



Series Overview: If you’ve ever gotten a little emotional during your favorite Disney or Pixar movie, you know animation is a powerful tool to not only tell big stories, but to make us feel big feelings, too! In this four-week series, we’ll look at some stories of the Old Testament prophets as we explore some of those feelings. These stories will remind kids that God cares about our big feelings. With God, we can all feel **secure, comforted, valued, and loved**, even when our emotions tell us otherwise.

Bible Story: Elijah Flees to Horeb: 1 Kings 19:1–13

Big Idea: God gives me comfort when I feel sad.

Series Memory Verse: “May the God of hope fill you with all joy and peace as you trust in him.” -Romans 15:13a

Lesson Guide:

1. Dance and sing with your child to these songs.

- [No Matter How I Feel | Sky VBS Music Video | Group Publishing - YouTube](#)
- [Yancy & Little Praise Party EVEN WHEN \[Official Kids Music Video\] Out of This World - Emotions - YouTube](#)
- [Yancy & Little Praise Party - Super Wonderful - \[OFFICIAL KIDS WORSHIP MUSIC VIDEO\] Taste and See - YouTube](#)

2. Show this video to teach the Bible story.

- [Animated Preschool Week 3 \(vimeo.com\)](https://vimeo.com/123456789)

3. Review the Bible story like this:

***Supplies: Bible**

- Today, we're hearing all about the prophet, Elijah, who also was feeling very sad. (Have the kids show you their best "sad" face). Elijah loved God so much, he had a contest with a bunch of people who believed in a different god to see who was the real God.
- Of course, it was no contest. The real God made the fake god and all its followers look silly. But then . . .
 - *[Read 1 Kings 19:1–5a.]*
- A mean queen named Jezebel, who worshiped the fake god, got really mad at Elijah. Elijah was scared so he ran away!
- He ran and ran until he got so tired and so sad. But an angel came and gave him food and water.
 - *[Read 1 Kings 19:5b–9.]*
- When Elijah heard this, he talked to God about how he was feeling. Elijah was sad (Have the kids do a very sad face again) because God had helped him when he went up against the followers of the fake god, but now God seemed far away.
 - He said: *[Read 1 Kings 19:10–13.]*
- God told Elijah to go out and stand on the mountain and wait for God.
 - A mighty wind came, but God didn't appear with the wind. *[Make wind sounds.]*
 - Then, an earthquake shook everything, but God didn't appear with the earthquake. *[Invite kids to stomp on the ground with you.]*
 - And then a fire burned, but God wasn't there either! *[Wiggle your fingers like a flame.]*
- Then, Elijah heard a gentle whisper. (Have all the kids whisper, "Elijah, it's me God.")
- It was God speaking softly and directly to Elijah! This was God's way of comforting Elijah and letting him know he wasn't alone.

- Review the story further with some of the following questions before setting their crafts aside for parent pick-up.
 - What mistake did Jonah make that left him feeling ashamed?
 - What did Jonah do after the fish spit him out on the beach?
 - Who can you go to when you feel ashamed?
 - I'm so glad God loves me even when I feel ashamed and gives me new chances to try again!

4. Practice the September Memory Verse like this:

***Supplies = Bible**

- Look up Romans 15:13a in the Bible and read it with your family.
- Learn the verse together using these motions:
<https://www.dropbox.com/s/50ov4www5dsi8a9/Sept2022MemVerseMotions.mov?dl=0>
- In today's Bible story, Elijah felt big things from nature like wind, earthquake, and fire. In this game, we'll act how we would if we were in the same situations Elijah was in!

- Have your family line up horizontally, shoulder to shoulder, on one end of the room.
- They will be running down to touch the opposite wall and come back, but here's the catch: You'll be calling out environmental occurrences such as, "bees," "wind," "fire," "rain," "earthquake"
- When you call these out, your family will have to act like they're in the middle of that natural occurrence as they run down and back. Make sure you model what kinds of actions to do so they can follow (swatting at the bees, getting tossed around in the wind, jumping and trying to stay on tippy toes in the fire, covering your head and/ or jumping in puddle in the rain.
- Have your family say the verse with you before the run down and then again before they run back.
- Remind your family that God is always there for them when they feel sad. They can talk to Him about all their sad feelings and He will help them experience joy and hope and peace in their hearts even when they are sad.

5. PRAY WITH THE YOUR FAMILY!