**Faith and Conviction**

**Ice Breaker:**

**Treasure Hunting**

**Searching for our source for convictions**

Today you will find where you get your convictions from. Have your kid(s) search for hidden clues — then put them all together to discover the answer to this secret.

* You come to me when you what something cold
* You come to me when it is time to go to bed
* You come to me when it is time to eat
* You come to me when you want to know what God is saying
* You come to me when you need to brush your teeth

***Take a piece of paper and divide it into 5 smaller sheets. On each sheet write a letter from the name JESUS. When the kids search for the clue, they will look for the letter on the sheet of paper. Once all the letters are found you can spell JESUS out together!***

**Our Lesson for Today**

### Did you know that convictions can be looked at like lines on a road or highway? Another example would be the stoplights and stop signs on our everyday roads. If cars do not have the traffic instructions or rules on the road, no matter how much you loved driving or wanted to get to a certain place it but make it difficult and very dangerous. Convictions help guide us to our destinations by keeping us in the right area at the right time. Let’s look at the guides that widow had to help Elijah the prophet.

**1 Kings 17:13-15**

**13**Elijah said to her, “Don’t be afraid. Go home and do as you have said. But first make a small loaf of bread for me from what you have and bring it to me, and then make something for yourself and your son.

**14**For this is what the Lord, the God of Israel, says: ‘The jar of flour will not be used up and the jug of oil will not run dry until the day the Lord sends rain on the land.’”

**15**She went away and did as Elijah had told her. So there was food every day for Elijah and for the woman and her family.

### Scripture Explained: In the story of the widow and Elijah she had to make a choice during a famine to feed her family for the last time or trust that Elijah was telling her guidelines that would help her and her family survive. The hardest part was there was no more food! She decided to let her convictions be led by faith, and gave first to Elijah, then to her family. This was a very hard choice but once she saw it happen, she was rewarded with more during a time when no one had anything else to give to her family.

### Do you think making this type of choice would be hard for you? Do you think it is sometimes hard to trust God during difficult times? Allow your child to answer while you listen.

### Going through a famine makes it hard to give for anyone. Famines are more than not having food. It can be a shortage on anything. For example, have you ever been low on happiness and you needed to share and make someone else feel better? It can be hard to make the right decision and give especially when you are having a difficult time.

### As a parent share a time that was difficult for you to give when you didn’t have enough and how it made you feel to following through with the decision you made.

### In this story the widow trusted The Word of The Lord. Following her conviction was hard but it gave her an opportunity to choose. I believe that God gave her strength to make this decision!

**Zechariah 4:6**

This is the word of the LORD to Zerubbabel: 'Not by might nor by power, but by my Spirit,' says the LORD Almighty.

###  I know it can be hard to make good choices. That is why God’s Spirit is going to strengthen us. During this week focus on letting God guide and strengthen you by His Spirit. This will help you allow your convictions to guide you to the best choices.

**Weekly Challenge**

### Take the recipe below and make drop biscuits with your child! Post your results on our Facebook page!

Ingredients

1. Preheat oven to 450˚F, line a [baking sheet](https://www.amazon.com/Nordic-Ware-Natural-Aluminum-Commercial/dp/B0049C2S32/ref%3Das_li_ss_tl?s=kitchen&ie=UTF8&qid=1532575147&sr=1-8&keywords=baking+sheet&dpID=31p6qBk%252Bm%252BL&preST=_SX300_QL70_&dpSrc=srch&linkCode=ll1&tag=simpwhis-20&linkId=7b72177892541bd6e0a2257a8b2b7c5c&language=en_US) with [parchment paper](https://www.amazon.com/Reynolds-Kitchens-Cookie-Parchment-Non-Stick/dp/B00K282KY4/ref%3Das_li_ss_tl?s=home-garden&ie=UTF8&qid=1532575382&sr=1-4&keywords=parchment+paper+sheets&dpID=51OgVk8ANIL&preST=_SY300_QL70_&dpSrc=srch&linkCode=ll1&tag=simpwhis-20&linkId=1583ba41354dbb5b4a56641e04526690&language=en_US).
2. Stir the ingredients together in a large bowl until a dough forms.
3. Scoop dough on prepared [baking sheet](https://www.amazon.com/Nordic-Ware-Natural-Aluminum-Commercial/dp/B0049C2S32/ref%3Das_li_ss_tl?s=kitchen&ie=UTF8&qid=1532575147&sr=1-8&keywords=baking+sheet&dpID=31p6qBk%252Bm%252BL&preST=_SX300_QL70_&dpSrc=srch&linkCode=ll1&tag=simpwhis-20&linkId=7b72177892541bd6e0a2257a8b2b7c5c&language=en_US) using a [large cookie scoop](https://www.amazon.com/Norpro-Stainless-Steel-Scoop-Tablespoons/dp/B00004UE84/ref%3Das_li_ss_tl?dchild=1&keywords=3+tbsp+cookie+scoop&s=home-garden&sr=1-5&linkCode=ll1&tag=simpwhis-20&linkId=6e15b320559ac1812a40aab2a02d0ad4&language=en_US) (about 3 tablespoons).
4. Brush with egg wash or olive.
5. Bake for 12 – 15 minutes, or until the biscuits have risen and are browned slightly on top.

Remove from oven & cool

### 2 cups all-purpose flour

### 4 teaspoons baking powder

### 2 teaspoon sugar

### 1/2 teaspoon coarse salt

### 1/2 cup olive oil

### 3/4 cup almond milk or water

### Optional: egg wash brushed over the top of biscuit (1 egg yolk diluted with water)

### Why are rules similar to convictions and how do they help

### Convictions are like rules that help you get to an end goal. In baking every measurement is like a rule. It is very important to bake with the right ingredients or you might not get the results you need. As we walk with God He will give us the right convictions, God’s guidelines are always the best! Godly convictions always lead to the right outcome!