GENESIS TO REVELATION | BIBLE ACCOUNT

Elijah Hears a Gentle Whisper

1 Kings 19:1-18



YOUR BIBLE READING

God met a weary Elijah with care, truth, and direction.

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

Rest Before the Journey

1 Kings 19:1-18



Queen Jezebel threatened Elijah's life. Frightened, he fled to Beersheba and then traveled farther into the wilderness. Under a tree, he sat down in deep distress. He felt unable to continue and spoke to God about wanting his life to end. The story does not treat him as a person who must hide all sorrow because he is a prophet. His weariness and despair are allowed to be heard.

Elijah lay down and slept. An angel touched him and told him to rise and eat. Near his head were bread baked on coals and a jar of water. He ate, drank, and lay down again. God's care at this moment included the needs of his body. The next thing given to him was not a long list of tasks, but food, water, and more rest.

The angel returned a second time and told Elijah to eat because the coming journey would be too much for him otherwise. Elijah ate and drank again. Strengthened by that food, he traveled forty days and forty nights to Horeb, the mountain of God. The account describes a particular journey made possible through particular help. The strength did not come from pretending he had never been afraid or exhausted.

At Horeb, Elijah stayed in a cave. God's word came to him with a question about what he was doing there. Elijah answered honestly. He spoke of his zeal for God and of the people turning away, tearing down altars, and harming prophets. He believed he alone was left, and others were now seeking his life. The question opened space for Elijah to tell God how the danger looked from where he stood.

Remember: When I feel alone, I can ask for care and help.

EXTENDED ENGLISH READING • PAGE 2 OF 2

The Quiet Voice and the Next Step

1 Kings 19:1-18



Elijah was told to stand on the mountain before God. A strong wind tore at the mountains and broke rocks. After the wind came an earthquake, and after the earthquake came fire. Yet the account says that God was not in these mighty events. The scene directs our attention beyond impressive noise and force. The next sound was a gentle, quiet voice, small beside the great disturbances that had passed.

When Elijah heard it, he wrapped his face in his cloak and went to stand at the entrance of the cave. Again, a voice asked what he was doing there. Elijah repeated his account of danger and loneliness. He was not suddenly given a different memory of everything that had happened. He brought the same heavy concern before God, and God answered with direction for what was still ahead.

God told Elijah to return and gave him work involving future kings and a prophet. Elisha was named as the one who would serve as prophet after him. Elijah's story was part of a larger work that would continue beyond his own strength and lifetime. He was not the whole future of God's people by himself. Others would have responsibilities, and God's purposes were not limited to what Elijah could carry alone.

God also corrected Elijah's belief that he was the only faithful person left. There were seven thousand in Israel who had not bowed to Baal. Elijah had felt completely alone, but that feeling did not describe the whole truth. The scene closes with a wider view: God had heard him, cared for him, and shown him a next step. There were other faithful people, even where Elijah could not yet see them.

Pause and think: What kind of care helps you when worries begin to feel too heavy?

THINK, NOTICE & GROW

When the Heart Feels Overwhelmed



Elijah's distress was serious. If you ever feel that you cannot go on or that you do not want to be alive, tell a trusted adult right away. You deserve care and protection. A parent, teacher, or another safe grown-up can help you find support. This is a way to care for ourselves today, not a new detail added to Elijah's journey in the wilderness.

Notice how food, water, and rest appear before the long journey. Bodies and feelings are connected, and ordinary care matters. Rest alone does not answer every deep struggle, but being tired does not make us failures. We can receive help without being ashamed. We can also notice when someone else needs a quiet companion or a grown-up's support rather than another demand to try harder.

Elijah thought he was the only one left. Sometimes loneliness makes the world seem smaller than it is. Speaking honestly with a safe person can help us discover support we could not see alone. The quiet voice at Horeb reminds us to make room for listening. Being cared for can include comfort, truthful correction, and help finding a manageable next step.

A SMALL STEP FOR TODAY

God met Elijah's weariness with practical care, truthful words, and a way forward.

What kind of care helps you when worries begin to feel too heavy?

Read, Remember & Create

Name: _____ Date: _____

1 Think about the reading

1. What did Elijah receive before his long journey?

2. Was Elijah really the only faithful person left?

2 Put the ideas in order

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

- ☐ God spoke gently and showed Elijah that he was not alone.
- ☐ Elijah fled and rested in the wilderness.
- ☐ He traveled to Horeb after receiving food and water.

3 Draw a meaningful picture

Draw Elijah at the cave entrance after the wind, earthquake, and fire.

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

When I feel alone, I can ask for care and help.
Original memory thought, not a direct Bible quotation. Related passage: 1 Kings 19:5-8,18

A thoughtful conversation

The full passage includes Elijah wishing to die. With young children, name deep distress gently and encourage telling a trusted adult. Rest matters, but it is not a complete answer to every mental-health struggle.

Activity answers

1. Food, water, and rest.
2. No. God told him that many in Israel had remained faithful.
Sequence boxes, top to bottom: 3, 1, 2. Personal responses and drawings will vary.

Optional prayer

God, help us receive rest and tell someone when we feel overwhelmed. 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 19:1-18. Source checked with the public-domain World English Bible. Illustration: original DigiPick artwork made with AI assistance; an artistic interpretation.
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