



The Elijah Project Family Teaching Guide

Supplies:

- Colored Pencils
- Pencils with erasers
- A box of tissues
- Egg timers
- Bible
- Workbooks

Refer to the Group Leader Instructions in the Adult/Teen and Kids teaching guides for more individualized guidelines.

Keys to Lead:

- Lead with Vulnerability
- Empower Group members to find their voice and protect their story.
- Confidentiality is key to fostering TRUST.
- PRAY. Prepare yourself with prayer, Lead with Prayer, Teach your group members to pray for themselves and each other.

Adult Lesson 1: Who Am I?

Preparation: Provide sharpened color pencils for each group members.

Read: *1 Kings 17:1*

Leader's Story: Introduce the prophet Elijah. His name means "Yahweh is God." He is a Tishbite from Gilead. He was a herdsman, probably a rugged man who worked the land.

Activity: Who Am I? The Elijah Project workbook: page 7.

Sharing Time: Leader shares her/his picture first. And invites the group to begin to share. Suggestion: provide the egg timers, giving each person until the sand is out or they are ready to pass. The egg timer can be used as a *wand of power* - the person with the timer has the floor.

Pray: Group members are encouraged to share prayer requests and pray for one another at the closing.

For Next Week:

- **Read:** *1 Kings 17:1*.
- **Read:** *The Elijah Project - My Protector, My Provider* Chapter 1-2.
- Complete workbook pages: 6-9.

Teen Lesson 1: Who is Elijah/Who Am I?

Pray: Begin the Elijah Project journey with a short opening prayer.

Review: Some Helpful Things to Know on page 3-4.

**Note: Encourage teens to identify a safe person - a parent, relative, teacher or adult friend who they can share their journey with.*

Activity 1: Complete page: 5.

Share: Encourage teens to share the one word they chose from each feeling category.

Read: “Now Elijah the Tishbite, from Tishbe in Gildead, said to Ahab, ‘As the Lord, the God of Israel, lives whom I serve, there will be neither dew nor rain in the next few years except at my word.’” 1 Kings 17:1.

Activity 3: Provide colored pencils and encourage teens to color “Who am I?” (page: 7).

Share: Encourage teens to share. Take turns - using the wand of power!

Pray: Encourage teens to share prayer requests and ask someone to close in prayer.

Kids Lesson 1: Who is Elijah/Who am I?

Pray: Open with a short prayer.

Review: The Helpful Hints on pages: 2-3.

**Note: Encourage kids to identify a safe person - a parent, relative, teacher or adult friend who they can share their journey with.*

Read: “Now Elijah the Tishbite, from Tishbe in Gildead, said to Ahab, ‘As the Lord, the God of Israel, lives whom I serve, there will be neither dew nor rain in the next few years except at my word.’” 1 Kings 17:1.

Review: What You Need to Know. (page: 5).

Share: Encourage the kids to share. Take turns - using the wand of power!

Activity 2: Provide colored pencils and let kids color “Who am I?” (page: 7).

Share: Encourage the kids to share. Take turns - using the wand of power!

Pray: Encourage kids to share their prayer requests and close in prayer.

Adult Lesson 2: Your Story

Preparation: Provide sharpened pencils.

Re-Read: *I Kings 17:1*.

Leader's Story: Complete the timeline, "Your Story" activity on page 9 of the workbook. Use page 12 of *The Elijah Project - My Protector, My Provider* as a reference. Spend a little time processing what was revealed in your "Who Am I" picture and how it connects to the events on your path.

Activity: Give group members a few minutes to look over their story outline. Encourage each member to share highlights from their timeline.

Pray: Group members are encouraged to share prayer requests and pray for one another at the closing.

For Next Week:

- **Read:** *I Kings 17:1-6*.
- **Read:** *The Elijah Project - My Protector, My Provider* Chapter 3.
- Complete workbook pages 10-11.

Teen Lesson 2: Your Story

Pray: Open with Prayer.

Review: Ask teens if they have any insights from last week.

Re-Read: *I Kings 17:1*

Activity 4: Tell Your Story. (page: 8-9).

Share: Encourage teens to share their comic strip. Take turns - using the wand of power!

Pray: Break into twos or threes. Encourage teens to share about the most surprising part of their life path. Encourage each small group to pray for each other.

Kids Lesson 2: Your Story

Pray: Open with Prayer.

Review: Ask kids to share if they have any insights or reflections about last weeks lesson.

Re-Read: 1 Kings 17:1

Activity 1: Write down what you remember about your life. (page: 6).

Share: Encourage kids to share their comic strip.

Pray: Break into twos or threes. Encourage kids to share about the most surprising part of their life path. Encourage each small group to pray for each other.

Adult Lesson 3: The Brook Dries Up!

Preparation: Download the Holmes RAHE stress scale and print enough copies for each group member. Supply sharpened pencils for group members.

Read: *I Kings 17:1-6.*

Leader's Story: "There is a time and season for everything." Ecc. 3:1-11

Today we are going to talk about losses. In this part of the story the brook dries up and Elijah is directed to leave the Kerwith Valley and find a widow in the City of Zarephath. We all have times of loss. *An example of this in my life is.....:*

Activity: Complete the *Holmes RAHE Stress Scale* (google for a free download). Group leader share your stress scale first. Pay special attention to the losses and/or things that surprised you. Encourage the group to share. Use the discussion of hidden stress to encourage a conversation about where the brook has dried up. Share workbook pages: 10-11.

Pray: Group members are encouraged to share prayer requests and pray for one another at the closing.

For Next Week:

- **Read:** *I Kings 17:7-24.*
- **Read:** *The Elijah Project - My Protector, My Provider* Chapter 4.
- Complete workbook pages: 12-13.

Teen Lesson 3: *The Brook Dries Up/Help I'm Stressed!*

Pray: Do a quick recap of last week's lesson. *We learned about Elijah and talked about who we are.*

Read: 1 Kings 17:2-7. Encourage a teen volunteer to read the top of page: 10 out loud for the group.

Activity 5: What are your top 10? (page: 10). Encourage one teen to read the top ten sources of stress for kids. Then provide pencils and give teens 5 - 10 minutes to make their own list.

Share: Encourage teens to share their lists. Take turns - using the wand of power!

Activity 6: Encourage a teen volunteer to read the questions on page: 11. Then encourage teens to draw or write about what they want to stop. (page: 11).

Share: Encourage teens to share their drawings. Take turns - using the wand of power!

Pray: Encourage teens to write or draw a prayer on page: 12 and then move around the circle allowing teens to read their prayers out loud as a closing.

(It is important that teens have an opportunity to pass - praying out loud is a very vulnerable activity and not everyone will be ready for it.)

Kids Lesson 3: *The Brook Dries Up/Help I'm Stressed!*

Pray: Do a quick recap of last week's lesson. *We learned who Elijah was and talked about who you are.*

Read: 1 Kings 17:2-7.

Review: What You Need to Know. (page: 10).

Activity 4: What are your top 5? (page: 11). Encourage one child to read the top ten sources of stress for kids. Then provide pencils and give kids 5 - 10 minutes to make their own lists.

Share: Encourage kids to share their lists. Take turns - using the wand of power!

Activity 5: Encourage a child to read the questions on page: 12 and answer, go around in a circle discussing the stress that is inside and out of a child's control. Then encourage kids to draw or write what they want to stop. (page: 13).

Share: Encourage kids to share their drawings. Take turns - using the wand of power!

Pray: Encourage kids to write or draw their prayer on page: 14 and then go in a circle allowing kids to read their prayers out loud as a closing.

Adult Lesson 4: Safe and Unsafe People

Preparation: Supply enough sharpened pencils for each group member.

Read: *I Kings 17:13-14, I Kings 18:7-8.*

Leader's Story: Today we are going to talk about unsafe people. The truth is there are no safe people. Notice that the widow and Obadiah both responded with shame. The widow felt shame when faced with the death of her son. Obadiah faced shame and feared for his life when he met Elijah. We have all have experiences with friends that didn't work out well, where we ended up hurt or they did. *An example of this in my life is:*

Activity: Encourage your group members to share the Circles of Friends activity. Allow a few moments for your group member to read over their sheet or complete it if they did not have time this week. Encourage the group to look at their activity sheet and share what surprises them. (The activity sheets are private. Do not ask for the group to share the specifics of their sheets as they may have friends and family in the group.)

Pray: Group members are encouraged to share prayer requests and pray for one another at the closing.

For Next Week:

- **Read:** *I Kings 18:16-30.*
- **Read:** *The Elijah Project - My Protector, My Provider* Chapters 5.
- Complete workbook pages: 14-15.

Teen Lesson 5: How to Find a Good Friend... How to Be a Good Friend.

Pray: Do a quick recap of last week's lesson: Ask teens how they felt with last week's closing prayer, seeing their name in God's word.

Read: 1 Kings 18:1-15. Encourage a teen volunteer to read from pages: 19-20.

Activity 11: Read the instructions on page 21 out loud. Provide pencils with erasers. Encourage teens to fill out their circles. After teens have completed their circles read the bottom of page 21.

Share: Encourage teens to share (out loud - keep pictures private as their may be friends, siblings in their group) what most surprised them from the activity. Read the top of page: 22. And encourage teens to share a time when they "threw their pearls before swine."

Activity 12: Encourage teens to answer the questions on page: 22.

Share: Encourage teens to share the answers to their questions with each other.

Pray: As a leader pray for the teens by name, asking God to provide them good safe friends and to give them courage to be a good safe friend.

Closing: Encourage teens to fill out the broomier on the bottom of page: 22.

Kids Lesson 4: How to Find a Good Friend... How to Be a Good Friend

Pray: Do a quick recap of last week's lesson: Ask kids how they felt with last week's closing prayer, seeing their names in God's word.

Read: 1 Kings 18:1-15. (Encourage a kid to read from page: 22 out loud). *Review:* What You Need to Know. (page: 23).

Activity 11: Read the instructions out loud. Provide pencils with erasers. Encourage kids to fill out their circles.

Read: Before encouraging kids to share read page: 25 out loud. This can help kids reframe on their own and move friends/family members in and out of their circles appropriately.

Share: Encourage kids to share (out loud - keep pictures private as their may be friends, siblings in their group) what most surprised them from the activity. And encourage kids to share a time when they "threw their pearls before swine."

Activity 12: Encourage kids to answer the questions on page: 26. *Share:* Encourage kids to share the answers to their questions.

Pray: As a leader pray for the kids by name, asking God to provide them good safe friends and to give them courage to be a good safe friend.

Adult Lesson 5: What Have I Done Wrong?

Preparation: Supply white paper plates. Offer different craft supplies including google eyes, glitter, emoji stickers, markers (and anything fun you can think of).

Read: *I Kings 17:17-18 and I Kings 18:9-14.*

Leader's Story: Today we are going to talk about shame. In the stories we read the widow and Obadiah both experienced a wash of shame when faced with fear. As I have meditated on my shame responses I realize I do _____ when I am faced with a “wash of shame”, embarrassment or humiliation. Today we are going to do an activity that may feel risky but has a great reward.

Activity: You will notice a bunch of art supplies in the middle of the table. Our job is to create a shame mask. On one side of the paper plate I want you to create a picture of what your shame looks like on the inside. In other words, what do you feel when like when shame hits you. Then flip your paper plate over and create a picture of what shame looks like on the outside, in other words how do others see or experience your shame. Give each group member time to share their masks.

Pray: Allow each group member to share a prayer request about how God's light might cast our satan's greatest weapon - the power of shame.

For Next Week:

- **Read:** *I Kings 18:16-30.*
- **Read:** *The Elijah Project - My Protector, My Provider* Chapter 6.
- Complete workbook pages: 16-17.

Teen Lesson 5: What Have I Done Wrong?

Pray: Do a quick recap of last week's lesson: Ask teens to share any provisions they noticed throughout the week.

Read: 1 Kings 17:17-24. Encourage a teen volunteer to read pages: 15-16.

Activity 9: Write down the worst think you believe about yourself.

Activity 10: Using colors, images and words... draw the things you believe about yourself in the first doll. Use the second doll to illustrate what God says about you.

Share: Encourage teens to share their pictures. Take turns using the wand of power! As a leader prepare a list of Bible verses like Psalm 139:14 that specifically highlight how God created us in His image. You may need to reframe and help teens come up with positive attributes about themselves. Don't let SATAN win!

Pray: Encourage teens to complete page: 18. Then take turns while each teen reads the verse with their name in it! (Always provide space to pass). This is POWERFUL!

Kids Lesson 5: What Have I Done Wrong?

Pray: Do a quick recap of last week's lesson: Ask kids to share any provisions they noticed throughout the week.

Read: 1 Kings 17:17-24. (Encourage a kid to read out loud from page: 18).

Review: What You Need to Know. (page: 18).

Activity 8: Color a picture about life forever with God. (page: 19).

Share: Encourage kids to share their pictures. Take turns using the wand of power!

Activity 9&10: Write down the worst thing you believe about yourself. Then using the first doll create an image of what you see and on the second doll illustrate what God sees.

Share: Encourage kids to share their pictures. This is a powerful exercise and may unearth many unhealthy self-talk within kids. As a leader prepare a list of Bible verses like Psalm 139:14 that specifically highlight how God created us in His image. You may need to reframe and help kids come up with positive attributes about themselves. Don't let SATAN win!

Pray: Encourage kids to complete page 21. Then allow each of the kids read their name in the verse at the top of the page. This is POWERFUL!

Adult Lesson 6: Idols?

Preparation: Provide sharpened pencils and highlighters for all group members.

Read: *I Kings 18:16-30*.

Leader's Story: Discuss the story of Mount Carmel. Webster's dictionary defines an idol as: : a greatly loved or admired person. Or a picture or object that is worshipped as a god. Reflect on a time in your life when you worshiped something or someone other than God. *An example of this in my life is: _____.*

Activity: Encourage your group members to complete workbook pages 18-19. Follow the directions on page 18. Next identify your top three Names of God. Give each member a few minutes to reflect on what they had highlighted and share their top three names for God with the group.

Pray: Group members are encouraged to share prayer requests and pray for one another at the closing.

For Next Week:

- **Read:** *I Kings 18:16-30*.
- **Read:** *The Elijah Project - My Protector, My Provider* Chapter 7.
- Complete workbook pages: 20-25.

Teen Lesson 6: The Big Showdown/What is My Idol?

Pray: Do a quick recap of last week's lesson: Ask kids how their friendships went this week.

Read: 1 Kings 18:16-39. (pages: 23-24)

Activity 13: What are your idols? Spend a little time talking about modern day idols. Share some of your own. Encourage teens to make a list of their idols (page: 25).

Share: Encourage teens to share their list. Encourage teens to draw or write a prayer (page: 25). Then identify a time when God protected or provided for last week.

Activity: Divide teens into groups of 2-3. Provide supplies, dixie cups, tooth picks, marshmallows, gum drops, etc. and give them about 10 minutes to create a building with the supplies. When the time is up, allow each group to talk about the process. Were they successful? How hard was it? And then... what was the common problem (hopefully that there was not a firm foundation). Help teens make the connection between trusting in idols (sand) and God (the firm foundation).

Pray: Pray a blessing over the teens - asking God to be their firm foundation.

Kids Lesson 6: The Big Showdown/What do I Trust in?

Pray: Do a quick recap of last week's lesson: Ask kids how their friendships went last week.

Read: 1 Kings 18:16-39. (page: 27).

Review: What You Need to Know (page: 27).

Activity 13: What are your idols? Spend a little time talking about modern day idols, what are your idols? Encourage kids to make a list of their idols (page: 28).

Share: Encourage kids to share their list. Encourage kids to draw or write a prayer. (page: 29) and then identify a time when God protected or provided for them last week.

Activity: Divide kids into groups of 2-3. Provide supplies, dixie cups, tooth picks, marshmallows and give them about 10 minutes to create a building with the supplies. When the time is up, allow each group to talk about the process. Were they successful? How hard was it? And then... what was the common problem (hopefully that there was not a firm foundation). Help kids make the connection between trusting in idols (sand) and God (the firm foundation).

Prayer: Pray a blessing over the kids - asking God to be their firm foundation.

Adult Lesson 7: What Do I Feel?

Preparation: Provide sharpened pencils for all group members.

Read: *I Kings 18:40-19:5*.

Leader's Story: This is the part of Elijah's story where we see him threatened. Elijah had been obedient. He had been "all out" for the one true God. He finds himself exhausted, alone and questioning everything. *An example of this in my life is: _____.*

Activity: Encourage your group members to review workbook page 23. Give a few minutes for group members to complete the page if they did not have time this week. Ask your group: What does fear look like for you? What does joy look like for you? How do you move from fear to joy?

Pray: Encourage members to share prayer requests and pray for one another at the closing.

For Next Week:

- **Read:** *I Kings 19:1-9*.
- **Read:** *The Elijah Project - My Protector, My Provider* Chapter 8.
- Complete workbook pages: 26-29

Teen Lesson 7: But I'm Scared and Other Feelings

Pray: Do a quick recap of the last week's lesson. *Read:* 1 Kings 19:1-5. (page: 26)

Activity 14&15: Complete the feeling dolls on page: 27. Answer the questions on page: 28.

Share: Encourage teens to share their pictures and the answers to their questions on page: 28.

Activity: Write a prayer asking God to help you release your fear to Him on page: 29.

Share: Encourage teens to read their prayers out loud - using the wand of power if needed.

EXTRA: If time allows follow the pattern from above and complete: **Activity 16** (page: 30), **Activity 17** (page: 31), and **Activity 18** (page: 32). As a concluding activity complete the feeling chart on page: 33. As time permits have teens share their drawings and their chart. (This could be an additional 2 lessons if you have a group who is taking their time and invested in feeling identification.)

Pray: Thank God for our emotions and encourage teens to give a one or two word prayer for the feeling they appreciate most, thanking God for providing emotions.

Kids Lesson 7: But I'm Scared and Other Feelings

Pray: Do a quick recap of the last week's lesson. *Read:* 1 Kings 19:1-5. (page 30)

Activity 14: Complete the feeling dolls (page: 32). Answer the questions on page: 33.

Share: Encourage kids to share their pictures and the answers to their questions on page: 33.

*Draw a picture of your safe place (page: 34) and Write or draw a prayer asking God to help you release your fear to Him. (page: 35).

Share: Encourage kids to read their prayers out loud in a circle - using the wand of power if needed.

EXTRA: If time allows follow the pattern from above and complete: **Activity 16** (page: 36), **Activity 17** (page: 37), and **Activity 18** (page: 38). As a concluding activity complete the feeling chart on page: 39. As time permits have kids share their drawings and their chart. (This could be an additional 2 lessons if you have a group who is taking their time and invested in feeling identification.)

Pray: Thank God for our emotions and encourage kids to give a one or two word prayer for the feeling they appreciate most. Thanking God for providing emotions.

Lesson 8: The Broom Tree

Preparation: Provide sharpened pencils for all group members.

Read: *1 Kings 19:1-9.*

Leader's Story: Elijah finds himself at the end of his rope. He has watched God protect and provide for him. He has been obedient. And now after Jezebel's death threat, Elijah is afraid and runs for his life. Elijah plops underneath a broom tree and cries out to God: "I've had enough, let me be with my ancestors." Then he falls asleep. Instead of God sending a lightning strike, he honors Elijah's honest pursuit with an angel touch. *An example of this (an angel touch) in my life is:*

Activity: Encourage your group members to review page 29. Give a few minutes for group members to complete the page if they did not have time this week. Ask group members to share their top three broom tree activities.

Pray: Group members are encouraged to share prayer requests and pray for one another at the closing.

For Self-Study:

- **Read:** *1 Kings 19:10-18.*
- **Read:** *The Elijah Project Book - My Protector, My Provider Chapter 9.*
- Complete workbook pages: 30-32.

Teen Lesson 8: What's a Broom Tree Anyway?

This is your final week. Prepare teens to take their workbooks home.

Pray: Do a quick recap of last week's lesson: *Ask teens if they identified any new idols during the week.*

Read: 1 Kings 19:5-9. (page 35).

Activity 20: Using words write a minimum of 5 things you like to do. (page 36).

Share: Encourage teens to share their lists and the answers to the questions on the bottom of page 36.

Activity 21: Fill in your broom tree. (page 37). Once teens have shared their lists it may give others more ideas so their tree is even more full.

Read: 1 Kings 19:9-13. (page 38)

Activity 22/Closing Prayer: Complete the steps for Lectio Devina on page 38.

Homework: Encourage teens to continue their Elijah Project journey by completing pages 39-41 at home.

Kids Lesson 8: What's a Broom Tree Anyway?

This is your final week. Prepare kids to take their workbooks home.

Pray: Do a quick recap of last week's lesson. Ask kids if they identified any new idols.

Read: 1 Kings 19:5-9 (page 40)

Review: What You Need to Know (page: 40).

Activity 20: Using words write a minimum of 5 things you like to do (page: 41).

Share: Encourage kids to share their lists and the answers to the questions on the bottom of page: 41.

Activity 21: Fill in your broom tree (page: 42). Once kids have shared their lists it may give others more ideas so their tree is even more full.

Read: 1 Kings 19:9-13.

Review: What You Need to Know. (page: 43).

Activity 22/Closing Prayer: Read the instructions of activity 22 to the group. Instruct kids that you will time them for 2 minutes. Please don't talk. After the 2 minutes is over, encourage kids to share what they heard, what they saw. And close the group time with prayer.

Homework: Encourage kids to continue their Elijah Project journey by completing pages: 45-46 at home.

A Next Step on the family journey:

- Re-Read: *I Kings 17-19*.
- Commit to read: *Living The Elijah Project* over the next 40 days to solidify the ideas you have studied: www.andreapolnaszek.com
- Share: *Catching Faith* with your family and friends.
www.catchingfaith.com
- Share: *The Elijah Project Kids workbook* and *The Elijah Project Teen workbook* with your family. **www.andreapolnaszek.com**
- Share: *The Elijah Project game* with your family.
- Share: *Living the Elijah Project* as a personal or family devotion with your each morning or evening. This is a wonderful way to reinforce all the different ideas you learned in the Elijah Project study. Reflect and share your journey with your family members.

Exciting New Resources:

- *Catching Faith 2* releasing September 3rd at Walmart, Amazon and Major Retailers.
- *The Elijah Project 2, A New Season* study materials: **www.andreapolnaszek.com**