

LESSON 5

ELIJAH FLEES FOR HIS LIFE



OBJECTIVES

1. To understand that God will help us when we are afraid.
2. To understand that we are not alone and that we have a strong group of people that can support us when we face fears.

MEMORY VERSE

“So we may boldly say: ‘The LORD is my helper; I will not fear. What can man do to me?’”

(Hebrews 13:6)

PRAYER

Thank You, Lord, for guiding us safely through another week. We faced many problems this week. Some were small; others were big. Sometimes, these problems can be so overwhelming. We become frustrated, trapped, and afraid because we cannot find a solution. But Lord, You are merciful. You watch over us and protect us. Thank You for leading us through our problems daily, so that we can pass through the week safely to worship You at Your church.



Overview

1. Bible Discovery & Spiritual Teaching

- a. Queen Jezebel Threatens Elijah's Life (1 Kgs 19:1-2)
- b. Elijah Flees for His Life (1 Kgs 19:3-8)
- c. God Speaks to Elijah (1 Kgs 19:9-14)
- d. God Encourages Elijah (1 Kgs 19:15-21)

2. Linking to the Ten Basic Beliefs—One true God

3. Life Application

- a. God can help us overcome our fears.
- b. How can we trust in God and rely on Him?

4. Activity—Prayer Network; The Power of the Word of God



Background Knowledge for Teachers

A Wicked King and Queen Ruled Israel (1 Kgs 16:29-33)

After his father died, Ahab ruled Israel. He and his wife, Queen Jezebel, did not worship God. Instead they worshipped a false god named Baal. They also led Israel to worship Baal. This angered the Lord tremendously. The Bible described that Ahab “did evil in the sight of the Lord, more than all who were before him” (1 Kgs 16:30). Ahab also erected altars to Baal and other structures to honor Baal. Ahab's actions “did more to provoke the Lord God of Israel to anger than all the kings of Israel who were before him” (1 Kgs 16:33).

Elijah Declared a Drought (1 Kgs 17)

One day, Elijah, the prophet of God, presented himself to King Ahab and said, “As the Lord God of Israel lives, before whom I stand, there shall not be dew nor rain these years, except at my word” (1 Kgs 17:1). Just as Elijah commanded, no rain or dew fell on Israel for 3 years and 6 months.

This drought was very severe. Since no rain fell, rivers and brooks slowly dried up. People were running out of water for their farms, livestock, and themselves. Even King Ahab was not spared from the drought. He did not have enough water and grass for his horses and mules. Thus, he had to search through Israel to find grassland to feed his animals. This drought was so long and severe that it resulted in a famine. Because there was no food, people and animals began to die.

Elijah Defeated Baal's Prophets on Mount Carmel (1 Kgs 18:19-40)

To prove that the Lord was the true God, Elijah challenged the prophets of Baal. Elijah and the prophets of Baal would take turns to build an altar and

prepare a bull for sacrifice. Afterwards, they would call to their gods and Elijah to his God; whichever God answered with fire from the sky would be the true God.

They met on Mount Carmel for the challenge. Each built their altar. The prophets of Baal began to call on Baal to send fire down on the altar, but fire never appeared. The prophets continued to chant and even began to cut themselves, as was their custom, but fire never appeared. They did this from morning to noon. Eventually, Elijah called the people to him. He repaired the altar of the Lord that had been broken down and prepared the bull for sacrifice. Next, he poured twelve jars of water onto the altar, soaking the wood and filling the trench around it with water. He then prayed to the Lord to demonstrate to Israel that He was the true God. Fire then fell from the sky and consumed the sacrifice and the water surrounding the altar. The people now knew that the Lord was the true God.

Elijah prayed for rain (1 Kgs 18:41-46)

After Elijah's battle, Elijah turned to King Ahab and told him that it would soon rain. Elijah climbed higher on the mountain, to the top. He knelt and prayed seven times. On the seventh time, Elijah's servant reported a small cloud rising from the sea. Elijah knew that God had answered his prayers. Soon, the sky darkened and poured rain to end the drought and famine.



Reaching Out to Your Students

Your students are young and adventurous. They are constantly exploring and seeking new excitement. Sometimes, what they do might seem fearless and reckless. However, this does not mean that they do not experience fear. They fear harm, abandonment, and rejection, similar to adults.

As teachers, we need to help the students understand and overcome their fears when we can, and bring them to God when we cannot. In situations where the fear is due to a misunderstanding of the situation or to the student's imagination, you can help correct the student's perception. You can explain to the student that there are no monsters in the dark or that not being selected does not mean that their classmates or teachers do not like them.

The difficulty comes when the fear results in emotional trauma, such as that from abandonment. These fears are difficult to resolve. Do your best to show your love to the student and provide a safe and secure environment, which the student lacks. In addition, pray with the student to connect the student to God. God can provide the student with the parental love and security he craves.



Opener

5 Minutes

Do you know what is the most common fear people experience? It is the fear of public speaking.

Everyone is afraid of something. When you are young, you might fear imaginary things, such as monsters and ghosts. As you get older, you grow to fear tangible things, such as dogs and bullies. And even further down the line, you will fear rejection and failure.

While it is usually impossible for most people not to feel fear, managing fear is not. Some fears are easy to manage, while others overwhelm us. Thus, the issue is not whether you have fear, but how you manage that fear. For example, some people who are afraid of public speaking learn to manage their fear by practicing. They purposely find opportunities to speak in the public to become accustomed to it so that, slowly, they overcome their fear. Then there are those who do not do this, so they continually remain afraid of public speaking.

But some fears are so overwhelming that you cannot manage them. What should you do? You should turn to God. God can help you manage your fears. He can find a solution that you might not have thought about. David wrote:

*"The Lord is my light and my salvation; Whom shall I fear?
The Lord is the strength of my life; Of whom shall I be afraid?" (Ps 27:1)*



Vocabulary

- fear:** an unpleasant emotion caused by being aware of danger; a feeling of being afraid
- bravery:** the quality that allows someone to do things that are perceived as dangerous or frightening
- flee:** to run away (from danger; from a place)
- zealous:** feeling or showing strong and energetic support for a person, a cause, etc.



Bible Discovery & Spiritual Teaching

30-35 Minutes

FOR TEACHERS

Hand out Bible Discovery Worksheet #1. The students will fill it out as you go over the lesson. Keep a copy of the worksheet for reference.

Queen Jezebel Threatens Elijah's Life

By sending fire from heaven and by bringing rain, God demonstrated to Israel that He was the true God. Elijah commanded that the prophets of Baal be seized and then he executed them at the Brook Kishon.

The deaths of all the prophets of Baal angered Queen Jezebel immensely. She sent a message to Elijah, "So let the gods do to me, and more also, if I do not make your life as the life of one of them by tomorrow about this time" (1 Kgs 19:2). Elijah became frightened and ran away.

Elijah Flees for His Life (1 Kgs 19:3-8)

Elijah wanted to get as far away from Jezebel so that she could not find him. He fled to Beersheba in Judah. He then left his servant there and traveled another day into the wilderness. Now, no one, including his servants, knew where he was. But God knew where He could find Elijah.

Elijah had come to rest under a broom tree. He cried out to God, "It is enough! Now, Lord, take my life, for I am no better than my fathers!" Then he fell asleep, tired from his journey to run from Queen Jezebel. God sent an angel to Elijah. The angel woke Elijah and said, "Arise and eat" (1 Kgs 19:5). Then Elijah looked around, and "there by his head was a cake baked on coals, and a jar of water. So he ate and drank, and lay down again" (1 Kgs 19:6). After Elijah slept for another while, the angel woke Elijah again and told him, "Arise and eat, because the journey is too great for you" (1 Kgs 19:7). Again, Elijah got up and ate and drank. With this food, Elijah traveled forty days and forty nights to Mount Horeb, the mountain of God. Elijah found a cave and hid there.

God Speaks to Elijah (1 Kgs 19:9-14)

God spoke to Elijah, asking him, "What are you doing

here, Elijah?" (1 Kgs 19:9b). Elijah replied, "I have been very zealous for the Lord God of hosts; because the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life" (1 Kgs 19:10).

God told Elijah to step out of the cave. God then passed by and a great wind tore into the mountains, but God was not in the wind. Next, a great earthquake shook the mountain, but the Lord was not in the earthquake. After the earthquake, a great fire burned on the mountain, but the Lord was not in the fire. Finally a still small voice came after the fire. When Elijah heard it, he put on his mantle and walked to the mouth of the cave.

"What are you doing here, Elijah?" the voice asked. Elijah repeated again that he had been zealous for God, while the rest of Israel destroyed God's altars and killed His prophets. He said that he was the only remaining prophet and now the queen wanted to kill him.

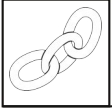
God Encourages Elijah (1 Kgs 19:15-21)

God understood Elijah's misconception. Elijah stood alone when he openly opposed King Ahab, so it seemed to Elijah that he was alone in his task. However, God told Elijah, "Yet I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth that has not kissed him" (1 Kgs 19:18). Elijah was not alone in his rebellion!

God also understood that Elijah's task was too great for a single person to bear alone. God told Elijah to find Elisha and anoint him to be a prophet. Elisha would be Elijah's successor. He would help Elijah complete his task. Now, Elijah would not be alone in his work.

FOR TEACHERS

Go over Bible Discovery Worksheet #1 to make sure that the students have all filled it out correctly. Then, hand out Bible Discovery Worksheet #2 and guide the students to complete it.



Linking to the Ten Basic Beliefs

2-5 Minutes

One True God

There is only one true God. He is the Creator. All others who claim to be gods are false. This true God is Jesus. He came to Earth to bear our sins by dying on the cross. He is also willing to help us with our problems because He cares for us: "Casting all your care upon Him, for He cares for you" (1 Pet 5:7).



Check for Understanding

5 Minutes

1. **What did Jezebel promise to do to Elijah?** She promised to kill Elijah, just as killed the false prophets.
2. **What did the angel prepare for Elijah to eat?** Cake baked on coals and water.
3. **What four things did Elijah experience on Mount Horeb?** A strong wind, an earthquake, a fire, and a still small voice.
4. **What was Elijah's reason for fleeing?** He had been very zealous for God, but the Israelites still destroyed God's altars and killed His prophets. He believed that he was the only one left and the Israelites wanted to kill him.
5. **Who did God tell Elijah to anoint as his successor?** God told Elijah to anoint Elisha.



Life Application

10 Minutes

1. God can help us overcome our fears.

We all have fears. Our fears might be imaginary, such as monsters or ghosts, or they might be real, such as dogs or spiders. We might be afraid of certain environments or situations, such as tall places or flying. Some fears might be within our control, such as the fear of public speaking. Others might be beyond our ability to handle, such as the fear of a bully. Regardless of our fear, we need to find a solution or else these fears will negatively influence our lives.

[Hand out Life Application Worksheet #1. Guide students to answer the first question, and then ask for volunteers to share their answers. Then, continue with the teaching. Read the scenarios and discuss the questions together as a class, or divide the students into groups of 2 or 3 to read the scenarios and discuss the questions.]

Have the students answer the following questions on their worksheet:

1. What are you afraid of and why?

Elijah was a very zealous prophet for God. He spent his time and energy to turn the Israelites away from Baal and his false prophets and back to worshipping the Lord. He stood by himself when he challenged the 450 prophets of Baal and was victorious. He alone prayed to God, and God sent rain.

Though Elijah was zealous, he became afraid when Queen Jezebel threatened to kill him. Elijah ran from Jezreel in northern Israel to Beersheba in southern Judah. He eventually hid in a cave.

When we become afraid, we have to find a solution. We might be like David confronting Goliath and face our fears directly. If we fear dogs or public speaking, we might seek opportunities to surround ourselves with dogs or to speak in public. Other times, we might be like Elijah and try to hide from our fears. If we fear public speaking, we might avoid situations where we need to speak publicly. If we fear a bully, we might avoid him at school. We do this when we encounter a fear that we cannot overcome.

Elijah's fears and his mission were very burdensome, such that he wanted to give up. Elijah prayed to God, "It is enough! Now, Lord, take my life, for I am no better than my fathers!" (1 Kgs 19:4). This was when God acted. God first fed Elijah cakes baked on coals and water to give him physical energy. He then spoke to Elijah. He revealed that Elijah's concept

was wrong. He was not alone. God had reserved seven thousand in Israel who had not worshipped Baal. That was more than the prophets of Baal. God also instructed Elijah to anoint Elisha to be his successor as prophet so that he could help Elijah with his work.

When we encounter a fearful situation to which we cannot find a solution, we should seek God. From Elijah's example, we can see that God cares for us. He is not angry when we are paralyzed by our fears. He is compassionate and merciful. He wants to help us when we are afraid. And, He will help us if we pray to Him. God is all-powerful. He is the Creator. If He can create the universe, then He can protect us from our fears. Just as David wrote:

*The Lord is my light and my salvation;
Whom shall I fear?
The Lord is the strength of my life;
Of whom shall I be afraid? (Ps 27:1)*

Have the students read the following 3 scenarios and answer the following questions on their worksheet:

2. Can God help you with your fears?

3. How can God help you with your fears?

Scenario 1

Colin's friend sat at the top of the jungle gym. "Hey, Colin! Up here!" Colin looked up and saw his friend motioning him to go up. "Um... I don't know... I'm kind of tired and don't feel like climbing." Colin had always been afraid of heights, but none of his friends knew this until the school recently built a new jungle gym. Now, all of his friends played on it, and Colin always made excuses to avoid having to go up. Colin's friend was confused, "What? Tired? But I just saw you running around earlier during the break!" This time, Colin knew that his friend didn't believe him. "You're not afraid of heights, are you, Colin?" Colin didn't know how to respond. He didn't want his friend to laugh at him, but he also didn't want to climb the jungle gym. Colin stood there for a while, thinking to himself. "Hey! Hello? Colin? Are you listening?" His friend interrupted his thoughts. "I said that it's OK if you don't want to come up here. But I still think that once you come up here, you'll see that it's not that scary!" At this point, Colin thought back to Moses. Moses had to climb a mountain to go meet with God, but Moses wasn't scared at all! Moses knew that God was with him the entire time. If Moses could do it, then he could also do it! "God, please help me find the strength to overcome my fear of heights," Colin prayed silently to himself. After the prayer, Colin grabbed the lowest bar and started climbing, and before he knew it, he was enjoying a view of the entire playground from the top of the jungle gym.

Scenario 2

"OK, put your feet in the water first, and then slide into the pool." All of Stacy's friends knew how to swim, so Stacy had told her parents that she wanted to learn how to swim, too. However, now she was having second thoughts. She was afraid of going into the water and not being able to swim. What if she couldn't keep her head above the water? "It's OK, Stacy. I'm here for you. Nothing bad will happen to you." Her swimming instructor sounded so reassuring. With those words, Stacy was brought back to RE class. How many times had she learned that God was with His people, that He would always take care of them? God was with Elijah in the wilderness when he was running away from Jezebel. God was also with her as she faced her fears. Stacy closed her eyes for a few seconds and said a silent prayer. "God, I'm scared. The pool looks so deep, and I've never swum before. Please help me overcome my fear by helping me remember that everything is in Your hands. Thank You for taking care of me, just as you took care of Elijah! Amen." Stacy opened her eyes and confidently slid into the pool.

Scenario 3

Aaron stared at his feet, the paper shaking in his fingers. He could feel everyone in the classroom staring at him. "Anytime, Aaron," smiled Mrs. Larson. Without looking up, Aaron began to read slowly. "In 1776..." Aaron's voice trailed off. "I'm sorry, Aaron. Can you speak louder? I can barely hear you." Aaron knew that Mrs. Larson had said something, but he was too nervous to hear. I can't do this! I can't do this! The only thought running through Aaron's mind was running away. I don't care if I get a bad grade. I can't do this. It's too hard! So many people are looking at me right now! "Aaron? Are you OK?" Mrs. Larson placed her hand on Aaron's shoulder. Startled, Aaron jumped back. "Oh, uh... um..." Aaron couldn't find the words. "It's OK, Aaron," reassured Mrs. Larson. "Just close your eyes and think of something that gives you calmness and safety." Aaron closed his eyes and started praying silently. "Please, God, help me! I can't do this. I'm too scared." As Aaron continued praying, he suddenly remembered God's encouragement to

Joshua: "Be strong and of good courage, for God is with you wherever you go." Aaron suddenly didn't feel so terrified anymore. He wasn't alone up there; God was with him!

God spoke to Elijah to help Elijah overcome his fear. Today we have the Bible, which is God's word. God speaks to us through the Bible. It is important for us to read and know the Bible because we can use it to overcome our fears.

2. How can we trust in God and rely on Him?

God wants us to trust in and rely on Him. He doesn't want us to just go to Him when we have problems or when things go beyond our ability. The Bible teaches us that apart from Him, we can do nothing (Jn 15:5). Therefore, God wants us to trust Him every moment of our lives. This means that we must invite Jesus to rule our thoughts and to guide our decision-making. When we follow Him and rely on Him by taking up our crosses, He will guide us, comfort us, and show Himself strong.

[Hand out Life Application Worksheet #2. Ask students to read the cases and discuss the questions in groups of 2 or 3. Then, come together as a class to discuss their answers.]

Case 1

One day, Jake's friends invited him to watch a movie. They were going to watch a horror movie. The movie scared Jake. That evening, he could not sleep at night. He could not sleep the next night, or the night after. In fact, Jake was so scared that he could not sleep for the entire week. Jake tried using a nightlight, but he was still scared.

1. You are a True Jesus Church member and Jake's friend. What will you do to help Jake with his fear?
2. If you were Jake, what will you do the next time your friends invite you to watch a horror movie?

When Jake's friends asked him to watch a horror movie again, he refused. He told them what had happened last time. Some of his friends laughed at him, but then, to his surprise, some of them said they also had nightmares, too. He decided to ask those friends if they wanted to watch a different movie together, and they all agreed!

What does relying on God mean?

Read Deuteronomy 31:6.

"Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you."

God wants us to rely on Him. That means we must rely on His strength and His wisdom. It is like relying on His arms! There is no better way to be carried by our Lord! As we trust in Him and lean on Him, not on ourselves, He goes with us; He will not leave us nor forsake us. He will grant us peace and joy, even in times of difficulty.

Case 2

The reason Jake went to watch the horror movie with his friends was because he was having problems at home. Jake's dad lost his job six months ago. His dad has been searching for a new job without any luck. The family's savings are almost gone. This is causing a lot of strain in the household. Jake is afraid that his family will not be able to survive this tragedy.

1. How do you think Jake feels about his current situation?
2. If you were Jake, what can you do to help your family?

Instead of going to watch a horror movie with his friends, Jake could spend time praying for his father and supporting his father by staying at home to lessen his parents' worries. He can also look through the Bible for encouraging verses that remind Jake's father that God is with him through the good times and the bad times.



Activity

1. Prayer Network / 2. The Power of the Word of God

10-15 Minutes

1. Prayer Network

One of the reasons Elijah was afraid was because he thought he was alone. To his surprise, though, God had reserved seven thousand persons who had not served Baal. We often become afraid when we believe we are alone, when in fact we have a vast support network.

The church and our RE classmates are part of a wonderful support network. We can use this support group for prayer to overcome our fears.

Instructions

1. Mark off a section of the whiteboard solely for prayers.
2. Each student will write a fear that they need help overcoming. If the student wishes, he may share the reason with the class.
3. After all of the students have written their fears on the board, the entire class will pray for one another.

2. The Power of the Word of God

God spoke to Elijah to help Elijah overcome his fear. Today, we have the Bible, which is God's word. God speaks to us through the Bible. It is important for us to read and know the Bible because we can use it to overcome our fears.

Materials

- Business card-sized slips of paper
- Markers

Instructions

1. Have the students search the Bible for verses that might help them during fearful situations.
2. Hand out one slip of paper to each student.
3. Ask students to write the verse on the paper. The students may decorate the paper.
4. The students will keep the paper in their wallets or school bags. When they become afraid, they can read the verse and remind themselves that God will help them.
5. If possible, the teacher may laminate the paper after the students have finished decorating.

HOMEWORK ANSWER KEY

1. boldly, Lord, helper, fear, man, me
2. zealous, alone, kill
3. D
4. C
5. He sent an angel twice to feed Elijah with cakes baked on coals and to give him water. Elijah survived off this food for forty days and nights as he journeyed further to Horeb.
6. God told Elijah that he was not alone. In fact, there were 7,000 others who had not bowed to Baal. God also told Elijah to anoint kings and the next prophet so that he would not be alone in doing God's work.
7. Answers may vary.

WHAT ARE THE ROOTS OF ELIJAH'S FEAR?

Elijah had waited three and a half years for one glorious day of triumph on Mount Carmel in order to turn the people back to worship God—and now he was afraid of Queen Jezebel's threat.

Let see the progression of his path. **Fill in the blanks.**

1. Read verse 3: "And when he saw that, he arose and ran for his life [...] and left his servant there."

He wanted to ESCAPE!

Do you know many people try to escape from their problems? Yet, no one can escape from their problems by running from them. Elijah also wanted to be alone.

2. Read verse 4: "And he prayed that he might die, and said, 'It is enough! Now, Lord, take my life.'"

He wanted to DIE!

Sometimes, when we are fearful, death looks like the only way out. Elijah had lost sight of the power of God. He was gripped by a lot of fear!

3. Read the second part of verse 4: "For I am no better than my fathers!"

He was experiencing self-pity!

He was saying that he would never get ahead and that everyone else was at fault. He felt that he was the victim.

God's Solution for Fear and Despair

God is a God of care and compassion.

1. Read verse 8: "So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God."

Even though Elijah asked for death, God provided Elijah with food and rest to care for his fatigue. Sometimes, we don't have enough strength and we need rest and refreshment. When Elijah was well fed, he traveled for forty more days to the cave at Horeb.

2. God confronted Elijah

In verses 9-10, God asked Elijah, "What are you doing here, Elijah?" How did he reply?

Read verse 10: "I have been very zealous for the Lord God of hosts [...] I alone am left; and they seek to take my life."

Once again, he was telling God he was not being appreciated and that he was full of self-pity.

3. God came in the still small voice

Read verses 11-12.

God wanted to remind Elijah that HE was God, and that Elijah was not to be ruled by fear and despair. He was teaching Elijah two very important teachings:

A. God is a full of power.

B. God is a loving God—full of mercy and peace.

4. God wanted Elijah to help others in need

Read verses 15-16.

God instructed Elijah to anoint two kings and to train Elisha as his successor. God was teaching Elijah that he needed to stop focusing on himself and start seeing the needs of others. He needed to wake up from his own self-pity and see the plan of God. God had reserved 7,000 people in Israel, all whose knees had not bowed to Baal. Elijah was not the ONLY faithful servant of God—there were many helpers around.

Conclusion

We need to focus our eyes on God when we are fearful, in despair, and discouraged. God is the only one who can give us the strength to overcome our problems in life. God is all-powerful and He is gracious. He will surely guide us and lead us as long as we turn to Him.

ELIJAH FLEES FOR HIS LIFE

1. What did Queen Jezebel promise to do to Elijah?

2. Who was Elijah running away from? Where did Elijah flee to?

3. What did Elijah pray for while under the broom tree?

"It is _____! Now, Lord, _____, for I am _____
than my _____!"

4. What did the angel feed Elijah?

"Then he looked, and there by his head was a _____ on _____, and a
_____ of _____. So he _____ and _____, and _____ again."

5. Which of these was God not in when He spoke to Elijah on the mountain? Check all that apply.

Great wind

Earthquake

Rainstorm

Fire

Still small voice

6. What did Elijah say to God when God asked him why he was at Mt. Horeb?

He said, "I have been very _____ for the Lord God of hosts; for the _____ of _____
have _____ Your _____, _____ Your _____, and _____
Your _____ with the _____. I _____ am _____; and they _____ to take
my _____."

7. What did God tell Elijah about the people He had reserved?

"Yet I have _____ in Israel, all whose _____ have not _____
to _____, and every _____ that has not _____."

WHAT ARE THE ROOTS OF ELIJAH'S FEAR?

Elijah had waited three and a half years for one glorious day of triumph on Mount Carmel in order to turn the people back to worship God—and now he was afraid of Queen Jezebel's threat.

Let see the progression of his path. **Fill in the blanks.**

1. Read verse 3: "And when he saw that, he _____ and ran for his _____ [...] and left his servant there."

He wanted to ESCAPE!

2. Read verse 4: "And he prayed that he might die, and said, 'It is enough! Now, Lord, take my _____."

He wanted to DIE!

3. Read the second part of verse 4: "For I am no better than my fathers!"

He was experiencing self-pity!

God's Solution for Fear and Despair

God is a God of care and compassion.

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B. God is a _____ God—full of mercy and peace.

4. God wanted Elijah to help _____ in need

Read verses 15-16.

GOD CAN HELP US OVERCOME OUR FEARS.

1. What are you afraid of and why?
2. Can God help you with your fears?
3. How can God help you with your fears?

Instructions: Read the scenarios and answers questions 2 and 3.

Scenario 1

Colin's friend sat at the top of the jungle gym. "Hey, Colin! Up here!" Colin looked up and saw his friend motioning him to go up. "Um... I don't know... I'm kind of tired and don't feel like climbing." Colin had always been afraid of heights, but none of his friends knew this until the school recently built a new jungle gym. Now, all of his friends played on it, and Colin always made excuses to avoid having to go up. Colin's friend was confused, "What? Tired? But I just saw you running around earlier during the break!" This time, Colin knew that his friend didn't believe him. "You're not afraid of heights, are you, Colin?" Colin didn't know how to respond. He didn't want his friend to laugh at him, but he also didn't want to climb the jungle gym. Colin stood there for a while, thinking to himself. "Hey! Hello? Colin? Are you listening?" His friend interrupted his thoughts. "I said that it's OK if you don't want to come up here. But I still think that once you come up here, you'll see that it's not that scary!" At this point, Colin thought back to Moses. Moses had to climb a mountain to go meet with God, but Moses wasn't scared at all! Moses knew that God was with him the entire time. If Moses could do it, then he could also do it! "God, please help me find the strength to overcome my fear of heights," Colin prayed silently to himself. After the prayer, Colin grabbed the lowest bar and started climbing, and before he knew it, he was enjoying a view of the entire playground from the top of the jungle gym.

Scenario 2

"OK, put your feet in the water first, and then slide into the pool." All of Stacy's friends knew how to swim, so Stacy had told her parents that she wanted to learn how to swim, too. However, now she was having second thoughts. She was afraid of going into the water and not being able to swim. What if she couldn't keep her head above the water? "It's OK, Stacy. I'm here for you. Nothing bad will happen to you." Her swimming instructor sounded so reassuring. With those words, Stacy was brought back to RE class. How many times had she learned that God was with His people, that He would always take care of them? God was with Elijah in the wilderness when he was running away from Jezebel. God was also with her as she faced her fears. Stacy closed her eyes for a few seconds and said a silent prayer. "God, I'm scared. The pool looks so deep, and I've never swum before. Please help me overcome my fear by helping me remember that everything is in Your hands. Thank You for taking care of me, just as you took care of Elijah! Amen." Stacy opened her eyes and confidently slid into the pool.

Scenario 3

Aaron stared at his feet, the paper shaking in his fingers. He could feel everyone in the classroom staring at him. "Anytime, Aaron," smiled Mrs. Larson. Without looking up, Aaron began to read slowly. "In 1776..." Aaron's voiced trailed off. "I'm sorry, Aaron. Can you speak louder? I can barely hear you." Aaron knew that Mrs. Larson had said something, but he was too nervous to hear. I can't do this! I can't do this! The only thought running through Aaron's mind was running away. I don't care if I get a bad grade. I can't do this. It's too hard! So many people are looking at me right now! "Aaron? Are you OK?" Mrs. Larson placed her hand on Aaron's shoulder. Startled, Aaron jumped back. "Oh, uh... um..." Aaron couldn't find the words. "It's OK, Aaron," reassured Mrs. Larson. "Just close your eyes and think of something that gives you calmness and safety." Aaron closed his eyes and started praying silently. "Please, God, help me! I can't do this. I'm too scared." As Aaron continued praying, he suddenly remembered God's encouragement to Joshua: "Be strong and of good courage, for God is with you wherever you go." Aaron suddenly didn't feel so terrified anymore. He wasn't alone up there; God was with him!

How can we trust in God and rely on Him?

Instructions: In your groups, read the following two cases, and then discuss the questions for each case. Write down your answers.

Case 1

One day, Jake's friends invited him to watch a movie. They were going to watch a horror movie. The movie scared Jake. That evening, he could not sleep at night. He could not sleep the next night, or the night after. In fact, Jake was so scared that he could not sleep for the entire week. Jake tried using a nightlight, but he was still scared.

1. You are a True Jesus Church member and Jake's friend. What will you do to help Jake with his fear?

2. If you were Jake, what will you do the next time your friends invite you to watch a horror movie?

What does relying on God mean? (Read Deuteronomy 31:6.)

Case 2

The reason Jake went to watch the horror movie with his friends was because he was having problems at home. Jake's dad lost his job six months ago. His dad has been searching for a new job without any luck. The family's savings are almost gone. This is causing a lot of strain in the household. Jake is afraid that his family will not be able to survive this tragedy.

1. How do you think Jake feels about his current situation?

2. If you were Jake, what can you do to help your family?

E2 Year 3 Book 2 Lesson 5—Elijah Flees for His Life

Homework Assignment

Name: _____ Parent signature: _____ Date: _____

Weekly Bible Reading: _____

Bible Reading: Check each box when you complete that day's reading.

Prayer: Check each box after you pray to God that day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Read							
Pray							

What I Learned from the Bible This Week

1. _____

2. _____

Memory Verse

Please write down this week's memory verse. (**Hebrews 13:6**)

Fill In the Blank

1. "So we may _____ say, 'The _____ is my _____; I will not _____. What can _____ do to _____?'" (Heb 13:6)
2. Elijah said, "I have been _____ for the Lord God, but now I am _____, and they want to _____ me."

Multiple Choice

3. _____ : How did God communicate with Elijah?
 - a. Through the wind
 - b. Through the earthquake
 - c. Through the fire
 - d. Through the still small voice
4. _____ : How many people had God reserved who had not bowed down to Baal?
 - a. 450
 - b. 1,000
 - c. 7,000
 - d. 12,000

Short Answer

5. How did God show that He was still with Elijah when Elijah was hiding at the broom tree? How did this strengthen Elijah?
6. How did God reassure Elijah when he was hiding on Horeb?
7. How can God help you overcome your fears?