



Lesson 9

The Widow and the Prophet



Key Takeaway:

God sees what I need, and he gives enough for me each day.



Scriptural Basis

1 Kings 17:7-24



Learning Objectives:

- Children will **retell** the story of Elijah and the widow by naming at least three key moments from 1 Kings 17:7-24.
- Children will **recognize** that God sees people's needs and provides enough for each day, even in moments of fear, loss, or uncertainty.
- Children will **name** one situation in their own life where they can trust God to care for them, give them what they need, or bring help through others.

Materials

Small Group:

- ☐ A Bible
- ☐ Name tags
- ☐ A snack per child
- ☐ **Activity 1: The Jar that Looks too Small**
 - ☐ Clear glass jar
 - ☐ Tissues or Cotton ball
- ☐ **Activity 2: Pass the Jar**
 - ☐ Clear jar (same used in large group is fine)
- ☐ **Activity 3: Story Motions**

Large Group:

- ☐ A Bible
- ☐ Object lesson story items (see below)

Small Group Session 1

Distribute name tags and snacks. Then, choose one of the following activities to do together while children eat their snack.

Option 1:

- Ask the children to share their highs and lows (the best and worst things that happened to them either today or from the past week).

Option 2:

- Ask the children to take turns sharing how they are feeling today using the Feely app or the "How Are You Feeling?" chart.



Who is God? Opening Question

(This question helps kids think about what it means to grow and learn as people).

Ask: **Have you ever thought you were almost out of something—like snacks, time, money, or even your favorite cereal—but then it lasted longer than you expected?**

Follow-up prompts:

- What did you think was going to happen?
- Were you surprised?

Say: **Sometimes when we only see a little, we start thinking, "That's not enough." Today we're going to hear about someone who thought she was almost out of everything she needed, and she learned something surprising about God.**



Activity: The Jar that Looks too Small

Objective: Help kids begin thinking about times when something looks "not enough," so they're ready for the story's theme of God giving what we need each day.

Materials:

- One small clear jar
- Several tissues or cotton balls packed tightly inside

Instructions

1. Say: **Before we hear our story today, we're going to do something simple that helps us think about what it feels like to have only a little.**
2. Place the jar in the center of the group for all of the kids to see.
3. Ask: **What does this jar look like to you? Does it look like it has a lot in it or only a little?**
4. Begin pulling pieces of tissue or cotton out and say: **Let's take turns pulling out one piece at a time and see what happens.** Let each child remove one tissue piece.
5. As you pull out pieces, the remaining ones will expand, making it appear as though the jar is still full. It will help illustrate the idea of abundance in the way God will provide for the story.
6. Say: **Look at the piece in your hand. It looks much bigger out here, doesn't it? That's because all these pieces were squished together tightly in the jar. When we pull one out, it fluffs up and takes up more space.**
7. Say: **And look at the jar. Even though we've taken pieces out, the rest are still packed in and keep puffing up. That makes it look like there's still a lot left.**
 - a. 👉 **Helpful Hint:** This object lesson works best when you pack more tissues in. Take the amount of children in your group into account when you pack the tissues in and make sure there will be enough after everyone draws.

Wrap Up:

Say: **This activity helps us think about our question: Who is God?**

Sometimes we look at what we have and think, "There's not enough." We only see a small amount and begin to worry that it won't last. But in our activity, something surprising happened. Even when we kept taking pieces out, there was still more than we expected.

Today we're going to hear about a woman who thought she had almost nothing left. She looked at what she had and believed it would not be enough. But in her story, God showed her something important about who He is. Let's go hear what happened.

Large Group

Opening Section:

Say: **Welcome back to Club!** I'm so glad you're here today. This is a place where we get to hear stories from the Bible, learn who God is, and think about what it means to be part of his story.

Set expectations for students using the [3 R's of Respect \(click to view link\)](#).

Helpful Hint: To get the children's attention from the start, there are a few ways to begin the lesson to make it engaging. You may choose one, two, or even all of these ideas—it is completely up to you!

Optional Starters:

- **"Who is Jesus"** call and response.
- **Prayer Prompt: God, I am thankful for...** (Consider asking students to pray for something God created that they are thankful for like pets, trees, mountains, lakes or oceans, sky, etc.).

Prayer:

Tell kids that closing their eyes and folding their hands together can help them stay focused and not distract those around them.

Opening Prompt:

Take a minute to ask your group what they remember from last week's story. This helps kids build connections and notice how God's story keeps going. Segue into the lesson of the day by giving a preview of what's to come.



Large Group: Object Story: Elijah and the Widow

Objective: Help kids notice that God sees people who feel small or overlooked and provides in ways that don't look big or impressive, but are steady, faithful, and exactly enough for each day.

Materials:

- One large cloth to cover all items

- Small clear container with a little water (the brook)
- Small piece of bread or a few plain crackers (the famine)
- Two real sticks (the widow gathering sticks)
- Small wooden spoon (Elijah's request)
- Small container with a little flour (the flour jar)
- Small bottle or container with a little oil (the oil jug)
- Small basket with several small pieces of bread (daily provision)

Note for the Leader

Place all the objects under one large cloth in story order. As you tell the story, reveal **one object at a time**, lifting the cloth only enough to remove that item. Volunteers hold the objects on stage to build the story visually from left to right.

1. Opening the Story

Before we begin, let's set the scene. This story takes place at a time when God's people were not listening to him. They had a king who led them away from God, and people were choosing to trust themselves instead of the God who loved them.

And into this moment, God sent a prophet named Elijah. A prophet is someone God chooses to speak for him — someone who listens closely to God and tells people the truth even when it's hard. Elijah trusted God, and God took care of him in ways that would surprise anyone.

Place your hand on the cloth that covers the items underneath.

Let's see how the story begins.

2. Scene One: The Brook (God Provides for Elijah)

Reveal the container of water.

This is water from a brook — a little stream in the middle of a dry wilderness. God had told Elijah to stay here because the land had stopped receiving rain. When there's no rain, the ground cracks, plants die, and animals wander searching for something to drink.

This kind of situation has a name: famine. A famine is when there isn't enough food or water for people to live easily. When famine hits, families feel scared, and people wonder if God still sees them.

Choose one volunteer to hold the water and stand on the far left.

But right here, at this brook, Elijah had water each day. God saw what Elijah needed and gave enough for each day... until one morning, the water was smaller. Then smaller again. Elijah watched it disappear. And when it was finally gone, Elijah wasn't alone. God still saw him.

Place your hand back on the cloth.

3. Scene Two: The Famine Deepens

Reveal the small piece of bread or crackers.

Across the land, it wasn't just the water disappearing. It was food. This small piece of bread shows what many families had left. Farmers couldn't grow wheat. Parents didn't know what to feed their children. People looked at their empty tables and felt their hope shrinking.

But even in a famine, God sees what people need.

Bring up volunteer #2 to hold the bread beside the first.

4. Scene Three: The Widow Gathering Sticks

Reveal the two sticks.

These two sticks belonged to a widow — a woman whose husband had died. That meant she had to care for her family alone. She didn't have a pantry full of food. She didn't have fields to harvest. She didn't have help.

She was gathering these two sticks to make a fire... to cook a small last meal for herself and her son. She wasn't pretending. She truly believed this would be their final meal. She felt unseen, unsure, and out of options. But she wasn't out of God's sight."

Volunteer #3 holds the sticks.

5. Scene Four: Elijah Arrives

Reveal the wooden spoon.

When Elijah reached the town where this widow lived, God had already told him she would be the one to help him. Elijah didn't know her yet. He didn't know her situation. But God did.

Elijah asked her for some water and a piece of bread. The widow looked at the spoon — the tool she used to stir the tiny amount of flour she had left — and she explained the truth: she had almost nothing. She was getting ready to cook the last bit of food she had.

Volunteer #4 holds the spoon.

Elijah told her something she didn't expect: that God saw her need, and he was going to care for her. Not with piles of food all at once, but enough for each day.

6. Scene Five: The Almost-Empty Jars

Reveal the flour container and oil bottle.

These jars were nearly empty. Just a handful of flour. Just a little oil. She might have shaken the jar to check — hoping for more. But she knew how little was left.

What she didn't know was that God can work with 'almost empty.' God wasn't asking her to be strong. He wasn't asking her to pretend she had more than she did. He saw her as she was, and he was ready to give enough.

Volunteer #5 holds both jars.

7. Scene Six: God Provides Each Day

Reveal the basket with several small pieces of bread.

And this is what God did. The next morning, when the widow reached for the flour and oil, there was enough. Not a lot — just enough to make bread for that day.

The day after that? Enough again.
And the next day? Enough again.

God saw Elijah.
God saw the widow.
God saw her son.
And God gave them what they needed each day."

Walk down the line and retell the story through the objects:

Water: "The brook dried up, but God still saw Elijah's need."
Bread crust: "The land was in famine, but God saw every hungry family."
Two sticks: "A widow prepared a final meal, but God had not forgotten her."
Spoon: "Elijah asked for bread, and God knew what both of them needed."
Flour and oil: "What looked almost empty became enough each day."
Basket of bread: "Every morning, God provided what they needed."



Who is God?

Ask: "What did we learn about God today?"

(Take 2–3 responses and write one clear statement on the Who Is God? poster.)

Wrap-Up:

Say: **The way God provides is different from how we usually imagine it. We might want everything at once, all stored up and ready. But in this story, God gives just enough for the day. Enough flour. Enough oil. Enough strength to wake up and trust Him again tomorrow. He gives what is needed, when it's needed, because that's who he is.**

So when you face something that feels uncertain or too big for you to solve on your own, remember this story. God hasn't changed. He still sees you. He still knows what you need. And he still provides in ways we don't always expect—but always right on time.

Close in Prayer

Small Group Session 2



Share the Key Takeaway: God sees what I need, and he gives enough for me each day.

Before activities, help kids think about the story with our [five core questions](#) (click to view link). These questions help them notice God's character, remember who they are to him, and think about the purpose he gives them.

Helpful Hint: After school, many kids (especially the younger ones) might have a hard time focusing on discussion. While getting through the lesson is a great goal to achieve, this may not always be possible. Consider giving your kids something to do with their hands as you teach and discuss to focus their attention. Giving them Play-doh or a fidget toy can help them stay engaged and not distract other kids. Every unit also has accompanying coloring pages which can be found on our curriculum website.



5 CORE QUESTIONS

Opening Questions K-2nd Grade

Who is God?

What did God do for the widow when she thought she did not have enough?

Who am I?

How did the widow feel when she thought she was almost out of food?

What is sin?

How can people feel when they think they are all alone and have no help?

What is the Good news?

What did God keep giving the widow and her family?

What is my response?

When God takes care of the widow, what can she do?



Opening Questions 3rd-6th Grade

Who is God?

How did God care for the widow when she thought there would not be enough?

Who am I?

What does the widow's story show us about people and our need for God?

What is sin?

How can fear or believing we are on our own make it hard to trust God?

What is the Good news?

How did God provide for the widow and bring hope when things looked hopeless?

What is my response?

When God shows that He sees and provides for people, how can we respond?



Activity 2: Pass the Jar

Objective: Help kids name real ways God provides for them while keeping the energy up and the focus clear.

Materials

- Clear jar (same one used from activity 1)

Instructions:

1. Hold up the jar and say: **In today's story, God gave the widow what she needed again and again. This game helps us notice the ways God gives us what we need.**
2. Say: **We're going to play a passing game — kind of like hot potato. When I make a sound, the jar moves around the circle. When the sound stops, whoever is holding the jar will share one way God has given them something they needed.**
3. Begin a steady rhythm (clap, tap, hum, or play a short audio clip). Kids pass the jar quickly around the circle. The leader stops the passing at a random moment. The child holding the jar when the leader stops the rhythm shares one quick thing: ("God gave me help," "God gave me a friend," "My grandma helped me this week," "I felt brave yesterday.")
4. Repeat for several rounds

Say: **In today's game, we heard many different answers. Some people shared things like food or family, and some shared things like help, comfort, or courage.**

This reminds us that God cares about people and sees what they need. In today's story, the widow thought she did not have enough left, but God saw her and cared for her family.



Activity 3: Story Motions

Objective: Help kids retell the main moments of the story using simple hand motions, and notice what each moment shows about who God is and how he works.

Materials Needed:

- None

Instructions:

1. Say: **Let's remember the story we heard and talk about what it shows us about God. We're going to use simple hand motions to help us retell each part.**
2. Teach the hand motions (one at a time):
 - Elijah traveling → *Use two fingers on one hand to "walk."*
 - Widow has almost nothing → *Pinch fingers together to show a tiny amount.*
 - The jar doesn't run out → *Hold one hand open like a cup, then use the other hand to pretend to scoop several times.*

- The boy gets sick → *Place one hand on your forehead and lower your head.*
 - Elijah prays → *Hands together or palms up.*
 - God brings life back → *Both hands move from low to high, like lifting up.*
3. Practice each motion once with the group.
 4. Invite kids to put the motions in order. Say: **Who remembers what happened first? Show me with your hands.**
 5. Let kids demonstrate the motions in sequence. Guide gently only if needed — keep it kid-led, not teacher-directed.
 6. As you do each motion together, ask simple questions:
 - “What was happening in this part?”
 - “Why was the widow worried?”
 - “What did God do here?”
 - “What does this moment show us about who God is?”
 7. Say: **This whole story shows us that God sees what we need — food, help, hope, even life itself — and he gives enough for each day.**

Say: **As we looked back through the story, we saw God doing something again and again. When the widow thought there would not be enough, God provided. When things felt hopeless, God brought hope. When it looked like everything was over, God brought life.**

The good news is that God does not leave people alone in their need. God sees people, cares for them, and provides what they need.

Ending Together

Say: **Today we heard how Elijah and the widow were facing days that felt impossible. There wasn't enough water. There wasn't enough food. And it looked like everything was running out. But even when they felt unsure or scared, God hadn't forgotten them. He saw exactly what they needed, and he gave enough for each day.**

God is still like that now. He sees what we're facing before we even say a word. He pays attention to our needs, big or small, and he provides in ways we may not expect. When life feels uncertain or when we feel like we don't have enough—enough strength, enough confidence, enough answers—we can remember that God is the one who gives us what we need, right on time.



Core Question: What Is My Response?

Ask: **“How could we respond to today's story?”**

Sometimes our response to this story might be:

- **Trusting that God sees what we need**, even when it feels like there is not enough.
- **Receiving God's care and remembering** that He provides in ways we might not expect.

- **Looking for the ways God is caring for us** each day through people, help, hope, and what we need.

Even in stories that are difficult or confusing, encourage kids to think about how we can turn toward God in response to what we have heard.

Help kids see that reading the Bible is not only about learning information. It is also about learning how to live as people who belong to God's story.

Closing Prayer

Pray a simple prayer of thanks and blessing over the group.