

## 5-3-26 Consumer - Curses and Blessings KIDS Study Guide

### Overview

Elijah was a brave hero for God! He won a HUGE victory on a mountain when fire came from heaven. But right after, he got super scared and ran away, feeling like he wanted to quit. This story shows us that families can sometimes have “yucky repeating habits” (like being angry, scared, or selfish). The good news? Jesus broke those yucky habits on the cross so we can choose happy, strong, blessing-filled lives instead — and pass the good stuff to our whole family!

### Big Ideas

- **Even superheroes get scared sometimes.** Elijah had a giant win... then hid under a tree and felt sad. But God still loved him and helped him!
- **Yucky family habits can get passed down.** But Jesus took all the bad stuff on the cross so we don't have to keep them.
- **God gives us awesome blessings!** When we love Jesus, we join God's big happy family and get every good thing we need to be kind, brave, and loving.
- **Choose to be a blessing-giver!** Eat good “soul food” (Bible stories + prayer) so you can help your family instead of just taking for yourself.

### Fun Questions to Think About

1. Have you ever felt really happy after something awesome... then got scared or wanted to quit? (Like Elijah!)
2. What fun or not-so-fun habits do you see in your family? (Being kind? Sharing? Or maybe yelling or worrying?)
3. Are you mostly a “taker” (me first!) or a “giver” (helping others)?
4. What would make your family even more awesome starting with YOU?

### Things You Can Do This Week

1. **Talk to Jesus:** Quietly ask Him to show you any yucky habit you want to stop. Then say, “Jesus, please break that and fill me with good things from you!”
2. **Eat soul food:** Read one Bible story or pray with your family every day (like Elijah ate bread and water to get strong).
3. **Give a blessing:** Tell someone in your family something kind like, “I'm glad you're my mom/dad/brother/sister!” or draw a picture saying “You're a blessing!”
4. **Share the good news:** Tell a friend or family member, “Jesus helps us break bad habits and start happy ones!”

### Fun Group or Family Talk Ideas

1. Which part of Elijah's story do you understand the most— the big fire win or the part where God still helps him when he's scared? Why?
2. What's one good habit we could start in our family this week? (Examples: more hugs, more “thank yous,” less yelling.)
3. How can we be “blessing givers” instead of just “takers” at home? (Share one idea each!)
4. Read Ephesians 1:3 together (in kid words: “God has given us every good thing because we belong to Jesus!”). What does that make you feel?

5. Pick one fun thing to do together this week that shows we're choosing God's blessings! (Like a family high-five prayer or blessing jar.)

You were made to live in God's happy blessings — not yucky old habits! Jesus already did the hard part. Now it's our turn to choose the good stuff and share it with everyone we love!