GENESIS TO REVELATION | BIBLE ACCOUNT

The Widow's Flour and Oil

1 Kings 17:8-16



YOUR BIBLE READING

God’s promised provision sustained a vulnerable household.

Inside: two extended reading pages, a thoughtful reflection, creative activities and a grown-up guide.

AGES 6-10 WITH AN ADULT • 6 COLORFUL A4 PAGES • ENGLISH ONLY

EXTENDED ENGLISH READING • PAGE 1 OF 2

A Mother's Nearly Empty Jars

1 Kings 17:8-16



The drought had made food difficult to find. God directed Elijah to Zarephath, a town belonging to Sidon, and told him that a widow there would provide food for him. Elijah traveled to the town. At its gate, he found a woman gathering sticks. She was the widow named in God's instruction, a mother trying to prepare something to eat during a time of terrible shortage.

Elijah asked her to bring a little water in a container. As she went to get it, he also asked for a piece of bread. She explained how little she had. There was no baked bread ready to share. Only a handful of flour remained in a jar, together with a little oil in another container. These were the ingredients she had for herself and her son.

The sticks were for preparing their food. The woman expected to make a last meal, eat it with her child, and then have nothing left to sustain them. Her words expressed a real fear of death from hunger. She was not describing a small inconvenience or a wish for a fancier dinner. A mother and child faced the frightening possibility that the food they needed would soon be gone.

Elijah told her not to be afraid and brought a specific promise from Israel's God. The jar of flour would not be used up, and the oil would not fail, until God sent rain on the land. He asked her to make a small loaf for him first, then food for herself and her son. His request came with that particular promise; the coming provision was meant to sustain her household too.

Remember: God's care reaches people beyond familiar places.

EXTENDED ENGLISH READING • PAGE 2 OF 2

Enough Through the Days

1 Kings 17:8-16



The woman went and prepared food as Elijah had said. The account tells us that she, Elijah, and her household ate for many days. The small supply did not come to an end as she had feared. There was flour to prepare and oil to use. The rain had not yet returned, but the people in this home received what they needed to continue eating during the drought.

The wonder of the story is stated simply. The flour did not run out, and the oil did not fail, according to the word God had spoken through Elijah. We are not told that new jars appeared or that the containers became overflowing mountains of food. Those would be extra details. The account draws our attention to a faithful promise and to daily provision that continued through a difficult time.

Zarephath was outside Israel, in the region of Sidon. God's care in this account reached a household beyond the prophet's own people. The woman's poverty did not make her invisible or less important. Her need was named plainly, and the promise included her and her son. The food was not only a welcome for Elijah. It was also life-sustaining provision for people who had feared they would have none.

This episode does not describe the end of every hardship in the land. It describes God's particular help for this household during the drought. The story also gives no rule that a hungry person must surrender their last meal whenever someone asks. Elijah carried a specific word about these jars. Reading carefully means keeping that promise connected to this account, while allowing its picture of practical care to deepen our concern for hungry neighbors.

Pause and think: What would respectful, practical help for a family short of food look like in your community?

THINK, NOTICE & GROW

Care Where Food Is Scarce



Hunger is not a measure of a person's goodness. People can have too little food because of drought, illness, loss of work, war, or many other difficulties. The widow's nearly empty jars invite compassion. We do not need to make up reasons to blame her. In the story, her household's need is important enough to be clearly described and included in God's promised care.

For our lives today, helpful kindness may mean sharing through a trusted family or community food program. It may mean telling a grown-up that someone needs lunch. Children are not responsible for solving a family's food shortage, and they should not feel pressured to give away essential food or money. If you are worried about having enough, ask a trusted adult to help you find support.

Gratitude can grow beside concern for others. At a meal, you might notice the food you have and the people whose work brought it to you. You can also ask what kind of help would be useful to someone else, rather than deciding without listening. The widow's story keeps our attention on real nourishment and on people whose needs deserve care and respect.

A SMALL STEP FOR TODAY

God's particular promise sustained the widow's household and shows care for people facing hunger.

What would respectful, practical help for a family short of food look like in your community?

Read, Remember & Create

Name: _____ Date: _____

1 Think about the reading

1. What food supplies did the widow have?

2. Who had food because of God's provision?

2 Put the ideas in order

Write 1, 2 and 3 for the order these ideas appear in the reading.

- ☐ He told her God's promise about the flour and oil.
- ☐ Her household ate for many days as the supplies lasted.
- ☐ Elijah met the widow gathering sticks.

3 Draw a meaningful picture

Draw the widow's flour jar and oil jar beside bread for the household.

Tell someone how your picture connects to the reading.

Read & Grow Together

Read and learn with context

This English edition is designed for ages 6-10 with an adult. Read both extended readings together, or enjoy one each day. Pause at unfamiliar words, invite questions and use the reflection page to connect the story with everyday life. These are retellings and lessons with explanations; read the listed Bible passage for context. Poetry, parables, letters and symbolic visions are identified by type.

Remember this

God's care reaches people beyond familiar places.
Original memory thought, not a direct Bible quotation. Related passage: 1 Kings 17:14-16

A thoughtful conversation

Elijah carried a specific promise for this household. Never use this story to pressure children or struggling families to give away food or money in return for a promised miracle.

Activity answers

1. A little flour and oil.
2. The widow, Elijah, and her household.
Sequence boxes, top to bottom: 2, 3, 1. Personal responses and drawings will vary.

Optional prayer

God, help us care about families who need food. Amen.

Print and share

Each pack has 6 pages. Print on A4 at Actual Size (100%). The worksheet is page 5. You may print just that page, or use the separate 150-page activity book. The collection contains 150 packs in Bible book order, 15 volumes and one ZIP. Catalog pack IDs stay the same when new readings are added.

Sources and sharing

English retellings, lessons, reflections and activities by DigiPick (2026), based on 1 Kings 17:8-16. Source checked with the public-domain World English Bible. Illustration © Sweet Publishing; 11_1Ki_17_03_RG.jpg. CC BY-SA 3.0. Source: unfoldingWord. Resized proportionally, without cropping.
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