

You're Not Alone



Key Passage: 1 Kings 19:3-18, The Lord Appears to Elijah

Lesson: We often worry that we are on our own, or that others will leave us. But God assures us that he will never leave us.

Objective: Kids will learn, "With God, I am never alone".

Video: Elijah and the Gentle Whisper

https://www.youtube.com/watch?v=_RiBMHIMvSA

INTRO:

Fear not! You are not alone, you are not alone, you are not alone, and I am not alone. God is with us! Knowing that God is with us takes away a lot of fears. The reason for this is because of who God is. If God was weak, imperfect, or limited it would not be much comfort to know this. But the truth is, GOD IS ALL-POWERFUL. God is PERFECT. God is EVERYWHERE. God can do more than we can ever imagine. So, just knowing that God is with us and the ability that He has and love that He has for us, it is such a comfort to know that He is here!

Whenever you feel worried or afraid, you can give those worries to God. That means, talk to Him about it. Tell Him how you feel. Ask Him for help. He cares about You! He promises to never leave us.

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Today we are talking about how we sometimes feel like we are alone. There are many circumstances that can make us feel this way. No matter the reason why you might feel alone, it helps to know that we are never alone. Let's do a quick activity to remind ourselves of this truth.

The right side of the room, when I point to you, I want you to say, GOD IS. The left side of the room, when I point to you, I want you to say, WITH US. Are you ready?

(Point to the right) "GOD IS"

(Point to the left) "WITH US"

(Point to the right) "GOD IS"

(Point to the left) "WITH US"

Let's say it all together now "GOD IS WITH US!" Now let's read where it says this in scripture.

READ 1 KINGS 19:3-18

MAIN POINT:

Wow! Elijah got to hear the voice of God with his ears. He got to experience God taking care of him through the angel that He sent. It was very evident that God was with Elijah. Elijah was going through a hard time. He was worried about how things would go. God was there to comfort Him, provide for what he needed, and give Elijah direction to know what to do.

This story took place in the Old Testament. Back before Jesus came to the earth. Back then, the only way that people could experience the presence of God was through angels or God himself speaking to them. They didn't have Jesus or the Holy Spirit dwelling in their hearts yet. The amazing thing about living now, in the time after Jesus has been raised from the dead and has offered us forgiveness for our sins, is that when we accept Jesus into our hearts and receive that forgiveness, He sends His Spirit to dwell in us!

This is how we can say GOD IS WITH US! This is how we can know that He will never leave us. Elijah had to go looking for God, and found Him on the mountain. But these days, with the Holy Spirit here on earth as our helper, God is always with us. We don't have to travel to find Him. We can talk to Him in prayer anytime. We are so blessed!

If you ever feel alone and have worries, remember that God is always with you! And God continues to love and protect His people just like He did for Elijah. He provides for our needs, He comforts us in times of trouble, and He shows us the direction we should go.

DRIVE IT HOME:

We often worry that we are on our own, or that others will leave us, but God assures us that He will never leave us! WITH GOD WE ARE NEVER ALONE! GIVE YOUR WORRIES TO GOD! Nothing is too difficult for Him to handle. Praise God for being with us!

Parent/Child Chat: K - 2nd grade

DISCUSSION QUESTIONS:

Read 1 Kings 19:3-18

How did Elijah feel at the beginning of the passage?

Who did God send to take care of him?

How does it make you feel knowing the all-powerful loving God is with you?

Parent/Child Chat: 3rd - 8th grade

DISCUSSION QUESTIONS

Read 1 Kings 19:3-18

How did Elijah feel at the beginning of the passage?

Who did God send to take care of him?

What makes it possible for God to be with us all the time now? (Hint: What has Jesus done on the cross?)

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How does it make you feel knowing the all-powerful loving God is with you?

PARENT TIME:

What you need to know:

Loneliness shows up in many environments and situations. Home alone, bedtime, because of a move or relocation, in large crowds, during transitions, etc. No matter when your child feels most alone, you can remind them that God is with them all of the time and they are never alone. It's also important for our children to feel safe to talk about how they feel so we can pray with them and for them. Say a prayer with your child today at bedtime and ask God to reveal His presence to them this week.

CRAFT ACTIVITY

Items you will need:

Colored Pencils

White paper

Ask your child(ren) to draw a portrait of them with their family. Say, "It is good to remember all of the family that God has provided for us to love us and spend time with us! We can thank God for this gift of family and for our friends too! And no matter where you are, God is always with you, you are never alone."