

# LESSON 2

## A HANDFUL OF FLOUR AND A LITTLE OIL

### BEFORE YOU TEACH

#### Faith

Throughout the famine, Elijah was fed by God through various means. God used ravens in the previous story, and in this story, God told Elijah to visit the home of a poor widow. He listened to God's words and went as he was commanded. Both Elijah and the widow demonstrated faith and great obedience to God's promise. Interestingly, the widow was not even an Israelite and, in fact, lived in Queen Jezebel's home territory of Sidon. It was very dangerous for the fugitive Elijah to enter this area and equally difficult for the widow to extend such warmth to him. Yet, it was because of her faith that she and her son did not eat their last meal. She sacrificed the last of her food resources as an act of faith. In the end, her actions proved her trust in God.

#### God, Our Sole Provider

It is evident from this incident that God is the only provider for our needs. Zarephath belonged to Sidon, a place ruled by Jezebel's father (Ahab's father-in-law), Ethbaal. In a place that worshipped the idol Baal, God showed His great power through a miracle that sustained the lives of Elijah, the widow, and her household for the duration of the famine.

### UNDERSTANDING YOUR STUDENTS

It may be difficult for the students to relate to this story because more likely than not, they have not experienced such a great miracle—jars that never run out of flour and oil—first hand. To them, it may be just another lesson about a miracle. It is at this time that we need to remind the students to connect the Bible stories together and not think of each one as an isolated incident. By connecting these stories, they will see a God who consistently showed abundant mercy and blessings. Encourage them to think of other Bible characters that also faced similar tests of faith and obedience. (Abraham's offering of Isaac, Noah's ark, and the crossing of the Red Sea are some examples.)

God is also faithful to His promises today. When the students learn to trust in God, He will provide them with everything that they need. Sometimes, things may seem impossible for them to accomplish, but they need to remember the examples set by Elijah and the widow. Jesus said, "With men this is impossible, but with God all things are possible" (Mt 19:26). He took care of Elijah and the widow by giving them food during the famine. Although the students may not require this particular kind of help, God will take care of any needs they may have when they rely on Him and follow His teachings.

### BIBLE TEXT

1 Kings 17:7-16

### BIBLE TRUTH

God will provide us with all things if we believe in Him and follow His way.

### LESSON OBJECTIVES

1. To instill in students the importance of obeying the words of God.
2. To teach students to thank God for giving them food every day.

### MEMORY VERSE

"Every good gift and every perfect gift is from above."

(James 1:17a)

### PRAYER

In the name of the Lord Jesus, we pray. Lord Jesus, thank You for everything You have given us. Thank You for being there when we need You and for listening to our prayers. Please teach us to be obedient to Your words so that we can follow Your way. We praise Your holy name. Hallelujah! Amen.

## VOCABULARY

**widow:** a woman whose husband has passed away

## REVIEW

Last week, we learned about the wickedness of King Ahab and Queen Jezebel. They led the people of Israel to worship idols instead of the one true God. Elijah, a prophet of God, was sent to warn the king of God's punishment for him if he continued to worship these idols. What was God's punishment? (There would be no rain until Elijah said so.) God knew Elijah was in danger after telling Ahab this, so He told Elijah to flee from the evil king. We also learned about God took care of and protected Elijah. Because there was no food or water in the land, how did God provide for Elijah? (God had ravens bring him food and he had water to drink at the brook.) What did we learn from this story? (We should obey God and follow His words.)

## BIBLE STORY

### The Brook Dries Up

After Elijah fled from King Ahab, he stayed at the brook for a long time. But because there hadn't been any rain, the brook dried up. Elijah didn't have anything left to drink but he knew that God would provide him with what he needed.

One day, God spoke to Elijah and said, "I want you to go to a faraway city called Zarephath. I have told a widow there to take care of you." So Elijah listened to God and departed from the brook for the faraway city. When he finally reached the city gate, he saw a widow collecting some sticks.

### The Poor Widow and Her Son

The widow that God had told Elijah to find was not a rich woman. She lived alone with her son, and they barely had enough to eat. In fact, when Elijah met the woman, she only had a handful of flour and very little oil, which was only enough for one last meal. How was this widow also going to provide for Elijah? When Elijah arrived at the city gates, he saw the widow and went up to her. He politely asked her if she could bring him some water. Since she still had some water left, she agreed.

As she was about to leave and get the water, Elijah called to her and said, "Could you also bring me a piece of bread?" When the widow heard his request, she faced a great problem. As much as she wanted to help Elijah, she knew she only had enough to feed her son and herself. Instead of making up an excuse, she truthfully told Elijah, "I have no food prepared and I only have enough flour and oil to make a little bread for my son and me. When that is used up, we will have no more food and will starve to death."

Elijah understood her problem. She was a widow who had no way of supporting herself, much less her young son. She likely had to depend on help from others to

survive. But during the drought, she did not have very much left and Elijah knew this.

### Do Not Worry

Instead of getting angry at the widow for not listening to him, Elijah comforted her. He told her not to worry and that God would provide.

Elijah said to the woman, "God will make sure you have enough food. Go prepare bread for you and your son, but first, make me a small cake from the flour and oil and there will be plenty left for you and your son. God will not let you run out of flour or oil until there is rain again in this land." Elijah believed in God and believed that He would take care of him and of the widow and her family. We can see that Elijah trusted in God.

### The Widow Listens and Obeys

The widow trusted in God and did exactly what Elijah had asked her to do. She went home and mixed all the flour in the bin and all the oil from the jar. Then she baked a small cake and gave it to Elijah. When she looked into the bin and jar, she saw that a handful of flour and a little oil still remained! She had enough to feed herself and her son, just as Elijah had told her. This was a miracle!

What normally happens after you finish drinking a glass of water or after you eat the last cookie in the cookie jar? Nothing would be left! But God can do anything. God gave the widow, her family, and Elijah extra flour and oil to make food. That way, they would not go hungry during the famine. From then on, every day, the widow would take all the flour and oil out of the containers to make bread to feed all three of them. Each day, when she went back to cook, the flour and oil would still be there. They never ran out, just as God had promised.

The widow continued to feed Elijah for three years. Because they trusted God and believed in His mercy, this

miracle happened. Through this miracle, their faith in God grew even greater and they thanked God for taking care of them in their time of need. When we really need help,

God will take care of us, just like how He looked after Elijah and the widow. All we need to do is to have faith in God, which means believing that He can do anything.

### CHECK FOR UNDERSTANDING

#### Fill In the Blank/True or False

1. Elijah had to leave the brook because it had \_\_\_\_\_ (dried) up.
2. Elijah was told by God to find a \_\_\_\_\_ (widow) who would take care of him.
3. The widow could not offer bread to Elijah because she only had a little bit of \_\_\_\_\_ (flour) and \_\_\_\_\_ (oil).
4. The widow had faith and obeyed the prophet Elijah. True.
5. God is always loving and kind to those who obey Him. True.

### MEMORY VERSE PRACTICE

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

**“Every good gift and every perfect gift is from above.” (James 1:17a)**

### SPIRITUAL TEACHING & LIFE APPLICATION

#### 1. Obey God's words.

The widow trusted in God and did exactly what Elijah had asked her to do. She went home and mixed all the flour in the bin and all the oil from the jar. Then, she baked a small cake and gave it to Elijah. When she looked into the bin and jar, she saw that a handful of flour and a little oil still remained! She had enough to feed herself and her son, just as Elijah had told her. It all started when she obeyed and did what Elijah had told her to do!

Ask the students, “What are some things that God wants you to do that show obedience?” Some possible answers are: Come to church, listen to my parents, be nice, share my things/toys, and be good in school. [Have the students call out their answers. You can either write them down or draw pictures on the whiteboard to represent the answers.]

Let's read this verse—John 14:23, *“Jesus answered and said to him, ‘If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home with him.’”*

The Bible tells us that God loves people who will keep His word. In other words, God will bless us abundantly if we always choose to obey Him. We need to be diligent followers of God, always thinking deeply about God's words and applying them to our daily lives. Let's read the following scenarios.

#### SCENARIO #1

Jane buys a drink from the snack bar at school and realizes that she received two extra dollars in change when checking out. Jane doesn't always use her allowance to buy snacks in school, so the two dollars could mean a nice treat for her on a day when she has no money. However, Jane remembers from the Bible that God doesn't like dishonest and greedy children. Even though Jane really wishes she could keep the two dollars, she doesn't want to lose the blessings from God. Therefore, Jane returns to the snack bar after school and gives the two dollars back to the storekeeper. Surprisingly, the storekeeper on that day is actually the owner of the snack bar. He is really amazed at Jane's honesty. Not only does he give Jane a free ice cream to thank her for bringing the two dollars back, he also promises to give Jane a free treat on the days that he sees her at his store. God always keeps His promises!

**What does Jane do to show that she obeys God's word?**

She returns to the snack bar and gives the two dollars back to the storekeeper.

**SCENARIO #2**

Shawn's best friend Robert accidentally scratched Shawn's new guitar. Even though Robert already apologized, Shawn is still very upset and angry. His brand new guitar isn't so perfect anymore! Robert tried to call Shawn later that day to apologize again, but Shawn wouldn't pick up. Shawn's mom asked him why he wouldn't answer Robert's call and he answered, "Robert is not my friend anymore. He scratched my guitar. I'm going to scribble on his math textbook tomorrow as revenge." Shawn went back to his room and started playing on his own with his guitar. He began to think about how the Bible has taught him to deal with anger—"Be angry, and do not sin: do not let the sun go down on your wrath" (Eph 4:26). He remembered that God wants us to forgive others with love. God certainly doesn't want us to take revenge by doing ungodly things. So, Shawn meditated on these words and finally convinced himself to let go of his anger. He didn't want his anger to affect his friendship with Robert or his relationship with God. The next day, Shawn found Robert in school and told him that he accepted his apology. Immediately, Shawn and Robert became best friends again. God also blessed Shawn with a stronger friendship with Robert because of his willingness to forgive and exercise self-control.

**What did Shawn do to show that he obeys God's words?**

Shawn meditated on His words and finally convinced himself to let go of his anger. He didn't want his anger to affect his friendship with Robert or his relationship with God. The next day, Shawn found Robert in school and told him that he accepted his apology.

**2. Thank God for His love and care.**

God loves and cares for us like a father. The Bible says, "And the Lord, He is the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed" (Deut 31:8). Wherever we go, God goes before us to make sure that we're on a safe path.

**Ask the class the following questions.**

1. "Class, does God look after you when you go to school?"
2. "Does God take care of you when you are asleep at night?"
3. "Does God protect you when you cross a busy road?"

[Have the students answer with an action (e.g., a nod, a smile, or a thumbs up). Emphasize how God takes care of us so that we are able to go to school and return home safely each day.]

He also promises to always be with us so that we will not fear anything or feel lonely. Let's read the testimony below and see how God cares for His little children.

**TESTIMONY #1**

Last year, my family had to move because of my dad's new job. Because of this, I had to go to a new school where I didn't know anybody. All of my classmates had known each other for a long time, so they already had their own groups of friends. I felt very lonely and isolated around them. I thought to myself, "Why did God bring me here? Shouldn't He already know that I'd be lonely here? Did God forget about me?" I was so sad that I went home that day and cried. It wasn't until my mom saw me crying that I told her about my feelings in this new school. My mom said, "Don't you remember what God told us in the Bible? He is constantly working to make a way to our future according to His beautiful plan. I certainly know that God brought us—your family—here for a reason. He will never leave you or us alone... Now, let's pray together! Have trust in God that He will provide for you." Since then, I prayed with my family every day. I began to feel closer and closer to God. I also began to read the Bible more and felt my trust in God growing stronger each day. A few weeks later, I found myself a group of friends after doing a school project with them. They are my best friends now and I cannot thank God more for giving me such wonderful friends. I never thought I'd make any friends in this school because everyone felt like a stranger to me. But God certainly listened to my prayers and provided for me. I'm also very thankful for this lesson that God gave me; it taught me to draw closer to Him when I'm in need. May all the glory be unto God's name!

Ask your students, **how does God love and care for us when we're in need?** [Discuss with your students and encourage them to share what they think. Below are some answers for your reference.]

- 1) **He listens to our prayers.** God is our heavenly Father, and He always hears His children when we reach out to Him. He's always ready to listen to us. We can tell God everything. Furthermore, we can be sure that He loves us so much that He wouldn't miss one word we say and will take action right away to help us.
- 2) **He provides for us.** God's grace is sufficient for all of us. The Bible tells us that since God takes care of even the smallest birds, He'll surely take great care of us. He knows exactly what we need and will always give us enough, if not more!
- 3) **He draws us closer to Him.** God loves and cares for us by letting us experience Him. Experiences with God are often so wonderful that they become key ingredients in our growth of faith. In other words, the more we experience Him, the stronger our faith will become.

### 3. Give thanks to God always.

The Bible says, "Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you" (1 Thess 5:16-18). We need to always remember to pray and give thanks to God in any circumstance. God hears us and will provide in one way or another. We do not need to worry about anything, but rather trust in the Lord that He has everything we need and will not hold anything back from us.

#### Give Thanks

*Give thanks with a grateful heart,  
Give thanks to the Holy One,  
Give thanks because He's given Jesus Christ, His Son*

*And now let the weak say, "I am strong,"  
Let the poor say, "I am rich,  
Because of what the Lord has done for us"*

Have you heard this song before? Why do we need to give thanks? We just learned that God loves us and cares for our every need. Elijah, the widow, and her son were in need of food, and God provided them with never-ending oil and flour. When we need courage, God gives us strength. When we're lonely, God gives us friends. God knows what we need and provides for us sufficiently. This is why the song goes, "Let the weak say, 'I am strong,' let the poor say, 'I am rich.'" God is always showering us with His blessings.

From now on, challenge yourself to give thanks to God every day. How has God made you strong and rich? How is God loving and caring to you? When we are able to acknowledge God in our lives and give thanks to Him, we will feel more content and happy.

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## ACTIVITIES

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### 1 "Thank You, Lord!"

**Objective:** To remember to thank God for all that He provides when we obey His teachings.

**Instructions:** Fill in the right word for each sentence.

1. Lord, You are so wonderful. You kept me s\_\_\_\_ \_ from King Ahab. Thank You, Lord!
2. Lord, You are so wonderful. You gave me enough f\_\_\_\_ \_ to make bread for my family. Thank You, Lord!
3. Lord, You are so wonderful. You gave my family enough f\_\_\_\_ \_ to eat. Thank You, Lord!

### 2 Our Food Is from the Lord

**Objective:** To create a "thank-you place mat" to remember how God provides food for us.

**Materials**

- Magazines with pictures of food
- Scissors
- White glue
- Construction paper (assorted colors)
- Markers
- Plastic adhesive cover

**Instructions**

1. Cut out pictures of food from magazines. You can also create your own pictures of food using the construction paper and markers.
2. On another piece of construction paper, write on the bottom of the paper "OUR FOOD IS FROM THE LORD."
3. Glue the pictures of food onto the remaining space to create a collage.
4. Cut an appropriate size of the plastic adhesive and place it over the construction paper as a protective covering. Now the collage can be used as a place mat.

### 3 Optional Activity

Plant some vegetable or bean seeds. Tend them and watch how they grow into the food that God provides for us to eat.

## HOMEWORK ANSWER KEY

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1. C
2. C
3. False
4. Elijah asked the widow for water first.
5. Elijah asked for a piece of bread second.
6. Answers may vary. Suggested answer: I can give thanks: for my family; that I have enough food to eat; that I have clothes to wear; that I can go to school; that I have a warm bed; that I can go to church, etc.
7. She likely felt that she couldn't help since there was not enough flour and oil left to make bread for them all.
8. She would have only had one last meal with her son and perhaps would have died during the famine. She would not have experienced God's blessings.
9. Answers may vary. Suggested answer: We can pray to God to ask Him to help us listen to our parents. We can ask Him to help give us the wisdom and knowledge to do things for Him in our everyday lives (e.g., study at school, learn Bible stories in RE class, help out at home, etc.). We can ask God to give us the strength and energy to do the right thing!
10. Answers may vary.

E1 Year 2 Book 2 Lesson 2—A Handful of Flour and a Little Oil

# Homework Assignment

Name: \_\_\_\_\_ Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Bible Truth:** God will provide us with all things if we believe in Him and follow His way.

**Lesson Objectives:** 1. To instill in students the importance of obeying the words of God.  
 2. To teach students to thank God for giving them food every day.

**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.

(James 1:17a)

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## What I Learned from the Bible This Week

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Homework Assignment

*Understanding What You Have Learned*

## Multiple Choice

1. \_\_\_\_\_ : When Elijah first saw the widow, she was \_\_\_\_\_.
  - a. Cooking some food
  - b. Carrying a jar of water
  - c. Collecting some sticks
2. \_\_\_\_\_ : After Elijah asked for some bread, the widow \_\_\_\_\_.
  - a. Ignored Elijah and walked away
  - b. Went to bake bread using the remaining flour and oil she had
  - c. Told Elijah that she had no bread, but only a little flour and oil

## True or False

3. The widow was angry with Elijah after he ate the small cake. \_\_\_\_\_

## Short Answer

4. What was the first thing Elijah asked for from the widow? \_\_\_\_\_
5. What was the second thing Elijah asked for from the widow? \_\_\_\_\_
6. Elijah and the widow were thankful to God for giving them food to eat during the famine. What can you thank God for today?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. How do you think the widow felt when Elijah asked her for food?  
\_\_\_\_\_  
\_\_\_\_\_
8. What do you think would have happened if the widow had chosen not to follow Elijah's words?  
\_\_\_\_\_  
\_\_\_\_\_
9. It is always easy to obey when we feel that we can do it. Obeying was much more difficult for the widow because she felt that she couldn't help. How can we ask God to help us obey at all times?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
10. The woman had great faith in God and trusted in His promise. Can you think of a time when you trusted in God and He helped you?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_