

Elijah in the Cave

Level C | Lesson 5 | Teacher Overview

Key Message: The Lord speaks to us in His Word.

Text: 1 Kings 19:1-18

Activity Options (choose 2 or 3)

1. Talk About It
2. Make: An Egg Cave for Elijah
3. Take Action: Find the Still Small Voice of Conscience
4. Meditate and Activate



1 Kings 19:9

He went into a cave, and spent the night in that place; and behold, the word of the Lord came to him, and He said to him, “What are you doing here, Elijah?”

Talk About It

I Kings 19:1-18: Out of the Cave

1. Today we heard about Elijah going into the wilderness by himself. What is the wilderness like? (It is a wild place where wild plants grow and wild animals live.) Places mentioned in the Word picture various states of mind. What might a mental “wilderness” feel like? (It might feel like a state when the Lord is not present with His truth and love.)
2. Elijah went away by himself where he would be all alone because he was discouraged—he could not feel that the Lord was with him and went to hide. Can people hide from the Lord? (No—the Lord never leaves people, but we can distance ourselves from Him by not thinking about Him or rejecting Him.)
3. Who came to help Elijah while he slept? (an angel) What did the angel give him? (The angel gave him a cake to eat and a jar of water to drink twice.)
4. Elijah was able to go on a mountainous journey for 40 days and nights without any other food. “40” in the Word represents a state of temptation. The angel strengthened Elijah during this time of temptation. What can give us strength during our times of struggle? (The Word.)
5. Where did Elijah go from there? (He went into a cave on Mount Horeb, where he slept for the night.)
6. What time of day did the Lord come to Elijah? (He came in the morning.) Times of day in the Word are pictures of our states of mind. Notice that the Lord came when Elijah was ready for a new day—for a new mental outlook.
7. What did the Lord tell Elijah to do? (He told him to go out on the mountain before the Lord.) What did he see? (a big wind, an earthquake and a fire) Imagine what it must have felt like to hear the wind and see the trees bending, to watch the rocks fall, and to feel the heat of the fire! Was the Lord in these things? (No—they are forces in our minds that distract us from seeing Him clearly.)
8. And then Elijah heard the Lord! Where was He? (in a still small voice)
9. How does the Lord speak to us today? (in the Word, or through people like our parents, teachers or ministers who tell us what the Word says, and through our conscience) Is it easy or difficult to hear the Lord’s voice?

Make: An Egg Cave for Elijah

I Kings 19:1-18: Out of the Cave

Students will create a three-dimensional model showing Elijah in the cave on Mount Horeb with the wind, fire and earthquake outside the cave.

Supplies Needed for Each Student

- cleaned and prepared egg shell (see below)
- a few squares of red, yellow or orange tissue paper
- small pieces of brown or gray paper
- silver or blue glitter or a blue felt tip marker
- colored pencils or markers
- scissors
- copy of small kneeling Elijah figure (see attached sheet)
- copy of collar for egg cave with quotation (see attached sheet)
- glue
- toothpick or Q-tip



Teacher Preparation

You will need raw eggs and a small pair of scissors with sharp points. Cradle the egg in the palm of your hand. Jab one of the sharp scissor points into the side of the egg. Don't worry about it being a perfect hole. You will be cutting away from this hole, so it doesn't matter. Use the scissors to cut out an oval hole on one side of the egg. Pour the contents of the egg into a container and save to use for cooking. Trim the hole carefully. Rinse out the shell with cool water and let it dry.

Optional: When dry, dab the edges of the cut-out with glue to strengthen them. *Note:* Prepare a few extra eggs for the class in case of breakage.

Project Directions

1. Have students color and cut out their Elijah figures.
2. Carefully, glue the figure to the bottom of the cave using the attached tab.
3. Have students dip their Q-tips or toothpicks into glue and draw swirls all over the outside of their eggs to represent the wind. Sprinkle glitter over the egg and then shake the excess off onto a piece of scrap paper or into a box. Alternatively, use a blue felt tip marker to draw wind swirls on the egg.

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4. Cut some rock shapes out of the brown or gray paper and glue them in a few places on the egg to show the rocks tumbling in the earthquake.
5. Tear pieces of tissue paper and glue them to the outside of the egg to represent the fire.
6. The Lord was not in any of these three things, but after they had all passed by, Elijah heard a still small voice. And the Lord asked him, "Elijah, What are you doing here?" Have students trim their text strip. Make a circle of the strip with the writing on the outside and tape the ends together. This forms a collar for the egg to sit on for display.





Egg Cave Collars

cut page in half vertically and then cut evenly between quotations

“WHAT ARE YOU DOING HERE, ELIJAH?”
1 KINGS 19:13

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Take Action: Find the Still Small Voice of Conscience

I Kings 19:1-18: Out of the Cave

Read the story of I Kings 19:1-18, and then act out the story using creative movement to suggest the forces of nature. A blindfolded student will play the part of Elijah and search for the “still small voice” above the noise. Follow the enactment with a discussion about the mental forces that are being described in this vivid story and the part they play in our daily lives.



Props suggested for this activity

- **Wind**—lightweight scarves, or a length of hollow tubing to swing around and make swishing sounds
- **Earthquake**—smooth stones to crack together, musical shakers, sticks or tambourines to create the sounds of rocks crashing
- **Fire**—crinkling paper, cans or plastic bags to create crackling sounds
- **Voices**—students may use their voices to make these sounds also

Activity

1. Read the story of Elijah from I Kings 19: 1-18 aloud with the students.
2. Talk about the four things that Elijah saw and heard on Mount Horeb; the wind, earthquake, fire and the still small voice.
3. Brainstorm ways in which you might act out these mighty forces of nature. Include each of the senses: sight, hearing, touch, smell, and taste.
4. Choose one student to be Elijah, and one student to be the still small voice.
5. For a large group, divide students into groups. One group will act out the wind, one the earthquake, and one the fire. For a small group, have all of the students act the story together; first the wind, then the earthquake, and then the fire.
6. Blindfold “Elijah” and turn him or her around so that the person loses his or her orientation in the room. The student who plays the still small voice will move in the room so that their location is unknown.
7. The students will now act out the forces of nature. Students may also use the sounds of their own voices to create noise.

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8. While the forces of nature are making noise and moving around, the student playing the still small voice will quietly whisper, “Why are you here Elijah?” Elijah will try to find the still small voice over the sounds in the room.
9. Repeat activity if the students want to do it again.

Discussion

Elijah was walking on Mount Horeb, the Mountain of the Lord. The forces that Elijah saw and heard are things that we experience in our lives. Let’s look at what they are.

- **Wind**—the way we reason things out, justifying our actions.
 - **Earthquake**—earthquakes dramatically change the shape of the earth. Earthquakes in our own lives are times of great change, e.g. we start going to a new school, or completely change our perspective on something or somebody.
 - **Fire**—our passions, or the things that delight us.
 - **Still small voice**—the Lord speaks to us through our conscience, i.e. what is from the Word in our minds.
1. How do our thoughts, times of change or passions block our way to finding the Lord in our life?
 2. What did the Lord tell Elijah to do? (Read I Kings 19:15-18) The list is a series of tasks that were part of his job.
 3. What does the Lord ask us to do when we hear His voice?



Meditate & Activate

Thinking or meditating about a passage from God's Word and finding opportunities to put it into action can be a powerful experience. Keep this card intact or cut out the illustrated quotation to use as a bookmark or put up somewhere in your home.

Meditate: Are you a good listener? Do you lean in (incline) toward someone who is speaking to you? Do you even mirror back what another person has said to show you have truly heard him or her?

Activate: Actively listen for the Lord's voice today. Try reading the Word, praying for guidance, or taking a walk to enjoy the beauty of the Lord's creation. Look for a message of love or a sense of direction from the Lord.



To make a stronger bookmark, print this page on heavy paper or cardstock, cut in half and give half to each student.

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