

# Elijah



*Baking Through the Bible*

# Elijah



## Week Two Overview

**Family Devotion** - Elijah Flees to Mount Horeb (1 Kings 19:1-9)

**Color of the Week** - **Pink**

**Bible Memory Verse** - 1 Kings 19:5b

**Bible Story Recipe** - Using the Bible story, create a recipe that tells this story

**Baking Through the Bible Art** - Draw a picture of the story of Elijah and the angel

**Baking Through the Bible Craft** - Baker's Hat

**Baking Through the Bible Family Activity** - Campfire Hobo Packs

**Recipe of the Week** - Oreo Cake



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# Family Devotion



## 1 Kings 19:1-9

Have you ever stopped to think about how food affects your body? Ever noticed how you have more energy and strength when you eat, especially after you eat healthy foods? If not, take notice of how you feel when you are hungry and then how you feel after you eat something. And then notice how you feel after eating something that's healthy for you. It will give you lots of strength and energy to do what you need to do each day.

We see how food affects your body and gives you strength in today's story of Elijah. Elijah is on the run from Jezebel (the wife of King Ahab who is a mean king). Jezebel does not like Elijah and wants to kill him. Elijah becomes afraid and takes off and hides so he will not be killed. On his journey Elijah becomes tired of running and soon falls asleep underneath a tree. He is woken up by an angel who tells him to "*Get up and eat.*" (1 Kings 19:5b) The Bible says that lying next to his head was some bread baked over hot coals and a jar of water (the NRSV translates it to say it was a cake baked over hot coals). So Elijah eats and goes back to sleep. Then the angel wakes him up again and tells him to eat because the journey is too much. So he gets up and eats and drinks again.

And then the Bible says something really amazing. In verse 8 it says "*Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.*" Isn't that cool? The food that God provided for him to eat gave him the strength he needed to continue his journey to Mt. Horeb (which ends up being where God appears to Elijah...read on through verse 18 for that story).

God is our Provider (in Hebrew the word is Jehovah-Jireh). He gives us all we need each and every day. And food is given to us by God to help keep us strong. So next time you eat and say the blessing, ask God to bless the food you are eating and to make you strong so you can do all that He has planned for you that day.

*Jehovah-Jireh, thank You for providing the food Elijah needed to make the journey. Please continue to provide all that I need for my journey in this life. Give me strength to do all You ask of me. Amen.*

# Bible Memory Verse



**"All at once an angel  
touched him and said,  
'Get up and eat.'"  
1 Kings 19:5b**

# Bible Story Recipe



On the following sheet of paper, you are given a recipe template. Using this template, create a recipe using the different parts of the Bible story!

For example...the title of the recipe could be the name of the Bible story. The ingredients could be the people and places in the Bible story. The directions could be a version of what happened in the story. Be creative!



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# Recipe for

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## Ingredients

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## Directions

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# Baking Through the Bible Art



In the space below, draw a picture of the story of Elijah fleeing to Mount Horeb and being visited by an angel.



# Baking Through the Bible Craft



## Baker's Hat

Every baker needs a hat! In this craft, you will be designing your own baker's hat! You can do this craft one of two ways:

1. You can purchase a child's baker's hat online (you can buy 12 for \$19.99 on the Oriental Trading site or you can buy individual ones on Amazon).
2. If you do not want to purchase your own baker's hat, you can print out the following page and have your child design their own hat!

**Supplies Needed:** *baker's hat (or baker's hat printable on following page), fabric markers, paint pens or acrylic paint (or regular markers for baker's hat template)*

Using the marker or paint of your choice, design your baker's hat the way you like! Make sure to include the Memory Verse for the whole week: *"Taste and see that the Lord is good." (Psalm 34:8a)*



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# *Baking Through the Bible Craft*



# Baking Through the Bible Family Activity



## Campfire Hobo Packs

**Supplies Needed:** aluminum foil, ground beef, potatoes, carrots, onions (chopped), onion soup mix, salt & pepper, campfire (or outdoor grill if no campfire available)

One of my favorite things to make around a campfire are hobo packs! If you don't have access to a campfire, then you can cook these on an outdoor grill.

Do the following for each person. 1 hobo pack per person. Tear off a long piece of aluminum foil. Crumble raw ground beef onto foil (or can make a patty if you like). Cut potatoes into small pieces and place on top of the beef. Add carrots and onions. Salt and pepper everything. I also like to add onion soup mix to top it off. Lastly, fold the aluminum foil tightly around the pack. Place packs on hot coals on the campfire or grill. Cook until well done.



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# Recipe of the Week



## Oreo Cake

12 Oreos finely chopped  
1 pkg white cake mix  
3/4 cup water  
1/2 cup sour cream  
2 Tbsp vegetable oil

### Icing

6 Oreos finely chopped  
1 1/2 cups powdered sugar  
1/4 cup sour cream  
3 Tbsp butter, softened

Preheat oven to 325°. Spray bundt cake pan with cooking spray. Combine cake mix with water, sour cream, and vegetable oil. Pour half the batter into the pan. Sprinkle chopped Oreos onto batter. Pour the remaining batter over the Oreos. Bake for 50 minutes or until toothpick comes out clean. Cool in pan for 10 minutes then take out of pan and cool completely on rack.

### Icing

Combine powdered sugar, sour cream, and butter. Beat mixture until smooth. Pour icing on top of cake allowing it to flow down the sides of cake. Sprinkle crushed Oreos on top.