

A Gentle God



Bible verses:
1 Kings 19:4-14



Aim:
To explore how God meets us
with gentleness and patience, and
teaches us to rest in his presence



Today's fruit:
Patience



Memory verse

'Love the Lord your God with all your heart and with all your soul and with all your strength.'

(Deuteronomy 6:5 NIV)



Start it

Play an energetic game, such as *Simon says*. When energy is beginning to fade, talk about how nice it will be to take a rest. You can then play *Sleeping lions*, remembering how important it was for Elijah to rest.



Share it

Share a child-friendly version of 1 Kings 19:4-14 (eg Biblegateway.com *ERV/EASY*) or watch the following clip.

Elijah in the wilderness by Saddleback Kids (2:35)

Sit in a circle and ask the group to share together:

- Where do you like to rest? Why do you like it?

- What did the angel tell Elijah to do?
- How does resting help us?



Sing It

'Elijah' (Bible song for the whole family)
by Little Blessings Network (2:46)

'Great big God' (lyric video) by Kids Bids (2:54)



Action it

Games and activities to reinforce the Bible passage:

- **Make:** Make a clock using paper plates, card and a split pin, eg from **Wikihow.com**. Talk together about times to rest and waiting / being patient. What time do you go to bed? What time might we eat our lunch?
- **Play:** Have a selection of soft toys / dolls. Ask the children to show how to look after one of them. Would they give it a cuddle? Try to get it to sleep? Allow the children to spend some time playing with them and looking after them. Talk about how God cares for us as his children.

- **Pray:** Sit down together and share a drink and a nice snack, something different from what you might usually have. Talk about how important rest is, and that God knew Elijah needed to rest and eat. Talk about why it might be important for us too. Thank God together for times of rest and relaxation.
- **Try:** To teach about God's still small voice, fill a bag with different items that make sounds – like a crinkly crisp packet or maracas. Children can try to identify the sounds, and you can talk about Elijah hearing God's voice after the earthquake and wind.