

**GOD GUIDES ME WHEN
I'M SCARED.**

FAMILY DEVOTIONAL

FIRED UP

**JESUS ANSWERED,
'IT IS WRITTEN: MAN SHALL NOT LIVE
ON BREAD ALONE, BUT ON EVERY WORD
THAT COMES FROM THE MOUTH OF GOD.'**

BIBLE BOOKLET

MATTHEW 4:4 (NIV)

ELIJAH RUNS AWAY FROM QUEEN JEZEBEL

1 KINGS 19:1-9A; PSALM 85:8-13



Thanks for joining again in the Bible Bakery, where we always get a taste of God's goodness. Baking can be fun and relaxing, but it can also be stressful and scary. There are lots of hazards we need to be careful around, like sharp tools and hot ovens. We also have to pay attention to the ingredients we use because we don't want anyone to get a tummy ache or allergic reaction.

Remember Elijah? Soon after his victory against the followers of the false god Baal, Elijah found himself in a scary situation. Not long ago, Elijah proved God was the true God by defeating the prophets of Baal. However, when Queen Jezebel heard about this, she was furious and threatened to hunt Elijah down. Elijah was very scared of her threat.

Even though Elijah trusted God and bravely stood up to everyone, Elijah became overwhelmed with fear. Being God's messenger was exhausting and dangerous work, and Elijah was ready to quit.

When Elijah was on the run and exhausted, God sent an angel to help him. The angel provided food and water, giving Elijah the strength to set out on a 40-day journey to Mount Horeb. When Elijah felt scared, God became his safe space, but in this case, God didn't simply take away what scared him. Instead, God provided the help Elijah needed.

Knowing Elijah needed a break, God led him to a place where he could rest, eat, and hide. After some food and a nap, Elijah was ready to talk with God about how he was doing. We'll find out what they talked about next time.

What a picture of how God supports us when things get scary. This psalm, Psalm 85:8-13, praises God for promising peace and providing good things. It talks about fearing God, but it's not the same as being scared—it means respecting and honoring God. The psalm encourages us to get closer to God, who is always close to us. We can trust in God's love, faithfulness, righteousness, and peace when we're going through something that makes us afraid or worried.

To understand this idea better, let's look at how Jesus lived and helped people when he was on earth. Jesus consistently brought a sense of peace to those he met, encouraging them not to be afraid.

He wasn't dismissing their fears but showing that trusting in God is important, even in scary situations. Whether facing a storm on a boat or hiding in a locked room, Jesus' friends could rely on him whenever they felt scared.



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Scripture/application

- Why was Elijah on the run?
- What did God provide for Elijah while he rested before going to Horeb?
- Why do you think Elijah needed these at the time?
- Read Psalm 85:9.
 - Does "fear" mean we need to be scared of God?
- What are some things that scare you?
- Who in your life helps you to feel less scared?
- How can you remember God guides you when you're scared?



Feel Better Bread

God sent an angel to give Elijah food, water, and a safe place to rest and hide. Sometimes, God might send you to help a friend when they are scared or worried. Create a design on your bread that lets someone know that you are thinking of them in their time of need. God guides me when I'm scared, and God also guides me to someone who needs my help.

For this activity, you'll need one slice of bread per kid, milk, food coloring, disposable cups, disposable plates, and new paintbrushes. Prepare different edible "paint" colors using milk and food coloring in separate cups. Give each kid a slice of bread on a plate and a new paintbrush for them to draw on their bread with. If you have a toaster available, toast the bread afterward. Scan QR code for more detailed instructions.



Restful Angel

God sent an angel to remind Elijah to eat and rest. God helped Elijah feel safe and not so scared anymore. Keep your angel close to you to remember God guides me when I'm scared.

Have each kid use markers to decorate the flat side of their clothespin to look like an angel. They can attach small googly eyes then pieces of sparkly pipe cleaners as a halo. Afterward, have them clamp the clothespin in the middle of the cotton-filled bag to create the angel wings.

Worship

"GOD WILL GUIDE US"

BY GROUPMUSIC

"TWISTS AND TURNS"

BY BREAKAWAY KIDS CAMPS

Memorize

