

# The Widow Feeds Elijah

## Level B Teacher Overview

**Key Message:** We become angels by loving other people.

**Text:** 1 Kings 17:7-15

### Activity Options (choose 2 or 3)

1. Talk About It
2. Color Picture: The Widow Feeds Elijah
3. Memory Verse
4. Song: "Love Is Something If You Give It Away"
5. Make: Bread for Elijah
6. Act It Out: The Widow Feeds Elijah
7. Color: The Widow Feeds Elijah



### 1 Kings 17:14

“The bin of flour shall not be used up, nor shall the jar of oil run dry, until the day the Lord sends rain on the earth.”

Dear Teacher,

Please take a moment to fill out the Feedback Report on the next page. The information you share will help us continue to meet your needs in the future.

With gratitude,  
Office of Education Sunday School Staff

# Sunday School Teacher's Feedback Report - Level B

Please give this report to your Youth Program Director, or send it directly to the Office of Education by one of the means listed below. Thank you.

**Fax:** 267.502.4935

**Email:** sundayschool@newchurch.org

**Mail:** Office of Education, P.O. Box 743, Bryn Athyn, PA 19009 USA. Thank you.

**Name of Congregation, Group, etc.** \_\_\_\_\_

**Number of students in your group today** \_\_\_\_\_

## Materials Used in Class (check all that apply)

- Talk About It
- Color Picture: The Widow Feeds Elijah
- Memory Verse
- Song: Love Is Something If You Give It Away
- Make: Bread to Feed Elijah
- Act It Out: The Widow Feeds Elijah
- Color: The Widow Feeds Elijah

## Materials used as "Take-Home" Activities (check all that apply)

- Talk About It
- Color Picture: The Widow Feeds Elijah
- Memory Verse
- Song: Love Is Something If You Give It Away
- Make: Bread to Feed Elijah
- Act It Out: The Widow Feeds Elijah
- Color: The Widow Feeds Elijah

**Comments:** We welcome your feedback. Let us know what worked for you.

# Talk About It

## I Kings 17:7-16: The Widow Feeds Elijah

*Optional:* Bring this story to life by pouring water from a pitcher and into a bowl to demonstrate how the stream stopped flowing and dried up. Show a jar and bowl as you talk about the widow's vessels. Help the children imagine the miracle of the vessels being filled by the Lord!

1. The Lord takes care of each one of us in many special ways. Today we'll be talking about a miracle the Lord did to take care of Elijah and a widow who helped him. What is a miracle?
2. Our story starts with the prophet Elijah living by a stream. The drought had been going on for some time so the stream dried up, leaving him without water. Imagine what it would be like if you turned your kitchen tap on—but nothing came out! You would need to find water soon to stay healthy.
3. The Lord told Elijah to go to Zarephath, where a widow would take care of him. A widow is a woman whose husband has died. What was the woman doing when he saw her? (Picking up sticks.) What did she tell him when he asked for a cup of water and some bread? (That she only had a little food, and when it was gone, she and her son were going to die.)
4. Have you ever felt really hungry before? What did the widow do for Elijah—even though she was extremely hungry? (She served him first, even though she did not have very much.) Do you think that this was an easy thing for her to do? What if you only had a little bit of food—could you share it with a friend? What about with someone you didn't even know? That might be very hard!
5. What miracle did the Lord do for the widow? (He kept her jar of oil and her container of flour filled until it started raining again.) This miracle happened because she put Elijah first or "laid down her life" for him.
6. The Lord tells us that we should also lay down our life for our friends. We may think that "laying down our life" means that we are willing to die. It also means that we should love others more than ourselves. What kinds of things can you do to lay down your life for your friends? If we do this, the Lord will bring about a miracle in your life—He will make you an angel in heaven!
7. Now let's recite part of the story together! I will say part of it, and you repeat after me.

"The bin of flour...Was not used up...Nor did the jar of oil...Run dry...According to the Word...Of the Lord...."



## Elijah Is Fed by the Widow



**Memory Verse: 1 Kings 17:14**  
“The bin of flour shall not be used up, nor shall the jar of oil run dry, until the day the Lord sends rain on the earth.”

Key Message:

**We become angels by loving other people.**

## Elijah Is Fed by the Widow



**Memory Verse: 1 Kings 17:14**  
“The bin of flour shall not be used up, nor shall the jar of oil run dry, until the day the Lord sends rain on the earth.”

Key Message:

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Cut in quarters and give one to each student to take home.

## Elijah Is Fed by the Widow



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## Elijah Is Fed by the Widow



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“The bin of flour shall not be used up, nor shall the jar of oil run dry, until the day the Lord sends rain on the earth.”

Key Message:

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# Love Is Something if You Give It Away

I Kings 17: 7-15: Elijah Feeds the Widow

Use this fun song with actions to bring home the message in today's story!

Love is something if you give it away, (*arms crossed over chest—open as if you are giving away*)

Give it away, (*re-cross and open arms*)

Give it away. (*re-cross and open arms*)

Love is something if you give it away, (*arms crossed over chest—open as if you are giving away*)

You end up having more. (*raise both hands to make circle overhead*)

It's just like a magic penny (*hold one hand out flat and point to it with a finger from the other hand*)

Hold on tight and you won't have any. (*clench both fists*)

Lend it, spend it and you'll have so many, (*extend both hands out and open fists*)

They'll roll all over the floor. (*bend down extending hands to imitate pennies rolling all over the floor*)

Love is something if you give it away, (*arms crossed over chest—open as if you are giving away*)

Give it away, (*re-cross and open arms*)

Give it away. (*re-cross and open arms*)

Love is something if you give it away, (*arms crossed over chest—open as if you are giving away*)

You end up having more. (*raise both hands to make circle overhead*)

Videos of this song being sung by young children doing the actions are available on [www.YouTube.com](http://www.YouTube.com).

Search for Love Is Something if You Give It Away.

# Make: Bread to Feed Elijah

## I Kings 17:7-16: The Widow Feeds Elijah

This simple flat bread is more like the bread that the Children of Israel ate than the bread we eat today. This recipe is like the Holy Supper bread that adults eat when they take communion. It is made from the simple ingredients that the widow had in her home.

### *For this activity you will need*

- access to an oven
- mixing bowl(s) (more if you are multiplying the recipe)
- measuring equipment (or pre-measured ingredients)
- fork(s) to mix dough
- pan to cook bread in (large flat pan)
- plate for serving
- napkins

### *Ingredients*

- 1 cup (90 grams or 3.2 oz) white or whole wheat flour
- ½ teaspoon (5 grams or 0.2 oz) salt
- 3 teaspoons (15 ml or 0.5 fl. oz) olive oil
- 5 teaspoons (25 ml or 0.9 fl. oz ) cold water



**Note:** For a larger group of children you may need to multiply this recipe. As you mix the dough, you may need more flour or water depending on how hot or cool the room is when you are making the bread. You want the dough to be just wet enough to pat into a whole, but not too wet to handle.

### *Preparation*

Measure ingredients ahead of time and set up in separate containers. Preheat the oven at the start of class. Have children wash and dry their hands before starting.

### *Directions*

1. Mix the flour and salt in a mixing bowl.
2. Add the olive oil and blend gently with fingertips or a fork.
3. Add water slowly until the texture of the dough holds together. Press into flat circular shapes on a flat pan or cookie sheet.
4. Bake at 375 degrees F. for 10-12 minutes until just browning.
5. To serve break into small pieces and offer round on a plate.

# Act It Out: The Widow Feeds Elijah

**I Kings 17:7-16: The Widow Feeds Elijah**

This activity is designed as a “Book-in-hand” activity. The children may read the story script from the Word as they act it out. Print out a script for each child. Script colors indicate the part(s) for each character to read as they act.

- **For younger students** the teacher may read the story as the children act it out.
- **For larger groups** one group of students reads while another group acts.
- **Pause for action** where there are breaks in the text.



### *Props*

Bring the story to life by using a variety of props such as sticks, a bin of flour, a jar containing a little olive oil, a bowl and spoon for mixing and simple costumes. A square of fabric or headscarf is enough to suggest the widow, and a prophet costume from last week’s lesson may suggest the prophet Elijah.

See attached script page.



# The Widow Feeds Elijah Script

I Kings 17:7-15

## *Narrator*

Then the word of the Lord came to Elijah, saying, “Arise, go to Zarephath...and dwell there. See, I have commanded a widow there to provide for you.”

So he arose and went to Zarephath. And when he came to the gate of the city, indeed a widow was there gathering sticks.

And he called to her and said,

## *Elijah*

“Please bring me a little water in a cup, that I may drink.”

## *Narrator*

And as she was going to get it, he called to her and said,

## *Elijah*

“Please bring me a morsel of bread in your hand.”

## *Widow*

“As the Lord your God lives, I do not have bread, only a handful of flour in a bin, and a little oil in a jar; and see, I am gathering a couple of sticks that I may go in and prepare it for myself and my son, that we may eat it, and die.”

## *Elijah*

“Do not fear; go and do as you have said, but make me a small cake from it first, and bring it to me; and afterward make some for yourself and your son.

For thus says the Lord God of Israel: ‘The bin of flour shall not be used up, nor shall the jar of oil run dry, until the day the Lord sends rain on the earth.’”

## *Narrator*

So she went away and did according to the word of Elijah; and she and he and her household ate for many days.

