

Look Closer: Visiting the Upper Room

I Kings 17:16-24: Elijah Revives the Widow's Son



Our minds experience many kinds of thoughts! Some of them are worldly, and some are heavenly. This activity is designed to build awareness of the kinds of thoughts we have, and to look at ways we can cultivate higher thoughts.

Supplies Needed for the Class

- copy of “Visiting the Upper Room” (see attached)
- pens or pencils
- post-it notes or cut up squares of paper
- large chart paper, board or overhead projector
- *optional*: tape

Teacher Preparation

Set up chart paper, board or overhead ahead of time for group activity (see following page for directions on what it should look like).

Directions

Follow the scripted introduction and activity. Complete activity with the discussion that follows.

Visiting the “Upper Room”

I Kings 17:16-24 New Life for the Widow’s Son

Many kinds of words

We have words that express many kinds of thoughts. Some thoughts are about worldly things and others are about spiritual or eternal things. I’m going to give you some words, and I want you to write down the first thing that comes into your mind when I say each one. For example, if I say water, you might write down *wet*, *bath* or *hot* or you might write down *truth* because this is the spiritual meaning of water. Let’s see what comes to mind. I’m hoping that we will have many different words. Write each word down on a separate post-it, or on a piece of paper.

Food	Mountain
Drink	Ugly
Sleep	Baby
Fire	Beautiful

Now we are going to look at the different words people have come up with. Invite students to give responses on each word and talk about whether what came to mind for them was a worldly or spiritual idea. Record student responses on the chart you have set up. (Brainstorm spiritual or worldly ideas if all students come up with one type of idea. Add them to the chart also.)

Sample Chart for Student Responses

Word	Worldly Ideas	Spiritual Ideas
Food		
Drink		
Sleep, etc.		

Visiting the “upper room” of our minds

Just as we have words that describe different kinds of ideas, our minds have different parts. One part of our mind thinks about worldly things (e.g. eating, sleeping), and another part thinks about spiritual things. When we think about spiritual things, it is as if we are going to the upper room of our minds, just as Elijah went to the upper room in the widow’s house. Spiritual thinking is a higher form of thought.

Discussion

1. Why is it useful to visit the “upper room” of our minds? (It is where we meet with God.)
2. How might this revive us, in the way that the widow’s son was revived? (We can look at things we are doing in our life from a higher, spiritual, vantage point. Our sense of the Lord’s presence can be restored in our life, and our priorities can change.)
3. What things can you do to make going to the upper room a habit? (read the Word, pray, go to church, stop and think before acting, listening to conscience, display quotes from the Word where you will see them easily)
4. What kind of life would we be living if we never visited the “upper room”? Could a person who leads this kind of life go to heaven after death?