, too, has had countless unhappy conversations with his dad about him going to church. This year, Jordan really wants to attend SSC (Student Spiritual Convocation) in the summer. He hasn't been able to attend it for the past years because of his dad's objections; subsequently, Jordan is afraid to ask his dad again this year. However, Jordan is particularly eager to attend SSC this time. He's very thirsty for God's wisdom after all the RE classes he's attended. Therefore, he's determined to convince his dad this time. Before talking to his dad, Jordan prayed to God:

"Lord, I'm about to talk to my dad about this year's SSC. I really want to go. I know that I missed out a lot from the past SSCs that I wasn't able to attend, and I don't want to miss out on any more of Your wisdom and knowledge! I really want to spend that time to pray to You, meditate on Your words, and fellowship with other brothers and sisters. But I'm very nervous... Every year, no matter how hard my mom and I try to convince him, his answer is always "no." He thinks that going to SSC is a waste of time, and he says he'd rather sign me up for a summer camp or other activity. Lord, please help me show him that I want to attend SSC for a good reason. Help me prove to him that Your knowledge is more precious than anything else I can learn in this world. I'm very tired and frustrated about constantly fighting with my dad about my faith in You. I feel so alone in this journey, and I'm tired of being worried because of my dad. I don't know what else I can do to change him, but Lord, I know that everything is possible in You. In Your wisdom, please guide my conversation with my dad. May Your will be done. Amen."

That night, Jordan bravely asked his dad for permission to attend SSC this summer. At first, he gave Jordan a very firm "no." But, Jordan didn't give up. He continued to speak confidently about learning invaluable knowledge from SSC. His dad marveled at how mature Jordan had become and finally agreed to let Jordan attend SSC this year. Jordan prayed and gave thanks to God for helping him and moving his dad's heart.

Students, isn't this a wonderful testimony? Jordan has such simple faith in God. God really can do things beyond our understanding. Remember, when we pray, we talk to God about our problems. God is always there to listen to our prayers, even if we feel sad, frustrated, or angry. "I said to the LORD: 'You are my God; hear the voice of my supplications, O LORD'" (Ps 140:6). As long as we come to Him and ask Him for help, He will surely guide us.

HOMWORK ANSWER KEY

1. B
2. D
3. True
4. True
5. Jezebel
6. angel
7. 7,000
8. Answers may vary.
9. Answers may vary.

ACTIVITIES

1

God's Kings and Queens

Objective: To let students think of ways that they can serve and help God if they were a queen or king, and to remind them not to follow the bad examples set by King Ahab and Queen Jezebel.

Materials

- Long wooden sticks
- Cardboard or paper plates
- Glue
- Tape
- Scissors
- Construction paper
- Tissue paper
- Markers
- Foil
- Sequins

Instructions

1. First, outline a crown on construction paper. Cut out the crown and decorate it. Lastly, glue the ends together so that it rests on your head securely.
2. To make the scepter, glue a paper plate or a round cardboard cutout to the end of a wooden stick. Decorate the paper plate with the available materials. You can write some words on it to praise God. Try to make the scepter match your crown.
3. When you have completed your crown and scepter, place the crown on your head and hold the scepter in your hand. Imagine that you are a king or queen.
4. Take turns sitting in a chair (or "throne") and tell one another what you would do for God if you were a king or queen. How would you help your people obey God?

2

I Will Lift My Eyes to the Mountains

Objective: To encourage students to see God's help when they face problems that are like mountains.

Materials

- 8"x11" scratch paper
- 8"x11" canvas
- Dark ink pen for each student
- Watercolor palettes
- Brushes
- Cup of water (for brushes)
- Pencils

Recommendation: Prior to the activity, make a sample painting to show the students what they are about to create.

Instructions

1. Distribute the scratch paper and pencils. Have the students draw a scene with a mountain using the pencil and scratch paper.
2. Distribute watercolors, brushes, cups of water, and canvases. Have students paint their mountain scenes.
3. Write out Psalm 121:1-2 (NASB) on the board:

*I will lift up my eyes to the mountains;
From where shall my help come?
My help comes from the LORD,
Who made heaven and earth.*

4. Distribute dark ink pens. Have students copy the verse with dark ink somewhere on their mountain scene.

E1 Year 2 Book 2 Lesson 6—God Comforts Elijah

Homework Assignment

Name: _____ Parent signature: _____ Date: _____

Bible Truth: God is always there to strengthen, help, and guide us no matter how bad we feel or how difficult the problems we face.

Lesson Objective: To encourage the students to ask their almighty God for help with any and all of their problems.

Bible Reading: Please put a check mark in the space when you complete the reading each day.

Prayer: Please put a check mark in the space provided on the days you prayed to God.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Bible Reading							
Prayer							

Memory Verse

Please write down this week's memory verse.

(Jeremiah 29:12)

What I Learned from the Bible This Week

1. _____
2. _____
3. _____

Homework Assignment

Understanding What You Have Learned

Multiple Choice

1. ____ : When Elijah heard the queen's threat to kill him, he _____.
 - a. Went to talk to the king and queen
 - b. Felt afraid and ran away
 - c. Went to Mount Carmel to pray

2. ____ : When Elijah was spending the night in a cave on Mount Horeb, God told him to stand on the mountainside because He was passing by. God appeared to Elijah in the _____.
 - a. Strong wind
 - b. Earthquake
 - c. Fire
 - d. Small voice

True or False

3. When he was under the broom tree in the desert, Elijah complained to God and wanted to die. _____
4. After eating the food twice, Elijah ran forty days and forty nights to Mount Horeb. _____

Fill In the Blank

5. Queen _____ was unhappy because Elijah proved that Baal was not the true God.
6. God sent an _____ to bring food to Elijah in the desert.
7. God told Elijah that there were still _____ people who served the Lord and had never worshipped Baal.

Life Application

8. Work with your mom or dad and ask one of them to share about a problem they faced when they were your age. (This problem could be a time when they were being treated unfairly or when they tried very hard but couldn't do something right.) What did they do? How would they face the problem now if they could do it over again?

9. Write down one problem you faced this week. How did you face your problem? What happened in the end? If you face this problem again, what will you do differently?
