

4

Running From God

Grace
God helps us understand grace.

POWER TEXT

"Keep your lives free from the love of money and be content with what you have, because God has said, 'Never will I leave you; never will I forsake you'" (Hebrews 13:5).

KEY REFERENCES

- 1 Kings 19:1-18
- *Prophets and Kings,* chaps. 12, 13, pp. 155-176
- *The Bible Story* (1994), vol. 5, pp. 38-43
- student story on page 52 of this guide.

OUR BELIEFS

- No. 7, The Nature of Humanity
- No. 3, The Father
- No. 11, Growing in Christ

OBJECTIVES

The students will:

- **Know** that God is with them in times of discouragement and depression.
- **Feel** grateful that God does not leave us in times of discouragement.
- **Respond** by praising God for the joy of His presence.

POWERPOINT

God is always with us, even in discouraging times.

The Bible Lesson at a Glance

When Jezebel hears of the slaying of her prophets, she is so angry that she sends out word to kill Elijah. Elijah is so frightened that he flees to Mount Horeb. He is disappointed and discouraged, and wants to die. God appears to Elijah as a still small voice. God comforts Elijah and commissions him to go and continue his work.

This is a lesson about grace.

God assures us of His grace. Even in times of discouragement and depression, He is with us. As a member of God's family we experience all the rewards of being in His presence.

Teacher Enrichment

"When we are encompassed with doubt, perplexed by circumstances, or afflicted by poverty or distress, Satan seeks to shake our confidence in Jehovah. It is then that he arrays before us our mistakes and tempts us to distrust God, to question His love. He hopes to discourage the soul and break our hold on God. . . .

"Despondency may shake the most heroic faith and weaken the most steadfast will. But God understands, and He still pities and loves. He reads the motives and the purposes of the heart. To wait patiently, to trust when everything looks dark, is the lesson that the leaders in God's work need to learn. Heaven will not fail them in their day of adversity. Nothing is apparently more helpless, yet really more invincible, than the soul that feels its nothingness and relies wholly on God" (*Prophets and Kings,* p. 174).

What does Satan use to try to shake my trust in our heavenly Father? Am I willing to bring my temptations and weaknesses to God, admitting my inability to win by myself? Can I bring myself to claim the victory through His grace?

Welcome

Welcome students at the door and direct them to their seats. Ask them how their week has been. Encourage learners to study their Sabbath School lesson regularly, and use several minutes to debrief students on the previous week's lesson.

Ask: **What was the most interesting part of the Bible story? What activity did you find the most helpful? Which activity was the most fun?** Invite students to share their experiences and/or the handiworks they created for Sabbath School during the week. (The leader should be familiar with the previous lesson to be able to direct the discussion.) This is also a good time to have students recite the power text.

Have students begin the readiness activity of your choice. »

Program notes

LESSON SECTION	MINUTES	ACTIVITIES	MATERIALS NEEDED
Welcome	Ongoing	Greet students at door. Ask about their week.	
1 Readiness	10-15	*A. Who's Watching?* *B. Think of a Time*	Bibles, slips of paper paper, pencils
* Prayer and Praise	15-20	See page 47. Prayer and Praise may be used at any time during the program.	songbooks, rainbow box, world map, pushpins, cup pitcher of water
2 Bible Lesson	15-20	Introducing the Bible Story Experiencing the Story Exploring the Bible	 Bibles, tape recorder, recording with sound effects Bibles, white/chalkboard, markers/chalk
3 Applying the Lesson	10-15	*Scenarios*	
4 Sharing the Lesson	10-15	*God-Is-Near Reminders*	Bibles; yellow, red, and orange yarn
* Closing		A. Prayer and Closing Comments B. Reminder to Parents C. Coming Up Next Week	

1

READINESS ACTIVITIES

Select the activity or activities that are most appropriate for your situation.

A

YOU NEED:
- ☐ Bibles
- ☐ slips of paper

Who's Watching?

Write each student's name on a slip of paper. Fold these and have students each draw a name, returning slips only if they get their own name. Have students slowly walk around the room, randomly moving in any direction. Have each student watch the person whose name they chose. They should keep that student within sight at all times but not let the other student know who's watching. The object of the activity is to discover who's watching you without letting that student know they have been discovered and without letting your own person out of sight.

After three minutes, have students guess who was watching them. Then have the students tell who they were watching.

Debriefing

Ask: **How did you feel about being constantly watched by someone? Which was more difficult: watching without being noticed or discovering who was watching you? Explain.**

Ask: **How do you feel knowing that God is always watching you? Have you ever felt discouraged, depressed, afraid, or alone and felt He was nowhere around and couldn't see what was happening to you?**

Say: **Let's find and read our power text, found in Hebrews 13:5.** (Allow time for students to find and read the text with you.)

"Keep your lives free from the love of money and be content with what you have, because God has said, 'Never will I leave you; never will I forsake you' " (Hebrews 13:5).

Say: **In our lesson today, a great man of God felt as if God couldn't see what was happening to him. He forgot that**

God is always with us, even in discouraging times.

(Adapted from *Helping Children Know God* [Loveland, Colo.: Group Publishing, 1995], pp. 45, 46.)

B

YOU NEED:
- ☐ paper
- ☐ pencils

Think of a Time

Give each student a piece of paper with three circles on it. Say: **Think of a time when something good happened to you. Write a word on the paper and draw a face in the circle to represent how you felt.**

Think of a time when things were just jogging along. Write a word on the paper and draw a face in the circle to represent how you felt.

Think of a time when you were disappointed or depressed. Write a word on the paper and draw a face in the circle to represent how you felt.

Debriefing

Ask: **How did you remember that God was always with you in each of these situations? How easy was it to believe or remember that He was with you when you were going through something tough?**

Say: **Let's find and read our power text, found in Hebrews 13:5.** (Allow time for students to find and read the text with you.)

"Keep your lives free from the love of money and be content with what you have, because God has said, 'Never will I leave you; never will I forsake you' " (Hebrews 13:5).

Say: **In our lesson today, a great man of God felt as if God was no longer with Him. He forgot that**

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Accommodations for students with special needs:
Pause after the first set of instructions until students write and draw in the first circle. Give the instructions for the second circle and pause, allowing time for students to finish writing and drawing. Then give instructions for the contents of the third circle.

Prayer and Praise

Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). If they have given you permission, share one or two special items from students' Bible study during the week. Acknowledge any birthdays, special events, or achievements. Give a special, warm greeting to all visitors.

Suggested Songs

"You Are My Hiding Place" (*He Is Our Song,* no. 96)
"Faithful One" (*Praise Time,* no. 46)
"O Lord, You're Beautiful" (*He Is Our Song,* no. 23)
"Face to Face" (*He Is Our Song,* no. 143)
"Come Away" (*He Is Our Song,* no. 74)

Mission

YOU NEED:
- ☐ world map
- ☐ pushpins

Use Adventist *Mission* for youth and adults (go to www.juniorpowerpoints.org and click on MISSION) or another mission report available to you. For the mission story, have a map of the world where the students can identify the location of the mission story and compare it to where they are. You could use pushpins to mark where the mission story takes place.

Offering

YOU NEED:
- ☐ rainbow box
- ☐ *His Is Our Song*

Continue to use the rainbow offering box from three weeks ago. Take a different color and talk about what that color represents. You may want to sing one verse of "The Coloring Song" (*He Is Our Song,* no. 61). Ask: **How does this color reflect God's grace?**

Prayer

YOU NEED:
- ☐ cup
- ☐ pitcher of water

Have a cup and a pitcher of water. Say: **In our lesson today Elijah felt like this empty cup when Jezebel threatened his life. When God spoke to him, God filled his life to overflowing with His grace. Fill the cup to overflowing. God will do the same in your life and mine if we open ourselves to Him.** Pray for openness to God's grace.

*Prayer and Praise may be used at any time during the program.

Notes

2

BIBLE LESSON

Introducing the Bible Story

Ask: **Have you ever played hide-and-seek? What is the best place you have ever found to hide? Elijah tried to hide from Jezebel and God. He learned that you never need to try to hide from God, even when you make mistakes.**

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YOU NEED:

- ☐ Bibles
- ☐ tape recorder
- ☐ recording with sound effects

Experiencing the Story

Read 1 Kings 19:1-18 together. If possible, prerecord the sound effects of wind, earthquake, and fire. Then prerecord the gentle whisper and the voice saying, "What are you doing here, Elijah?" Play these at the appropriate points. Alternately, ask the students to try to help you make the sound effects.

Ask: **How do you think Elijah felt waiting for God to speak to him? What do you think he felt about God's speaking in such a quiet manner? Why did God send the wind, an earthquake, and fire first? Does God need to get our attention first before He can speak to us? How does He do that? When do you feel you most need to know God is with you—when everything is going great, or when you are discouraged?**

Accommodations for students with special needs:
Students with hearing disabilities may not be able to depict the various sounds from a distance. Have them sit near the CD player/computer or other device used to play the recording.

YOU NEED:
- ☐ Bibles
- ☐ white/chalkboard
- ☐ markers/chalk

Exploring the Bible

Beforehand, write the following questions and texts on the board. Divide the students into five groups. Say: **Let's explore how God talked directly with other people in the Bible. Each group will take one instance, read about it together from the Bible, and report the incident and the answer to the question to the rest of us.**

1. God spoke to Moses out in the wilderness. How did He appear to him? Exodus 3:2-5. What was Moses commanded to do that Elijah was not? Exodus 3:5.
2. How did God speak to a little boy in the Tabernacle? 1 Samuel 3:3-10.
3. What happened when Moses met God to receive the Ten Commandments? Exodus 19:16-19.
4. When Jesus was baptized how did God speak to those who were there? Matthew 4:16, 17.
5. How does God speak to us today? John 14:26; John 16:13.

Allow time for students to read and discuss their passage, then have each group share.

Debriefing

Ask: **How does God speak to people today? How do you know when God is speaking to you?** (through nature, in prayer and meditation, when reading the Bible, through someone's biblical counsel) **God is always there, but we may feel especially close to Him when we are in difficult situations.**

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Accommodations for students with special needs: Students with impaired vision or with learning disabilities will benefit from having the list of questions and texts in front of them. Allow these students to sit near the board or prepare for them in advance handouts with the above list of questions and texts.

Scenarios

Say: **Elijah ran away from Jezebel because he was afraid and forgot that God was always with him. Let's look at some times we might be afraid or discouraged and discuss how we might deal with these situations.**

1. Another student at school starts to pick on you. They take every opportunity to be mean, especially when no one else is around. You know that if you go to the teachers, it will only become worse. The teachers just don't seem to notice. You are afraid and discouraged. What can you do?

2. You have failed an exam. It means that you may not be able to move to the next grade with the rest of your friends. You are discouraged and fearful about the future.

3. You go to a public school. During the winter you have to leave early on Friday afternoon. The others in the class laugh and make fun of you. You feel very lonely and desperately want a friend who can understand and share things with you.

4. A friend asks you what Seventh-day Adventist Christians believe. You are not too sure what to answer. You are afraid that they will laugh at you, whatever you say. You wish that you had more courage.

5. You find out that there is a group in school who are cheating in exams and homework. They ask you if you want to join the group. You say no, but know that you should tell what is happening. You are afraid of what they will do if you tell what they are doing. You wish you were like Elijah and had the courage to denounce what is wrong.

Debriefing

Ask: **Can you think of any situation for which God's grace is not sufficient?**

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Alternative

Divide into pairs and share a time you were afraid, failed at something, or were confused or unsure of the right thing to do. Tell your partner how you felt and what you chose to do.

Ask: **How were you helped by knowing God was with you? How did it become worse if you forgot that He never leaves us?**

4

SHARING THE LESSON

YOU NEED:
- ☐ Bibles
- ☐ yellow, red, orange yarn

God-Is-Near Reminders

Form pairs. Have partners describe one time when they felt depressed, discouraged, alone, or frightened.

Say: **The Bible has comfort for us when we are depressed, discouraged, alone, or frightened.** Read aloud Isaiah 43:1-5. Have partners discuss whether or not they felt God was with them when they felt depressed, discouraged, alone, or frightened.

After discussion time, ask: **How did knowing that God was present make a difference at that time? How might things have been different if you had remembered God's presence?**

Have students make yarn braids to keep as reminders of God's presence. Give each student three 12-inch (30 centimeter) pieces of yellow, red, and orange yarn. As you distribute to each student a yellow piece of yarn, say: **God the Father is with you always.** Discuss how the color gold or yellow can remind you of God the Father's glory and holiness, as well as His presence with us. Then, as you distribute to each one a red piece of yarn, say: **God the Son is with you always."** Discuss how red is the color of blood that can remind you of Jesus' saving grace available to whoever accepts His atoning sacrifice. As you distribute to each student an orange piece of yarn, say: **God the Holy Spirit is with you always.** Discuss how the color orange can remind you of God the Holy Spirit's power that was revealed as tongues of fire at Pentecost.

Have students knot the pieces together about two inches from one end, braid the yarn together until there are approximately two inches left at the other, then knot that end. They can keep it as it is and use it as a bookmark, or tie the two ends together after looping it to something they use often. Have each student say to their partner "Do not be afraid—God is always with you!"

Debriefing

Have students sit in a circle. Ask: **Why do you think God is always here for us? What can we do that would make God leave us? How does it help to know God is with us when we are depressed or discouraged?**

Think of someone who needs to know that God is always with them. This week share God's love with them. Pray for them. Find out if they have any needs that you can help meet. Tell them

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(Adapted from *Helping Children Know God* [Loveland, Colo.: Group Publishing, 1995], p. 40.)

Closing

Prayer and closing comments:

Say: **Dear Father, right now we are living in a time that is like Elijah's. Many people are not interested in You. We face the same challenge as Elijah did to tell others about You and help them to get to know You. Give us the opportunities to share You, and the courage to follow through. You promised You'd help us. Thank You. Amen.**

Reminder to parents:

Say: **Check out the student Bible study guide to find Parents' Pages for your use in family worship, or however you wish to use them to spiritually guide your children. You may listen to the podcast of the lesson online at www.juniorpowerpoints.org/podcast.php?channel=1.**

Coming up next week:

Say: **Elijah is taken to heaven. God forgives our failures, picks us up, and helps us join Him in His work again.**

Notes

Student lesson

Running From God

Have you ever stood next to a busy highway or a building site where there were lots of noisy machines? How easy was it to talk to someone? Did you need to shout or whisper? Elijah discovered God's power in both the powerful, loud events and the still, quiet whisper.

After more than three years of drought, it rained. Queen Jezebel wasn't impressed. Elijah had killed all 450 of the prophets of Baal and started a spiritual renewal in Israel. The people had returned to Jehovah God. Jezebel refused to believe in Elijah's God. She boldly declared that Elijah must die.

A messenger sent from Jezebel walked quickly, bringing news to the prophet. The servant said, "I have come from Queen Jezebel. She sends this message to you: 'May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them'" (1 Kings 19:2).

Elijah had faced hundreds of people on Mount Carmel, all of whom blamed him for the misery caused by the drought and famine. He had faced the prophets of Baal. Elijah had stood against the power of evil and drawn the people back to God. Yet when Elijah got this message from Jezebel, he forgot how God had taken care of him during the drought.

He forgot about ravens bringing him food. He forgot about flour and oil lasting for three years. He forgot about the fire that fell from heaven revealing God's power. Elijah seemed to forget about the power of God. Jezebel threatened him, and Elijah ran for his life. But God did not forget His servant.

Finally Elijah fell asleep on the hard ground. He wanted to die. A soft hand touched his shoulder. Elijah jumped awake, thinking one of Jezebel's servants had found him. But a kind face looked at him. God had sent an angel to His frightened servant. "Get up and eat," the angel said, pointing to a loaf of bread and a jar of water. Elijah ate the food and fell asleep again. A second time the angel woke Elijah and told him to eat. Then Elijah traveled 40 days and more than 100 miles. Finally, at Mount Horeb in southern Palestine, Elijah stopped.

Weary and discouraged, Elijah hid in a cave. God came to the entrance of the cave and said, "What are you doing here, Elijah?" God had sent him to Ahab with His message. God had fed him through ravens at the brook Kerith. God had preserved his life with the widow's food at Zarephath. God had sent him to stand alone before the priests of Baal. God had given him the strength to run in front of Ahab's chariot. God had started a reformation in Israel through this man. "What are you doing here, Elijah?" echoed the words of the Lord in the prophet's heart.

Elijah answered, "The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

God said to Elijah, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by" (1 Kings 19:10, 11).

Suddenly a powerful wind tore the mountains and scattered the rocks, but God was not in the wind. Then an earthquake shook the ground, but God was not in the earthquake. Next a fire swept across the mountain, but God was not in the fire. Last came a gentle whisper.

Elijah recognized that God was present there. Covering his face with his cloak, the prophet hurried out of the cave. Suddenly he realized that God doesn't always reveal Himself in a powerful way. Sometimes He shows Himself in small, quiet ways. Elijah needed only to trust God to take care of him.

Elijah heard God asking again: "What are you doing here, Elijah?" The prophet replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

But Elijah was not the only one who had remained faithful to God. The Lord told him that there were 7,000 other followers of Jehovah who did not worship Baal. God spoke to him saying: "Go back the way you came" (verses 13-15).

Though Elijah ran away, being overcome by the fear of death, God did not reject His faithful servant. The prophet still had a work to accomplish. Strengthened with power from God, Elijah once again accepted the call to restore the worship of the true God in Israel.

KEY REFERENCES

- 1 Kings 19:1-18
- *Prophets and Kings*, chaps. 12, 13, pp. 155-176
- *The Bible Story* (1994), vol. 5, pp. 38-43
- Our Beliefs, nos. 7, 3, 11

POWER TEXT

"Keep your lives free from the love of money and be content with what you have, because God has said, 'Never will I leave you; never will I forsake you'" (Hebrews 13:5).

POWER POINT

God is always with us, even in discouraging times.







Sabbath

DO Do this week's activity on page 33.

Sunday

READ Read Hebrews 13:5 and this week's story, "Running From God."

MAKE Make a paper cave and write on it the power text, Hebrews 13:5.

LEARN Begin to learn the power text.

PRAY Ask God to help you hear when He speaks to you.

Monday

READ Read 1 Kings 19:1-9.

THINK In the story Elijah was afraid and ran for his life. Yet God did not give up on him. He gave Elijah evidence that He would continue to provide for him.

WRITE In your Bible study journal, write about how Elijah's story encourages you to trust God even when you are facing difficult times.

PRAY Pray for a friend who is facing a crisis situation and is afraid or discouraged.

Tuesday

READ Read 1 Kings 19:10-14.

THINK How do people today break down God's altars?

APPLY Try to apply God's question to Elijah—"What are you doing here?"—to your own life.

WRITE Think about what answer you would give to God if He asked you the above question. In your Bible study journal, write down what you would respond.

PRAY Ask God to reveal to you His purpose for your life.

Wednesday

READ Read 1 Kings 19:15-18.

REFLECT Elijah felt discouraged, thinking that he alone had remained faithful to God. But God revealed to him that there were many more faithful worshippers of God.

WRITE Think of a time you felt alone and nobody around you was there to help or support you. What is your source of encouragement when you are alone? Write your answer in your journal.

PRAY Remember to tell Jesus your problems, and listen to His words of comfort written in the Bible.

Thursday

READ Read about Moses' experience when he saw the Lord on a mountain—Exodus 33:19-23.

CREATE Compose a song or verse about how Elijah experienced the presence of God.

ASK Ask two people about a time they felt God very near to them.

PRAY Thank God for revealing Himself in many ways.

Friday

READ Read 1 Kings 19:1-18 responsively with your family.

SHARE Share your experiences about times God has shown His grace to you as a family.

TEACH Teach your family your song or verse.

SAY Repeat the power text by memory.

PRAY Pray that you will experience God's grace in a special way during the Sabbath.