

## Physical Needs — Day 1



🎵 Listen to  
Scripture Song:



### Today's Promise (#56) — KJV

**Psalm 37:4–5** "Delight thyself also in the LORD; and he shall give thee the desires of thine heart. Commit thy way unto the LORD; trust also in him; and he shall bring it to pass."

### 💖 Apply the Promise!

*When we truly love God and trust Him with our whole lives, we do not have to be afraid about our needs. He knows how to care for us, and sometimes He even gives us the special desires of our hearts.*

### 📖 Bible Story (1 Kings 17)

Elijah had obeyed God and delivered a difficult message to King Ahab: there would be no rain or dew in the land. Without rain, the crops would wither, the streams would shrink, and food would become hard to find. A famine was coming.

Then God told Elijah to leave and hide by the Brook Cherith, near the Jordan River. Elijah obeyed. There were no fields of grain, no fruit trees, no market, and no friendly house where he could ask for a meal. If God did not provide for him, Elijah would have nothing.

But the Lord already knew exactly where Elijah was and what he needed. God said, "I have commanded the ravens to feed thee there." Ravens were wild birds, not gentle pets, but when God commands, even the birds obey Him.

Morning came, and Elijah waited by the brook. Soon ravens flew down and brought him bread and meat. That evening, they came again with another meal. Day after day, while many people were hungry because of the famine, God sent Elijah food at just the right time.

Elijah could not see tomorrow's meal waiting beside him. Every morning and every evening, he had to trust God again. At last, even the brook dried because there had been no rain. But Elijah did not need to be afraid. The same God who had fed him by the ravens already knew the next step.

Elijah's story teaches us that God sees His children even in lonely places and hard times. When we commit our way to the Lord and trust Him, He knows how to provide for our needs at the right time and in the right way.

### ☀️ True Story

During World War II, a young missionary named Darlene Deibler Rose was taken prisoner and locked inside a guarded camp. She was far from home, weak from sickness, and often hungry. Most days, the prisoners were given only a small bowl of plain rice porridge.

One day, Darlene saw another woman sneak a single piece of fruit into the camp. Darlene's mouth watered, and she suddenly had an overwhelming, desperate desire for just one fresh banana. She bowed her head and prayed a very specific prayer: "Lord, I know there is a terrible war going on, but could You please just send me one single banana?"

As soon as she prayed, Darlene felt silly. She knew there was absolutely no way to get fresh fruit inside the thick, heavily guarded prison walls. But she had committed her needs to the Lord, knowing He owned the fullness of the entire world.

The very next day, the strict camp commander suddenly walked into Darlene's cell. He didn't speak a word, but he completely shocked her by dropping a massive, heavy bundle right at her feet. Darlene carefully opened the bundle and burst into joyful tears. It wasn't just one banana. God had moved the strict commander's heart to bring her exactly ninety-two fresh, perfectly ripe bananas!

God didn't just supply her physical need for nutrition ; He opened His generous hand and miraculously multiplied the exact desire of her heart in due season! Darlene's story reminds us that God sees His children in every place. He knows our needs, hears our prayers, and sometimes gives more kindly and tenderly than we even dared to ask.

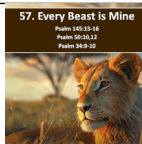
### 💬 Discussion Questions:

- Where did God tell Elijah to hide, and what kind of food did the ravens miraculously bring him?
- When Darlene prayed for just one piece of fresh fruit in the prison camp, how many bananas did God send her?
- God provided bread for Elijah and ninety-two bananas for Darlene. What is one specific physical need or special desire you can trust God with today?

### 🎨 Activity:

Have the children pretend to be God's "ravens" for the day. Give them a small treat, note, flower, or helpful item, and let them secretly deliver it to someone in the family. Or prepare a simple card with a small gift, some food, or a little money inside. With a parent's or a teacher's help, deliver it kindly to someone in town, at church, or in your neighborhood. Talk about how God can use ordinary people to quietly answer someone's prayer.

## Physical Needs — Day 2



🎵 Listen to  
Scripture Song:



### Today's Promise (#57) — KJV

**Psalm 145:15–16** "The eyes of all wait upon thee; and thou givest them their meat in due season. Thou openest thine hand, and satisfiest the desire of every living thing." **Psalm 50:10, 12** "For every beast of the forest is mine, and the cattle upon a thousand hills... If I were hungry, I would not tell thee: for the world is mine, and the fulness thereof." **Psalm 34:9–10** "O fear the LORD, ye his saints: for there is no want to them that fear him. The young lions do lack, and suffer hunger: but they that seek the LORD shall not want any good thing."

### 💖 Apply the Promise!

*God owns everything in the world, and He knows exactly what His children need. When the time is right, He can open His hand and provide daily bread in ways we never expected.*

#### 📖 Bible Story (Exodus 16)

After God brought the Israelites out of Egypt, they traveled through a dry wilderness. There were no gardens, no wheat fields, and no stores where they could buy food. Thousands of men, women, and children needed something to eat every day.

Soon the food they had brought with them was gone. Instead of remembering how God had delivered them from slavery and opened the Red Sea, many of the people began to complain. They were frightened and hungry, and they wondered how they could survive in the desert.

God heard their cries and promised to send bread from heaven. The next morning, when the dew lifted, the ground was covered with small white flakes. The people had never seen anything like it. They asked, "What is it?" Moses told them, "This is the bread which the Lord hath given you to eat."

God gave careful instructions. Each family was to gather only what they needed for that day. If they greedily saved extra overnight, it spoiled. But on the sixth day, they gathered twice as much, and God kept it fresh for the Sabbath.

Every morning, the Israelites had to trust God again. They could not fill barns with manna for months ahead. They had to wake up, go outside, and receive the food God sent for that day.

The manna taught them that God could provide in the wilderness. He did not forget His hungry people. He opened His hand and gave them their food "in due season," just as He promises to care for His children today.

#### ☀️ True Story

In 1939, a severe drought brought hunger to a Christian mission station in Namba, Angola. The crops had failed, food was almost gone, and the mission was far from any town where supplies could easily be bought.

While the mission director was away visiting other schools, his wife gathered the people together to pray. She read Bible promises to them and reminded them how God had fed Israel with manna in the wilderness. Then the hungry people bowed their heads and asked God to provide food.

After the prayer meeting, the director's little five-year-old daughter went outside. Soon she came back with her hands full of a white food that she was eating. When her mother asked what it was, the child said that men in white had told her, "The Lord has answered your prayer and has sent you manna."

When the adults rushed outside, the men in white were gone, but the ground was completely covered in a strange white substance. It looked exactly like tiny coriander seeds and tasted sweet, just like biblical manna!

The people joyfully gathered the food and ate. When the mission director returned, he even packed a sample in a box and mailed it to scientists in Cape Town, where it was confirmed to be highly nutritious!

The story from Namba reminds us that the God who fed Israel in the wilderness still hears the prayers of hungry people. He may not always provide in the same way, but He knows every need and can open His hand at the right time.

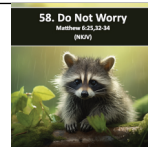
#### 💬 Discussion Questions:

- What did God miraculously send from heaven every morning to feed the hungry Israelites in the desert?
- During the terrible drought in Angola, who did the little five-year-old girl see standing outside handing out food?
- If your favorite food rained from the sky every morning, what would it be? How does gathering fresh manna every day teach us to trust God without worrying?

#### 🎨 Activity:

Hide small, round crackers or vanilla wafers all over the living room before the children enter. Give them each a bowl and tell them they have exactly one minute to gather their "manna" for the day! Afterward, enjoy the snack together and remind the children that God promises to open His hand and provide our daily food just as faithfully as He did in the Bible.

## Physical Needs — Day 3



 Listen to  
Scripture Song:



### Today's Promise (#58) — NKJV

**Matthew 6:25, 32–34** "...do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?... For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things...."

### Apply the Promise!

*God knows exactly what we need to survive. Instead of panicking about tomorrow, we can put God first today and completely trust Him to take perfect care of our physical needs!*

### Bible Story (1 Kings 17)

During the famine in Israel, God told Elijah to go to Zarephath. God said that a widow there would feed him. But when Elijah reached the town gate, the woman he saw did not look like someone with extra food to share.

She was gathering sticks to make one last fire. When Elijah asked her for water and a little bread, she explained that she had only a handful of flour in a barrel and a little oil in a jar. She was preparing one final meal for herself and her son. After that, she expected they would die.

Elijah kindly told her not to be afraid. He asked her to make him a small cake first, and then make food for herself and her son. Then he gave her God's promise: "The barrel of meal shall not waste, neither shall the cruse of oil fail," until the Lord sent rain again. It must have taken great faith for the widow to use the last of her food before she could see the miracle.

The widow had to make a choice. She could hold tightly to the little she had, or she could trust God's word and put Him first. By faith, she used her last flour and oil to feed Elijah. As she poured out the oil and reached again into the barrel, she saw that God's promise was true.

Then God did exactly what He had promised. The barrel did not run empty, and the oil did not fail. Day after day, there was enough food for Elijah, the widow, and her son.

The widow's story teaches us that God sees our needs in hard times. When we put Him first and trust His promise, He knows how to provide for today and tomorrow.

### True Story

In 2017, at a church in South Dakota, several women were helping prepare food for a funeral dinner. They thought other people were bringing the main dishes, so they were surprised when they realized they had only four pans of lasagna, some bread, and desserts.

More and more people arrived. The helpers counted eighty, then ninety, then one hundred guests. Their hearts sank. There was no way four pans of lasagna should be enough to feed so many people.

The women stopped in the kitchen and prayed. They asked God to bless the food and make it enough. Then the guests began coming through the line, and the helpers started serving.

Plate after plate was filled with lasagna. The workers kept watching the pans, expecting them to run empty at any moment. Near the end, when many people were still waiting, one helper checked the kitchen and came back amazed. She had found another full pan of lasagna.

They prayed again and kept serving. At last, everyone had eaten. When the helpers looked at the pan, there was still lasagna left. What had seemed far too small in their hands had become enough in God's hands.

This story reminds us that God can take what looks too small and make it enough. Just as He multiplied the widow's flour and oil, He still knows how to provide when His children pray, trust Him, and put Him first.

### Discussion Questions:

- What two ingredients did the poor widow have left in her containers before Elijah arrived?
- When the women at the church realized they didn't have enough food for the funeral dinner, what did they do before they started serving?
- The widow only had a little, yet she shared first. Have you ever felt like you didn't have enough of something (like time, toys, or snacks) to share with someone else?

### Activity:

Grab a small jar or bowl and put just a tiny handful of a favorite snack inside (like crackers, raisins, or chocolate chips). Have the children try to figure out how to split that tiny handful to feed your entire family, plus 100 imaginary guests! Explain how impossible it is for us to stretch our resources that far, but how incredibly easy it is for God to multiply what we give Him.

## Physical Needs — Day 4



 Listen to  
Scripture Song:



### Today's Promise (#59) — KJV

**Matthew 6:26, 28–29** "Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?... And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these."

### Apply the Promise!

*God carefully feeds the little birds and clothes the wildflowers in beauty. Since we are His precious children, we do not need to worry. Our Father knows our needs and will care for us.*

### Bible Story (Matthew 6)

One day, Jesus sat on a hillside teaching a large crowd of people. Many of them were poor. Some worried about how they would get enough food, and others wondered how they would find clothing for their families.

Jesus wanted them to understand the loving care of their heavenly Father, so he pointed up to the sky at the little brown sparrows were flying around, chirping happily. He reminded the crowd that birds do not plant seeds, harvest crops, or store food inside big barns. Yet, they never starve because the Heavenly Father faithfully feeds them every single day!

Then Jesus pointed to the wild lilies growing in the fields. They did not sew, spin thread, or make clothing for themselves. Yet God dressed them in colors so beautiful that even King Solomon, with all his riches and royal robes, was not arrayed like one of them.

Jesus was not saying that people should be lazy or careless. He was teaching them not to be anxious and afraid. If God cared for tiny birds and short-lived flowers, surely He would care for the children He loved.

Then Jesus asked a question that went straight to their hearts: "Are ye not much better than they?" Every bird in the sky and every flower in the field was a reminder that their Father saw them, loved them, and knew exactly what they needed.

Jesus' words still comfort us today. When we are tempted to worry about food, clothing, or tomorrow's needs, we can look at the birds and flowers and remember that our heavenly Father cares for us even more.

### True Story

In the 1800s, a famous preacher named Charles Spurgeon ran a large orphanage in London, England. He was responsible for taking care of hundreds of boys who had no family and no money.

One freezing winter, a problem arose. The growing boys desperately needed new, warm boots to wear in the snow and ice, but the orphanage's bank account was completely empty.

Charles had a strict rule for his ministry: he would never beg other people for money. Instead, he taught his staff that they would only ask God to supply their needs.

Charles went into his office, got down on his knees, and prayed. He asked the Lord to clothe the orphan boys, trusting that the Heavenly Father knew exactly what they needed before the winter storms arrived.

While he was still praying, there was a knock at the door. A stranger that Charles had never met walked into the office. The man explained that he had suddenly felt a strong impression from God to bring a donation for the orphans.

When Charles counted the money, he was absolutely amazed. It was the exact amount needed to buy all the winter boots!

Spurgeon's orphanage reminds us of Jesus' words in Matthew 6. The God who feeds the birds and clothes the flowers also sees every child. He knows our needs and can provide through loving hands at just the right time.

### Discussion Questions:

- What two things in nature did Jesus point to when He taught the people not to worry about food and clothes?
- When the orphan boys desperately needed winter boots, what did Charles Spurgeon do instead of begging people for money?
- How can looking at birds and flowers remind us to trust God with our needs?

### Activity:

Take a walk outside and find the smallest, most simple flower or weed you can. Look at it closely and notice how perfectly designed and beautiful it is, even though it doesn't "worry" or work! Remind the children that if God puts that much detail into a tiny flower that fades away, He cares infinitely more about their daily needs.



## Physical Needs — Day 5



 Listen to  
Scripture Song:



### Today's Promise (#60) — KJV

**Philippians 4:19** "But my God shall supply all your need according to his riches in glory by Christ Jesus."

### Apply the Promise!

*God's heavenly bank account never runs dry! When we are facing a massive problem or need, God promises to supply exactly what we need out of His wonderful riches.*

### Bible Story (2 Kings 4)

After her husband died, a poor widow came to the prophet Elisha with a terrible problem. Her husband had left behind a large, overwhelming debt that she could not afford to pay.

In those ancient days, if you could not pay your debts, your children were taken away to work as slaves. The cruel creditors were coming to take her two beloved sons, and she was desperate.

She ran to the prophet Elisha and cried out for help. Elisha asked her what she had in her house. The widow sadly replied that she had absolutely nothing left, except for one tiny, single pot of oil.

Then Elisha gave her unusual instructions. He told her to borrow empty vessels from all her neighbors—not just a few. Then she was to go inside her house with her sons, shut the door, and pour her little pot of oil into the empty vessels.

The widow might have wondered how one little pot of oil could fill so many empty jars. But she chose to obey before she could see how God would answer.

Her sons brought vessel after vessel, and she kept pouring. The oil should have run out quickly, but it kept flowing. One jar filled. Then another. Then another. At last, every vessel was full. Only then did the oil stop. Elisha told the widow to sell the oil, pay her debt, and live on what was left.

God had seen the widow's fear, her debt, and her love for her sons. He supplied exactly what she needed, and He gave enough for the days ahead.

### True Story

In the 1900's, Rees Howells and his wife were faithful missionaries who lived their entire lives by faith. They trusted God to supply their every physical need out of His heavenly bank account.

When the time came for them to leave for their mission work in Africa, they packed their bags and headed to the busy railway station. They desperately needed to buy their train tickets to begin the long journey.

But there was a huge problem. They had absolutely no money to pay the fare! They did not have the funds to buy the tickets, but they believed God would provide.

Rees did not tell everyone about the problem. He wanted to trust God to supply the need. When he came to the station, he still did not have the money, but he stood in the ticket line as though God had already answered his prayer.

The line moved forward one person at a time. Rees watched the people ahead of him buy their tickets. Soon it would be his turn, and he still had no money to pay.

Just then, a man stepped up and gave him what he needed. The help came at the last possible moment, but it came in time. Rees could buy the tickets and continue the journey God had called him to make.

Rees Howells' story reminds us that God knows exactly what we need. When we follow His leading and trust His promise, He can provide at the right time—even when the answer seems impossible.

### Discussion Questions:

- What did the prophet Elisha tell the widow to borrow from all of her neighbors?
- When Rees Howells and his wife didn't have any money for their train tickets, what did they do instead of panicking?
- Elisha told the widow to borrow a lot of empty jars, not just a few. If God told you He was going to completely fill up whatever you brought Him, what is the biggest, craziest need you would ask Him to fix right now?

### Activity:

Fill a large, clear jar to the top with something fun (M&Ms, Legos, or jellybeans). Do not tell anyone how many are inside! Have everyone in the family study the jar and write down their best guess for the exact number. Count them out together to see who got closest. Explain that while we can only guess, God knew the exact number of dollars the mother needed, and He knows the exact number of hairs on our heads.