

# God Visits Elijah

A story based on 1 Kings 19:1–4, (5–7) 8–15a

Elijah was frightened! Elijah had been speaking about God's love to the people. But some people were very angry with Elijah and wouldn't listen to him, so Elijah ran far, far away into the desert.

There in the desert, Elijah lay down.

Elijah was very hungry.

Elijah was very thirsty, too.

And then Elijah fell asleep.

But soon, deep down and all around, Elijah heard a message, "Get up and eat." Elijah looked around and saw a jar of water and some bread. And then the voice said again, "Eat or else you will be too tired to travel." So Elijah sat up and ate and drank. The food and water made him strong enough to travel again. Elijah travelled for many, many nights until he came to a mountain where he found a cave to rest.

Elijah listened for God's voice.

First, Elijah heard a great and powerful wind.

But Elijah didn't hear God in the wind.

After the wind stopped, the earth began to shake. But Elijah didn't hear God in the earthquake.

Then Elijah heard the sound of fire.

But Elijah didn't hear God in the fire.

Then everything was still and quiet. Shhh.

Then there was a tiny, small voice – just a soft, soft whisper. Elijah covered his face.

"What are you doing here, Elijah?"

In the stillness, Elijah heard God telling him not to give up. God had important work for Elijah. Then Elijah knew that God was always going to be with him, no matter what. Even when he was frightened, God would be with him. Even when he was hungry and thirsty, God would be with him.

Even when he was very, very quiet, God would be with him.

Elijah climbed down the mountain.

"I'm ready," Elijah said. "I'm going to continue to tell everyone about God's love."

And that's exactly what Elijah did.

## Create: Labyrinth

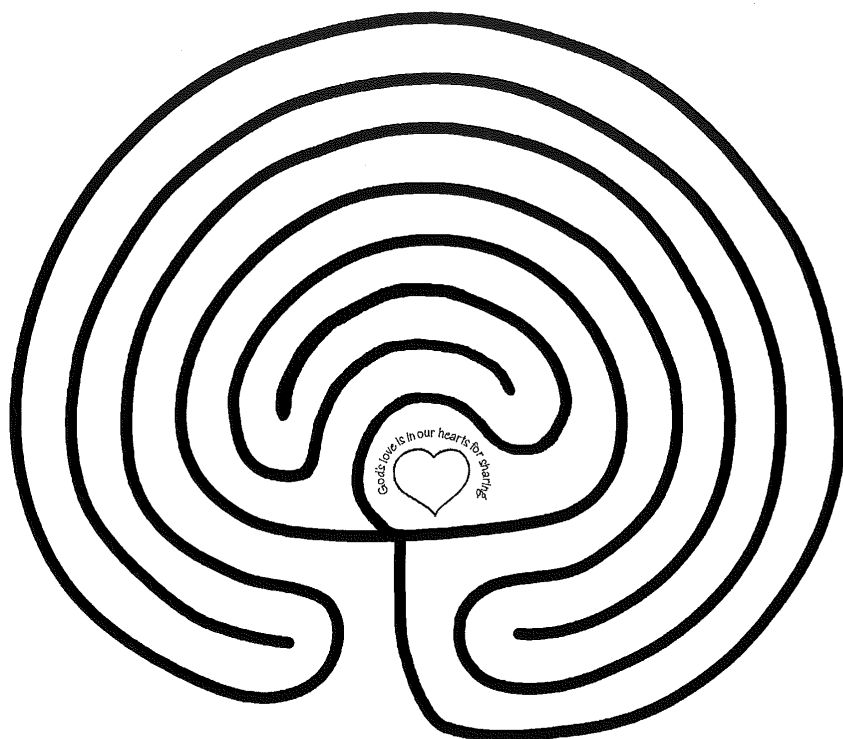
A labyrinth is a special path for praying, or listening to God. The path takes you into the middle and out again. Decorate the path of this labyrinth with markers or crayons that remind you of God's love. With your finger, trace this labyrinth slowly to the middle and then back out again.

You might repeat this prayer as your finger moves slowly into the labyrinth:

*God of love,  
I am listening for your voice deep inside  
my heart.*

As your finger moves slowly out again, you might say this prayer:

*God of Love,  
show me how to share your love with  
others.*



## Activity: Mandala

When we are quiet and still, we can become aware of quiet, gentle sounds that we might not notice when we are busy and active. The smell of flowers, soft breezes on our face, the sound of a bird in the distance. Concentrating as we decorate a mandala can help us practice silence

and be aware of deep-down thoughts and feelings. Find a place where you can be still and not distracted by others and use your markers to decorate the patterns in this mandala.

