

CREATIVE COOKERY STATION

STATION FOCUS

Elijah, a prophet of God, trusted God even when all things seemed impossible things seemed impossible. We can trust God too, and have hope.

COOKERY

SCRIPTURES

1 Kings 17:1-16; 19:8-13
Psalm 46:10; Proverbs 3:5-6 (GNT)

STATION OBJECTIVES

Children will

- * hear the story of the prophet Elijah;
- * learn a definition of the term *prophet* and be able to locate stories about the prophet Elijah in the books of 1 and 2 Kings;
- * hear examples of how Elijah trusted God and discover ways they can trust God in their lives;
- * learn about some of the unlikely ways God cared for and provided for Elijah and recognize and be able to discuss ways God cares for and provides for them;
- * discover ways that Elijah heard and talked to God and talk about ways they can listen for God and talk to God in their lives.

STATION SETUP

Make a paper banner large enough for each group to add their own thoughts throughout the unit. Write “Prophets Speak the Truth About God” across the top of the banner paper. Under the heading write “I’m a servant of the living Lord, the God of Israel. (1 Kings 17:1, CEV).” Then, write “Elijah, the Prophet” to indicate that these are Elijah’s words.

Resources

pages 3–8

Supplies

large piece of banner
paper
markers
tape or adhesive
putty

Use tape or adhesive putty to hang the banner on the wall where children can easily reach it.

As children enter each week, invite the children to add their own truths about God to the wall hanging.

Photocopy the Main Idea, Objectives, Bible References, Bible Story, Bible Background, Check Your Facts, About the Children, and Shepherd Tips for each leader and shepherd (pages 3–8).

Resources

Bible
Bible concordance
book of quotations or
www.brainyquote.com

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WANT TO DO MORE?

Use a Bible and Bible concordance to find statements from other prophets, such as Isaiah or Jeremiah. Add some of these verses to the banner. Include the name of each prophet.

Search a book of quotations or www.brainyquote.com for quotes about God from contemporary prophets such as Mother Theresa or Martin Luther King, Jr. Add these proclamations to the banner.

SAFETY CHECK

- The church should be a place of security—a place where children can count on things and people being reliable.
- Shepherds should know the whereabouts of every child in the shepherd's group, and they should know where to reach a parent in case of an emergency.
- If you use the stove, oven, or electric burner, take precautions that will ensure the children's safety. However, let the children work with the ingredients as much as possible.
- Know your children's food allergies before selecting foods to prepare.
- Be sure children and adults wash their hands before working with food, and that all foods and equipment are kept clean and sanitary.

Resources

Bibles
"Elijah and the
Unusual Ways of
God" (page 45)

BIBLE STORY (5–10 minutes)

Help the children find the stories of Elijah in 1 Kings 17:1-16. Then, read "Elijah and the Unusual Ways of God" (page 45).

Ask: What was unusual about the way God took care of Elijah? What might have happened if Elijah had not trusted God?

Read the Scripture verse in the burst to the left, one phrase at a time. Ask the children to repeat it after you.

Ask: What does this verse tell us about trusting God? How does this verse fit with the story of Elijah?

Trust in the Lord with
all your heart. Never
rely on what you think you
know. Remember the Lord in
everything you do, and he
will show you the right way.
(Proverbs 3:5-6, GNT)

ACTIVITY OPTIONS

Choose from the suggested activities as your time and the children's interests allow.

For All Ages Treat-Giving Ravens

Prepare

Cut out the paper plates and chenille sticks.

1. Cut half of the large black paper plates into equal halves.
2. Cut half of the small black paper plates into equal halves.
3. Cut all of the yellow paper plates into four equal wedges.
4. Cut the chenille sticks into thirds.

Make a copy of Proverbs 3:5-6 (GNT), page 46, for each child.

You may choose to use this activity with younger children only, but be sure that you have enough adults or teens to help the younger children put their ravens together. Evaluate the interest of your older children to decide whether they will enjoy this kind of craft activity.

With the Children

Give each child:

- 1 large black paper plate
- 1 half of a second large black paper plate
- 1 small black paper plate
- 1 half of a second small black paper plate
- 1 wedge of a yellow paper plate
- 1 black feather
- 2 self-adhesive plastic eyes
- 2 yellow chenille sticks, cut into thirds
- 1 copy of Proverbs 3:5-6
- scissors
- pieces of black electrical tape

To Make the Body of the Raven

1. Place the half black paper plate on the front of the large black paper plate to form a pocket between the two.
2. Use black electrical tape to secure the plates together.

To Make the Wings

1. Turn the body of the raven over so that the bottom side of the large plate (the side without a pocket) is facing up.
2. Use a pencil to mark on both sides of the back of the plate the location of the top edge of the pocket on the other side.
3. Line up the two wings (the sections of small black paper plates) just above these marks with the curved sides up. Adjust the spacing of the wings to be sure the wings stick out far enough.
4. Tape both wings in place with black electrical tape at the top and bottom of each wing.
5. Turn the raven over so that the side with the pocket is facing up.

Note

Resources and websites are constantly changing. Check www.powerxpress.com for updates that may help you in planning.

Resources

copies of Bible verse (page 46)

Supplies

large black paper plates
small black paper plates
small yellow paper plates
yellow chenille sticks
scissors
black feathers
plastic eyes
black electrical tape
small plastic bags
small candies or nuts

Talk Tip

Ask the children to tell you the story of Elijah and the ravens in their own words.

To Make the Head of the Raven

1. Place the small black paper plate along the top edge of the body of the raven so that the bottom third of the small plate is overlapping the top edge of the large plate.
2. Turn the plates over. Use black electrical tape to tape them together.
3. Turn the plates over again to the side with the pocket.
4. Make a small loop of black electrical tape, sticky side out, to secure the head on the front. Gently lift the bottom edge of the small plate and place the loop of tape underneath it.
5. Tape a small black feather on the top edge of the head.
6. Place two stick-on plastic eyes on the raven's face.
7. Make another small loop of black electrical tape, sticky side out. Attach the wedge of the small yellow paper plate, point side down, on the face of the raven under the eyes.

To Make the Feet

1. Line up the ends of the three pieces of chenille stick. Twist them together about half way down and stop.
2. Fan out the untwisted portions of the three sections to form the claws of the raven's foot.
3. Tape the foot in place on the right side of the bottom edge of the raven's body. Do the same for the foot on the left side.

To Complete the Treat-Giving Ravens

1. Tape the Bible verse, Proverbs 3:5-6 (GNT), from page 46, on the front pocket of the raven.
2. Fill small plastic bags with small candies or some of the treats made in the station. Place them inside the pocket of the raven.

Ask the children to give their ravens to siblings, neighbors, or friends. Encourage them to tell the story of Elijah and the ravens as they offer the gift.

Supplies

ingredients (see instructions)
gallon-size plastic bags with locking seals
rolling pin
mixing bowl
wooden spoon
measuring cup
measuring spoon or butter knife
microwave-safe dish
microwave
paper towels
muffin cup liners
muffin tins
freezer

For All Ages**Sweet-Meal Muffins****Prepare**

Gather the ingredients for the muffins.

Ingredients (for 12–15 muffins)

- 1/3 box of graham crackers (about 9 crackers)
- 7 tablespoons butter, melted
- 1/4 cup sugar

With the Children

Review the story of Elijah and the widow.

Say: The woman in the story of Elijah and the widow used simple items, flour and oil, to make cakes of bread for Elijah. Let's make some sweet-meal muffins with some simple ingredients we have available today.

Help the children mix the ingredients and cook the muffins.

1. Place graham crackers in a gallon-size plastic bag. Press as much air as possible out of the bag and then seal the bag.
2. Place the bag on a flat surface. Roll a rolling pin back and forth across the bag to crush the crackers.
3. Pour the cracker crumbs into a mixing bowl, and add $\frac{1}{4}$ cup sugar to the crackers and combine well.
4. Melt 7 tablespoons butter in a microwave. Place a paper towel over the dish to keep the butter from popping.
5. Add the butter to the crumb mixture and stir until well combined.
6. Place liner cups in a muffin tin.
7. Place a large spoonful of the crumb mixture in each liner cup and press down firmly with the back of the spoon.
8. Place the muffin tray in a freezer for 20 minutes.

Remove the trays from the freezer, and give each child a sweet-meal muffin to eat.

Ask: How did the widow share with Elijah? How did God reward her? How did she help Elijah? What are some ways that we can share with others? How do we help other people when we share? How does sharing with others help us? Why was the widow afraid to make food for Elijah? Are you ever afraid to do something for others? Why or why not? What does this story teach us about the good things that can happen when we share?

For All Ages

The Widow's Cakes

Gather the ingredients.

Ingredients (makes about 12 cakes)

- 1 cup semolina flour (available at most health food stores)
- 2 cups cold water
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ cup light olive oil
- honey (optional)

With the Children

Say: In Bible times small cakes made of flour and olive oil were a common food. The widow who shared her flour and oil with Elijah may have made flour and oil cakes of bread much like these we are going to make today.

Help the children make the flour and oil cakes.

1. Place the semolina flour in a saucepan. Lightly toast the flour over medium heat (2–3 minutes). Stir constantly. Remove from the heat.
2. Add cold water and salt to the flour and stir to combine well.
3. Cook the mixture on medium high heat, stirring constantly, for about 7 minutes or until it begins to ball up like clay and becomes harder to stir.

Talk Tip

God gave the widow more than she knew she had so that she could share with Elijah. Encourage the children to think of times when they didn't think they had enough for themselves and were afraid to share.

Supplies

saucepan
electric burner
spoon
measuring cups
measuring spoon
mixing bowl
muffin tin
ingredients (see instructions)

4. Remove the mixture from the saucepan and place it in a mixing bowl. Let it cool 10–12 minutes.
5. Add olive oil and stir until the oil is absorbed into the flour mixture.
6. Roll small handfuls of the dough into balls. Flatten them slightly. Place the small cakes in the bottom of the non-stick muffin tin.
7. Bake the flour cakes at 375 degrees for 15 minutes or until the top of the cakes begin to crack slightly.
8. Let them cool. Serve plain or drizzled with honey.

For All Ages

Stone Soup

Prepare

Gather the ingredients, and read the book *Stone Soup* by Marcia Brown.

Ingredients

- 1 can sliced carrots
- 1 cup finely chopped cabbage
- 2 cans sliced new potatoes
- 2 cups cooked meat (cubed beef or cut-up meatballs work well)
- 2 teaspoons salt
- 1 teaspoon pepper
- 3 cups water

Option: Invite the children to bring vegetables from home to use instead of the prepared ingredients.

With the Children

Read *Stone Soup* to the children. Then let them make some Stone Soup.

1. Wash 3 smooth stones by scrubbing them in hot water.
2. Place the stones in bottom of large saucepan. Cover them with water and boil for 3-5 minutes. Remove the saucepan from the heat and drain off the water. Let the stones cool, then dry them.
3. Wash and dry the saucepan. Place the clean stones in the bottom of the saucepan. Add three cups water, the carrots, potatoes, and chopped cabbage, along with the salt, pepper, and cooked meat.
4. Bring the entire mixture to a boil, stirring occasionally. Boil it for 5-7 minutes. Reduce the heat and simmer for 10 minutes.

While the soup is cooking, discuss the story with the children.

Ask: Why did the people in the village not want to share what they had with the soldiers? How did the soldiers get the people to share the food they had? How did the people feel after they made stone soup? How is this like the story of Elijah and the widow? What do both stories teach us?

Have the children work together to set a table with a tablecloth, napkins, and spoons. Place the soup—minus the stones—in bowls and let the children enjoy it.

Resources

Stone Soup by
Marcia Brown

Supplies

ingredients (see
instructions)
knife
cutting board
vegetable scrub
brush
large saucepan or
cooking pot
3 smooth, medium
stones (quartz or
river stones)
water
electric burner
heavy towel
tablecloth
ladle
bowls
spoons
napkins

Option

Make a large pot of
soup to take to a soup
kitchen.

Talk Tip

Ask the children to tell
stories about times
when they gave what
they had to others.

For Younger Children

Raven Faces

Prepare

Gather the ingredients.

Ingredients (makes 24–30 cookies)

½ cup cocoa
 1 cup milk
 4 cups sugar
 1 cup (2 sticks) butter or margarine
 1½ cup soy nut butter
 6 cups old fashioned oats
 green and orange icings, with decorating tips

With the Children

Say: Elijah was hiding in the wilderness when God sent ravens with meat and bread. Elijah was glad for the food the ravens brought. Let's make some cookies that will remind us of Elijah's ravens.

1. Melt the butter or margarine in a saucepan over medium heat.
2. Add cocoa, sugar, and milk, and stir until well combined.
3. Bring to a boil. Stir frequently and boil for 2–3 minutes. Do not over boil. Overcooking can cause the cookies to be dry and crumbly.
4. Remove the saucepan from the heat.
5. Measure the oats and the soy nut butter into a large mixing bowl.
6. Pour the chocolate mixture over the oat mixture and stir well.
7. Drop cookies by the spoonful onto wax paper. Flatten them slightly with the back of a wooden spoon.
8. Set the cookies aside in a cool place for 20 minutes to cool and harden. (Cookies may be placed in a refrigerator for faster cooling.)

Say: Imagine that your cookie is the head of a raven. Use green icing to add eyes to your raven's face. Use orange icing to draw a beak.

Give each child a cookie on a napkin or plate. Place icing with decorating tips in the middle of the table. Serve cups of water. and let the children eat the raven-face cookies.

For Older Children

Prophet Pockets

Prepare

Gather the ingredients.

Ingredients (for one serving)

2 frozen meat balls
 ½ piece of pita pocket bread
 mustard, ketchup, or honey (optional)

Supplies

ingredients (see instructions)
 saucepan
 electric burner
 wooden spoon
 measuring cups
 large mixing bowl
 wax paper
 spoons
 napkins
 plates
 cups
 water
 icing decorating tips
 (optional: refrigerator)

Option

Let the children decorate two cookies, one to eat and one to give away.

Elijah

Supplies

ingredients (see instructions)
baking sheet
aluminum foil
oven
oven mitts
knife
spatula
plates
napkins
cups
water

Cover a baking sheet with foil.

Bake two meatballs per child according to package directions, usually from 30 to 45 minutes. When the the meatballs cool, cut them in half.

With the Children

Give each child a half piece of pocket bread and four meatball halves.

They can stuff their meatball pieces inside the bread then add condiments such as mustard, ketchup, or honey.

Serve cups of water for the children to drink as they eat.

Say: The Bible says ravens brought Elijah bread and meat two times every day.

Ask: Have you ever seen a raven?

Explain: Ravens are large black birds, sometimes as tall as 10–12 inches. They travel together in large flocks. They are a little larger than a crow.

Ask: What would you think if you were in the wilderness and a flock of birds came to you carrying meat and bread? How would you like to eat meat and bread like this for every meal for several months? What does this story teach us about how God cares for us?

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Talk Tip

As the children eat, discuss what it might have been like for Elijah in the wilderness.

Resource

* *Elijah* MP3

Supplies

MP3 player

CLOSING (5 minutes)

Prepare

Cue the *Elijah* MP3 to “Be Still.”

With the Children

Ask: While hiding from Ahab, Elijah trusted God to provide the water, food, and shelter he needed to survive. How did God provide food for Elijah?

Say: To know where to go and what to do to find food, Elijah had to listen to God. To know what God wants for us, we have to take time to listen to God. Let’s spend time now in silence and prayer, being still and listening to God.

Spend time in silent prayer. After a minute, play “Be Still.”

Close With Prayer: Help us to feel your presence, God, in the stillness. Amen.

Elijah and the Unusual Ways of God

by Suzann Wade

Elijah was a prophet of God who lived during the time of King Ahab, the most disobedient king to ever rule God's people. King Ahab and his wife, Jezebel, worshiped Baal. King Ahab ordered all God's people to worship Baal instead of worshipping God.

Elijah refused to worship Baal. Elijah knew that Baal was not real. Elijah believed in the One True God.

God told Elijah to tell Ahab that there would be no rain in the land until God said so. Elijah did as God said. Ahab was very angry, so God told Elijah to hide. God promised to take care of Elijah and make sure that Elijah had food to eat and water to drink.

God sent Elijah to a creek in the wilderness. There, Elijah drank water from the creek. Then God sent food to Elijah in a most unusual way. Two times every day, God sent ravens carrying food and bread. Because of what the ravens brought, Elijah had plenty of food to eat.

Since a raven would eat pretty much anything it found, the people of God usually avoided ravens because they were considered unclean. However, God used the ravens to help Elijah. They never ate the food meant for Elijah. Instead, the ravens acted as carriers for God, delivering food and helping to insure the prophet's survival.

When the water in the creek ran dry, God told Elijah to go to a very unusual place to find help. God told Elijah to go the country where Jezebel's father was king and where almost everyone worshiped Baal. How could Elijah possibly find anyone willing to help a prophet of God in a place like that? Still, when God told Elijah to go someplace, Elijah went—even if it didn't make sense.

God told Elijah to look for a certain woman whose husband had died. God said the widow would give Elijah food to eat. In addition, the town had a well where they could get water.

When Elijah got to the town, he found the widow and asked her for a drink. The woman started to the well to get water for Elijah. Then Elijah asked the woman for a bit of bread, and the woman told Elijah that she had nothing to give. The woman said she was very poor and had only a handful of flour and a small bit of oil, just enough to make one last meal for herself and her son.

Elijah told the woman that everything was going to be all right. He told her to fix him the bread and promised that her flour and oil would last until it rained. The woman did as Elijah asked, and for the next few years, the handful of flour and the small bit of oil kept refilling themselves. There was always enough food for the woman, her son, and the prophet of God.

Trust in the Lord with all your heart.
Never rely on what you think you know.
Remember the Lord in everything you do,
and he will show you the right way.
(Proverbs 3:5-6, GNT)

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