



The Elijah Project Teen Teaching Guide

To The Group Leader:

Thank you: for embarking on this journey with teens (13-18 year olds). It is recommended that you complete the adult version of the Elijah Project in order to give depth to the teen study. If that is not a possibility, then please complete the teen workbook yourself before you teach so that you have a feel for the flow and can share personal examples.

Vulnerability: I believe God has given us the most intimate picture of vulnerability by sending Jesus to die on a Roman cross. Please consider Jesus' example as you share from your personal journey and providing teens a safe place to share their deepest feelings and life experiences. Prayer is a very intimate activity - allow teens the choice to pray silently or out loud, depending on their comfort level.

Keep in mind: Depending on the emotional maturity of your group, some of the things teens may be struggling with may seem minor or unimportant. Validating every concern, stress and prayer request as if it were life and death will allow teens to go deeper. Also, allow teens the ability to *pass* during the activities, if they are not ready to share that part of their story. This provides a safe place for teens to grow emotionally and spiritually.

Supplies/Suggestions:

*Colored pencils

*Pencils with erasers

*A box of tissues

*A timer or egg timer - this can be used as a “wand of power”. The guideline is: if you have the timer, you have the floor. This also helps give teens who are quiet time to share and it provides some guidance for those who are talkative. Other suggestions for a “wand of power”: a squishy ball, bean bag, rain stick.... be creative!

*Collect the books each week, so teens don't have to remember to bring them from week to week.

*Confidentiality: Please encourage a spirit of confidentiality. Ask Teens to keep the stories and activities shared in group private. Explain that being a safe person is keeping private information private. As a group leader - share that the only time you will share something outside of group is if a teen threatens to hurt someone else or themselves (then you must notify a parent or guardian and get help).

*Prayer: Elijah had a very intimate relationship with God. He understood God's directions because he talked with Him all the time. Please make prayer an important part of each weeks lesson.

*Read each lesson as there are a few suggestions for extra activities outside of the workbook. (week 6: build a tower)

Lesson 1: Who is Elijah/Who Am I?

Pray: Begin the Elijah Project journey with a short opening prayer.

Review: Some Helpful Things to Know on page 3-4.

Note: Encourage teens to identify a safe person - a parent, relative, teacher or adult friend who they can share their journey with.

Activity 1: Complete page: 5.

Share: Encourage teens to share the one word they chose from each feeling category.

Read: “Now Elijah the Tishbite, from Tishbe in Gildead, said to Ahab, ‘As the Lord, the God of Israel, lives whom I serve, there will be neither dew nor rain in the next few years except at my word.’” 1 Kings 17:1.

Activity 2: Write down what you remember about your life. (page: 6).

Share: Encourage teens to share. Take turns - using the wand of power!

Activity 3: Provide colored pencils and encourage teens to color “Who am I?” (page: 7).

Share: Encourage teens to share. Take turns - using the wand of power!

EXTRA: If time permits, encourage teens to complete **Activity 4:** Tell Your Story on page: 8-9.

Pray: Encourage kids to share their prayer requests and close in prayer.

Lesson 2: The Brook Dries Up/Help I’m Stressed!

Pray: Do a quick recap of last week’s lesson: We learned about Elijah and talked about who we are.

Read: 1 Kings 17:2-7.

Encourage a teen volunteer to read the top of page: 10 out loud for the group.

Activity 5: What are your top 10? (page: 10). Encourage one teen to read the top ten sources of stress for kids. Then provide pencils and give teens 5 - 10 minutes to make their own list.

Share: Encourage teens to share their lists. Take turns - using the wand of power!

Activity 6: Encourage a teen volunteer to read the questions on page: 11. Then encourage teens to draw or write about what they want to stop. (page: 11).

Share: Encourage teens to share their drawings. Take turns - using the wand of power!

Pray: Encourage teens to write or draw a prayer on page: 12 and then move around the circle allowing teens to read their prayers out loud as a closing. (It is important that teens have an opportunity to pass - praying out loud is a very vulnerable activity and not everyone will be ready for it.)

Lesson 3: Another Story of Provision

Pray: Do a quick recap of last week's lesson: Ask teens to share what they pondered last week.

Read: 1 Kings 17:8-16. Encourage a teen volunteer to read page: 13.

Activity 7: Take a few minutes to look at the feeling dolls on page: 5. Choose a word to describe what fear looks like for you. Write it at the bottom of page: 13.

Share: Encourage teens to share their words. Take turns using the wand of power!

Activity 8: Fill in your Provision Bird with words or pictures of all that God has provided for you.

Share: Encourage teens to share their Provision Bird. Take turns using the wand of power! Help teens to link up their bird of provision with the ravens God sent to Elijah in the Kerwith Ravine. Encourage teens to think outside of their wants to their needs - and identify how rich God's provision is.

Pray: Encourage teens to pick out one provision to thank God for. Provide the following helpful prayer starter: "God thank you for providing ___ for me." Amen

Lesson 4: What Have I Done Wrong?

Pray: Do a quick recap of last week's lesson: Ask teens to share any provisions they noticed throughout the week.

Read: 1 Kings 17:17-24. Encourage a teen volunteer to read pages: 15-16.

Activity 9: Write down the worst think you believe about yourself.

Activity 10: Using colors, images and words... draw the things you believe about yourself in the first doll. Use the second doll to illustrate what God says about you.

Share: Encourage teens to share their pictures. Take turns using the wand of power! As a leader prepare a list of Bible verses like Psalm 139:14 that specifically highlight how God created us in His image. You may need to reframe and help teens come up with positive attributes about themselves. Don't let SATAN win!

Pray: Encourage teens to complete page: 18. Then take turns while each teen reads the verse with their name in it! (Always provide space to pass). This is POWERFUL!

Lesson 5: How to Find a Good Friend... How to Be a Good Friend.

Pray: Do a quick recap of last week's lesson: Ask teens how they felt with last week's closing prayer, seeing their name in God's word.

Read: 1 Kings 18:1-15. Encourage a teen volunteer to read from pages: 19-20.

Activity 11: Read the instructions at the top of page: 21 out loud. Provide pencils with erasers. Encourage teens to fill out their circles. After teens have completed their circles read the bottom of page 21.

Share: Encourage teens to share (out loud - keep pictures private as their may be friends, siblings in their group) what most surprised them from the activity. Read the top of page: 22. And encourage teens to share a time when they "threw their pearls before swine."

Activity 12: Encourage teens to answer the questions on page: 22.

Share: Encourage teens to share the answers to their questions with each other.

Pray: As a leader pray for the teens by name, asking God to provide them good safe friends and to give them courage to be a good safe friend.

Closing: Encourage teens to fill out the broomier on the bottom of page: 22.

Lesson 6: The Big Showdown/What is My Idol?

Pray: Do a quick recap of last week's lesson: Ask kids how their friendships went this week.

Read: 1 Kings 18:16-39. (pages: 23-24)

Activity 13: What are your idols? Spend a little time talking about modern day idols. Share some of your own. Encourage teens to make a list of their idols (page: 25).

Share: Encourage teens to share their list. Encourage teens to draw or write a prayer (page: 25). Then identify a time when God protected or provided for last week.

Activity: Divide teens into groups of 2-3. Provide supplies, dixie cups, tooth picks, marshmallows, gum drops, etc. and give them about 10 minutes to create a building with the supplies. When the time is up, allow each group to talk about the process. Were they successful? How hard was it? And then... what was the common problem (hopefully that there was not a firm foundation). Help teens make the connection between trusting in idols (sand) and God (the firm foundation).

Pray: Pray a blessing over the teens - asking God to be their firm foundation.

Lesson 7: What's a Broom Tree Anyway?

This is your final week. Prepare teens to take their workbooks home.

Pray: Do a quick recap of last week's lesson: Ask teens if they identified any new idols during the week.

Read: 1 Kings 19:5-9. (page: 35)

Activity 20: Using words write a minimum of 5 things you like to do. (page: 36).

Share: Encourage teens to share their lists and the answers to the questions on the bottom of page: 36.

Activity 21: Fill in your broom tree. (page: 37). Once teens have shared their lists it may give others more ideas so their tree is even more full.

Read: 1 Kings 19:9-13. (page: 38)

Activity 22/Closing Prayer: Complete the steps for Lectio Devina on page: 38.

Homework: Encourage teens to continue their Elijah Project journey by completing pages: 39-41 at home.

Extra Lesson 8: But I'm Scared and Other Feelings

Pray: Do a quick recap of the last week's lesson.

Read: 1 Kings 19:1-5. (page: 26)

Activity 14&15: Complete the feeling dolls on page: 27. Answer the questions on page: 28.

Share: Encourage teens to share their pictures and the answers to their questions on page: 28.

Activity: Write a prayer asking God to help you release your fear to Him on page: 29.

Share: Encourage teens to read their prayers out loud - using the wand of power if needed.

EXTRA: If time allows follow the pattern from above and complete: Activity 16 (page: 30), Activity 17: (page: 31), and Activity 18: (page: 32). As a concluding activity complete the feeling chart on page: 33. As time permits have teens share their drawings and their chart. (This could be an additional 2 lessons if you have a group who is taking their time and invested in feeling identification.)

Pray: Thank God for our emotions and encourage teens to give a one or two word prayer for the feeling they appreciate most, thanking God for providing emotions.