

# Elijah



The Running Prophet

**E**lijah heard a message from the evil Queen Jezebel. *Oh no!* She loved the fake god Baal. And she wanted to kill Elijah, the prophet of the one true God.

The mighty prophet became mighty afraid. He turned around, tucked his

robe up into his belt and started to run – fast! He ran as far away from Jezebel as he could go. He and his servant kept on running until they reached Beersheba, a city way down south in the land of Judah.



Then Elijah went out alone into the desert. He plopped down under a shady tree and prayed, “Oh Lord, I give up. Please take my life. I am a good-for-nothing prophet.”

Elijah let out a long, tired sigh. Then he lay back onto the ground and fell asleep under the tree.

Suddenly, Elijah woke up. Someone was touching him. It was an angel!

“Get up and eat,” the angel said. Elijah saw some baked bread and a jar of water. He ate and drank and lay down to sleep again.

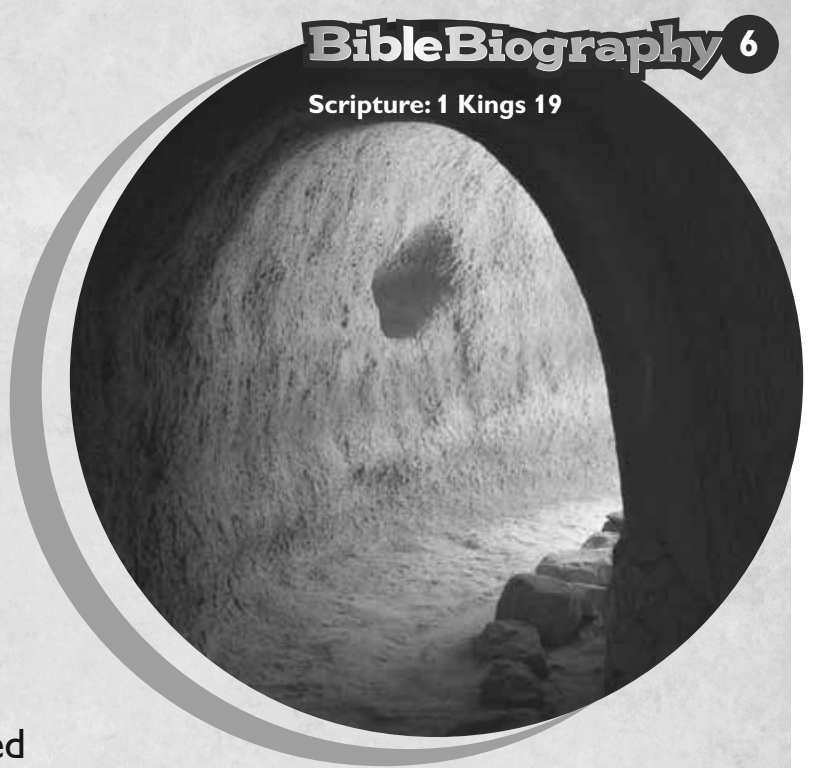
A second time, the angel came to him. Elijah ate and drank. Then he got up and hiked for 40 long days to Horeb, the mountain of God.



Elijah stayed in a cave on the mountain. Then God called to Elijah, “What are you doing here?”

Elijah held back his tears. “I have been trying with all my might to turn the Israelites back to You, the one true God. But they have worshiped fake gods and killed Your prophets. I am the only prophet left – and they want to kill me too.”

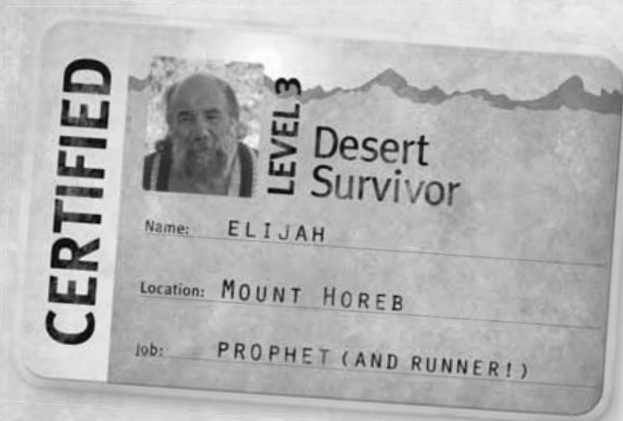
The Lord told Elijah to come out and stand before Him. When the Lord passed by, a great wind ripped into the mountains. It broke the rocks into pieces. But the Lord did not meet Elijah in the wind.



After the wind came a mighty earthquake. It rumbled in the valleys. It shook the ground below Elijah’s feet. But the Lord did not meet Elijah in the earthquake.

After the earthquake came a fire. It crackled and smoked. It lit up the hills with blazes of red and orange. But the Lord did not meet Elijah in the fire.

Then Elijah heard the sound of a soft, still whisper. It was the Lord! He covered his face with his cloak and went to stand at the cave’s opening.



God asked Elijah again, “What are you doing here?”

Elijah repeated his sad story. He told God just how bad things were.

“Go back,” said the Lord. The Lord still had work for him to do. Elijah must not give up! God would also give him a helper named Elisha.

Then the Lord said something surprising. There were 7,000 people in Israel (that’s a lot!) who never worshiped Baal.

Elijah couldn’t believe it. Things were not as bad as he thought. God was still working in Israel. And soon God would punish those who did wrong, like evil Queen Jezebel.

Elijah started running again. But this time he ran for joy! He ran back, ready to keep serving his God and never, ever, give up.

**Learn from  
Elijah’s biography:**

- God cared for Elijah when he felt scared and ready to give up.
- Even when things look bad, God is still at work.
- Don’t give up! Keep serving the Lord.





# Parent Ideas

## Elijah, the Running Prophet

Scripture: 1 Kings 19

### KEY LEARNING POINTS

- God cared for Elijah when he felt scared and ready to give up.
- Even when things look bad, God is still at work.
- Don't give up! Keep serving the Lord.

#### 1. Read-together activity –

Read the biography aloud. Then read through it again, but this time, you and your child should add your own sound effects to each scene. For example, stomp your feet quickly as if you were running, let out a loud sigh, snore as if you were Elijah sleeping under the tree, make sounds of chewing and drinking, etc. (You may want to list the sound effects you make. This will direct your next reading.) Finally, read the biography a third time, without saying any words at all – make your sound effects only! For dialogue, you can make vocal sounds, but do not say any distinct words.

**2. Discussion activity** – Gather 10 index cards (3 x 5-inch [7.6 x 12.7-cm] size). Write each of these words or phrases on a different card: scared, tired, sad, joyful, brave, silly, frustrated and ready to give up, surprised, excited and hopeful, and lonely. Draw a simple picture of a face that captures each emotion on the card, or cut out pictures from magazines.

Then display the cards to your child. Ask your child to pick the cards that describe the way Elijah probably felt at the beginning of the biography. When your child picks a card, talk about why Elijah felt that way. (For example, “Elijah felt scared because Jezebel wanted to kill him,” or “Elijah felt frustrated and ready to quit because no one listened to his message.”) Then after you have discussed those cards, talk about how God cared for Elijah during this hard time. (For example, “God let him rest and gave him a meal,” or “God gave him a helper and the hope to keep going.”) Finally, ask your child to pick the cards that describe how Elijah might have felt at the end of the biography. (Note: Most of the cards, except “silly,” will probably be used in this activity.)

**3. Application activity** – Use the cards you made above to play a fishing game. Attach a paper clip to each card. Then make a fishing rod by tying one end of a string to a magnet and the other end to a

ruler or spoon. Scatter the cards on the floor and let your child use the magnetic rod to attract the cards and “catch” them. As each card is caught, talk about the emotion pictured on it. Ask your child to name times when he has felt that emotion. Focus especially on the times when he felt sad or tired and ready to give up. Ask him:

- What did you do in those times?
- How did God care for you? (Remember all the ways he cared for Elijah!)
- When you feel like that again, what will you do?

Parents, encourage your child to pray and trust in God's constant care for him (1 Peter 5:7). Even when things look bad, God is still working out His good plans. God will give us strength to keep doing the things He wants us to do.

**4. Application activity** – Look for times during the week when your child seems to be discouraged

and ready to quit an activity. Especially look for activities that have spiritual significance, such as completing her Sparks handbook, attending church or asking friends to Sparks. Remind your child of what you learned from Elijah's biography. Then pray for her and encourage her to keep on serving the Lord.

**5. Review activity** – Since you have read half of the biographies, now is an excellent time for review. On a sheet of paper or board, create a large tic-tac-toe grid. Put a small letter inside each space on the grid. Then, with your child, play several games of tic-tac-toe. However, before a person can draw an “X” or “O” in a space, he must name a person, place or thing from a biography that begins with

that letter (e.g., S for Samson, M for Mount Tabor, T for temple, etc.) No items can be used twice.

To refresh your memories, it may be helpful to listen to all six biographies on the CD first. In your game, try to bring up all six biographies at least once. When each biography is mentioned, ask a few questions that relate to the key learning points for that biography.