



The Elijah Project Kids Teaching Guide

To The Group Leader:

Thank you: for embarking on this journey with kids (5-12 years old). Depending on the age and development of your group the conversations can be deep and heart warming. It is recommended that you complete the adult version of the Elijah Project. If that is not a possibility, then please complete the kids workbook yourself so that you can share personal examples.

Vulnerability: I believe God has given us the most intimate picture of vulnerability by sending Jesus to die on a Roman cross. Please consider Jesus' example as you consider sharing vulnerably and providing kids a safe place to share their deepest feelings.

Keep in mind: Depending on the kid's emotional maturity some of the things they may share will seem minor and unimportant. Part of what will help this process go deeper is to validate every concern, every stress, and every prayer request as if it were life and death. This provides the safe place for kids to grow emotionally.

Supplies/Suggestions:

*Colored pencils

*Pencils with erasers

*A box of tissues

*A timer or egg timer - this can be used as a “wand of power”. If you have the timer, you have the floor. This also helps give kids who are shy time to share and it provides some guidance for those who are talkative. Other suggestions for a “wand of power”: stuffed animal, bean bag, rain stick.... be creative!

*Collect the books each week, so kids have them from week to week.

*Confidentiality: Please encourage the kids to not share other kids’ stories or activities outside of group. Explain that being a safe person is keeping private information private. As a group leader - share that the only time you will share something outside of group is if a child threatens to hurt someone else or themselves (then you must notify a parent or guardian and get help).

*Read each lesson as there are a few suggestions for extra activities outside of the workbook. (week 6: build a tower)

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).

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

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.

Lesson 2: 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.

Lesson 3: Another Story of Provision

Pray: Do a quick recap of last week's lesson: Ask kids to share what they pondered last week.

Read: 1 Kings 17:8-16.

Review: What You Need to Know. (page: 15).

Activity 6: Color your own picture of fear. (page: 16).

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

Activity 7: Fill in your Provision Bird on page: 17 with words or pictures of all that God has provided for you.

Share: Encourage kids to share their Provision Bird. Take turns using the wand of power! Help kids to link up their bird of provision with the ravens God sent to Elijah in the Kerwith Ravine. Encourage kids to stretch from their wants to needs - and recognizing how rich God's provision is.

Pray: Encourage kids to pick out one provision and thank God for it. Provide the following helpful prayer starter: "God thank you for providing ___ for me." Amen

Lesson 4: 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!

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 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.

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.

Lesson 7: 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.

Extra Lesson 8: 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.