

Food for One More

1 Kings 17:7-24; Prophets and Kings, pp. 129-131

Kerah was hungry. His family was hungry too. They had not had any food for three days. Their father had gone to try to find something. But he came back with nothing. "I'm sorry," he said. "There is no rice left in our village. It has not rained for many months. Without rain, things will not grow. We may not have any food for a long, long time."

Just when they thought they would die, God sent help. A truck with a sign that said ADRA came to their village. "Rice, rice!" the driver called. "Each family may have one bag of rice!"

Soon each family in the village had enough rice to last for several days. More trucks came during the long months until rain came again.

A long time ago God took care of Elijah in a special way too.

It hadn't rained in Israel in months. The fields were brown and dead. Bare trees stood like skeletons against the hot sky. The rivers and streams had dried up. And finally, even the Brook Kerith, where Elijah had been hiding from



King Ahab, ran dry. But God was still caring for Elijah.

"Go to Zarephath," God said. "I have told a widow there to take care of you." So Elijah left Israel and traveled more than a hundred miles away, to another country. There, at the gate to Zarephath, a widow was gathering sticks.

"Would you please bring me a little water in a jar?" Elijah asked her. "And would you please bring me some bread too?"

The woman had turned to go get the water. But she stopped when Elijah asked for bread. "I don't have any bread," she said. "All I have are a handful of flour and a little oil. I'm gathering

The Message

Even though bad things may happen, I know God loves me.

Memory Verse

*“The God of all
grace . . . will
himself restore
you and make you
strong”*

(1 Peter 5:10).

firewood so I can bake some bread for my son and me. And after we eat that, we will die.”

“Don’t be afraid,” said Elijah. “Go home and make me a small piece of bread. Then make something for yourself and your son. For God says the oil and the flour will not be used up until He sends rain on the land.” (See 1 Kings 17:14.)

This woman was not an Israelite. But she believed in God and placed her faith in Him. She decided to trust God to take care of her needs.

It happened just as Elijah said it would. He went home with her, and she made some bread for him. After that day, whenever she went to bake bread, there was just enough flour and oil. The flour and oil never ran out. The miracle God worked to save Elijah also saved the lives of this woman and her son.

Some time later this woman’s son became sick and died. Her first thought was that God was punishing her. “What do You have against me?” she cried out in her sorrow. “Did You come to remind me of my sin and kill my son?”

Of course God had not caused the boy to die. God’s grace brings the gift of life. God’s grace had kept all three of them from dying during the famine.

Elijah had been staying in an upstairs room at the widow’s house. He took the boy to that room and cried to God, “O Lord, my God, let this boy’s life return to him!” God answered Elijah’s prayer. At once the boy came back to life.

God cares about the problems in your life too. Even though bad things sometimes happen, God still loves you. He wants you to trust Him. He will take care of your needs, just as He cared for Elijah and for the widow of Zarephath.



S A B B A T H

DO Put some flour in a jar and some cooking oil in another jar. Put these on your dinner table. Set the table with a plate and cup for each person. Put bread on each plate and water in each cup. As you read your Bible lesson together, imagine that you are visiting the widow—eating her bread, drinking water, looking at her miracle oil and flour.

READ Read 1 Peter 5:10 together.

SING Sing “God Is So Good” (*Sing for Joy*, no. 13), then thank God for your food.



News that Elijah raised the widow’s son to life spread everywhere. This was something Baal couldn’t do. Now people knew Baal was a false god.

T U E S D A Y

READ During worship, read 1 Kings 17:15. What good thing happened because the widow was willing to share her food? Think of a time you shared with someone and received a blessing yourself. Tell your family about it.

DO Teach these motions to your family as you say the memory verse. God—point up; grace—point to your heart; restore—wave your hands from the top of your head down your body; strong—flex muscles.

PRAY Thank God for your health and strength.

SHARE Find someone with whom to share your grace coupon that you were given in Sabbath School or write on a piece of paper, “Ask me to do something for you,” then sign your name to it.

S U N D A Y

READ During family worship, read 1 Kings 17:7-16. Then make the bread you started in Sabbath School. (In a sealable plastic bag mix together a half cup of flour, a pinch of salt, one teaspoon of water, and two teaspoons of oil. Roll or pat flat. Fry in oil or bake until brown.)

DO Make and decorate a cutout of a big oil jug like the one in your story. Write your memory verse on it. Put it where you will see it every day.

PRAY Thank God for good bread.

M O N D A Y

READ In worship today, read 1 Kings 17:17-24 together. Draw a face to show how the widow felt when her son died. Draw another face to show how she felt when he lived again.

DO Imagine that you have only one slice of bread left. You won’t get more for three days. If someone asks you to share, what will you say?

DO Say your memory verse in your own words. What does the word *grace* mean? Ask God to help you show His grace to others.

W E D N E S D A Y

DO Tell your family the part of your Bible story about the widow’s sick son (1 Kings 17:17-24). Discuss together: Where do bad things such as sickness and death come from? (One of Jesus’ stories in Matthew 13 helps to answer this question. See verses 24, 25, 38, and 39.) Ask your family to explain these verses.

READ Read the memory verse (1 Peter 5:10), but say your name in place of “you.”

PRAY Pray for someone you know who is sick.



THURSDAY

READ

During worship today, read 1 Kings 17:22, 23. Imagine that you are the boy who came back to life. What is the first thing you would say to God? What might you say to your mother?

PRAY

Thank God for giving you grace and life.

DO

Say your memory verse out loud, clapping your hands on each word.

SING

Sing a "Thank-You" song before prayer.

FRIDAY

DO

During worship today, ask your family: In what ways does God's grace make each of us strong? Then read together 2 Corinthians 9:8.

DO

At the top of a piece of paper, write: "I know God loves me." Under that write: "God's grace provides . . ." Then ask each person to list or draw a picture of something God's grace gives you. Across the bottom of the paper, write: "God cares for you and me."

PRAY

Thank God for His many blessings to your family.

PUZZLE

Directions: After looking at the pictures, write the word in the crossword puzzle.

