



Elijah Helps the Widow and Her Son

(based on 1 Kings 17:8-16)

Elijah was a prophet of God. A prophet is someone who speaks God's messages to the people. Sometimes the people were glad to hear God's words, but sometimes they were not.

One day, God sent Elijah to see the king of the land. King Ahab had not been following in God's ways. God had a message for the king.

"It will not rain," warned Elijah. "Nor will there be even any dew on the ground until the one true God says so!"

Then God told Elijah to go and hide from the king.

It did not rain for days and then weeks and then months.

But God looked after Elijah.

"Elijah, go to the town of Zarephath (ZEHR-uh-fath)," God said. "There is a widow there who will feed you."

Elijah listened to God. He left his home by the brook and traveled to Zarephath. When he got there, he saw the woman by the gate. She was gathering sticks for a fire.

Elijah called out to the woman for help.

"I am starving," he explained. "Please, give me something to eat."

"I have nothing but a jar of flour and a little oil," the woman replied. "I only have enough for my son and myself to have one meal. After that, we will surely starve."

Elijah told the woman not to be afraid. "Go to your house," Elijah explained. "You will find enough flour and enough oil to last until the rains come. God will look after us."

The woman went home to make some bread for Elijah, her son, and herself. There was enough oil and flour for all three of them to eat that night. But somehow there was still flour and oil left over.

The next day, the woman made more bread. Once again there was flour and oil left over!

Day after day, there was enough flour and oil to make bread for the woman, her son, and for Elijah. And every day there was enough flour and oil left over to make more bread. The flour never ran out, and the jar of oil did not run dry. It happened just as God had promised! Their food lasted until the rains came back again. God was looking after them one day at a time.



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Use one or more activities from each section to explore grace and gratitude with your children this week.

Recognizing God's Grace

- Read and enjoy the story with your children—imagine and wonder.
- Search for a video on the wheat harvest, which happens close to this time of year. Wonder at this way God provides food for many.
- At the grocery store, find flour and oil, the two ingredients in the bread from today's story.



Responding to God's Grace

- Contact a food pantry to find out their greatest food needs. Purchase items to donate to help another family eat nutritious meals.
- Search for examples of prayers to offer before meals. Using those, work together to write a blessing your family can say before meals.
- Look up how much rain your area receives each year, and find out if this is an average year, or if your area is ahead or behind.

Celebrating in Gratitude

- Find a bread recipe that uses flour and oil. Bake bread together, and be thankful for God's gifts.
- Purchase alfalfa seeds for sprouting. Look at the seeds and wonder together at the miracle that brings a plant from each one. Add water, following the directions, and watch them sprout. In five days, they will be ready to enjoy on a salad or sandwich. Shhhh—they're good for you!
- Pray:

God, thank you for providing rain that lets us grow food to eat. Amen.