

Before serving any food, always check with caregivers for kids who have food allergies. Provide an alternative if necessary.

## Age-Level Overview

	Open the Bible	Activate Faith
<b>Lower Elementary</b>		
<b>WORKSHOP FOCUS:</b> God wants good things for us.	<b>SPARK RESOURCES:</b> Spark Story Bibles	<b>SPARK RESOURCES:</b> Spark Story Bibles
<b>THE VISITORS' LUNCH:</b> Kids make sparkling juice and a rolled sandwich to feed Abraham and Sarah's visitors.	<b>SUPPLIES:</b> Bowl of candy	<b>SUPPLIES:</b> Pitcher, spoons, fork, cups, plates, plastic knives, napkins, wet wipes, frozen white grape juice concentrate, sparkling water, flour tortillas, spreadable cream cheese, thin-sliced lunch meat, baby dill pickles
<b>Upper Elementary</b>		
<b>WORKSHOP FOCUS:</b> God sends people to encourage us.	<b>SPARK RESOURCES:</b> Spark Bibles, Spark Bible Stickers	<b>SPARK RESOURCES:</b> None
<b>ENCOURAGING GIFT:</b> Kids encourage someone with a gift of bread dough starter like the visitors encouraged Abraham.	<b>SUPPLIES:</b> None	<b>SUPPLIES:</b> Plastic food storage containers, single hole punch, ribbon, scissors, markers, Encouraging Gift Recipe Cards (page 81), measuring spoons, measuring cups, spoons, quick bread, bread knife, napkins, dry yeast, warm water, sugar, vinegar, salt, flour, milk
<b>All Kids</b>		
<b>WORKSHOP FOCUS:</b> God helps us each step of the way.	<b>SPARK RESOURCES:</b> Spark Story Bibles, Spark Bibles, Spark Bible Stickers	<b>SPARK RESOURCES:</b> None
<b>CAMPFIRE CAKE:</b> Kids make a cake on the stove as they recall the story of Abram's journey, step-by-step.	<b>SUPPLIES:</b> Pencils	<b>SUPPLIES:</b> Shiny skillet with lid, bowls, measuring cups, measuring spoons, spatula, plastic knife, forks, plates, napkins, baggies, butter or margarine, biscuit mix, evaporated milk, cinnamon-sugar mix, flour to dust hands



Visit [www.sparksundayschool.org](http://www.sparksundayschool.org) for more Spark content. Watch a short Lesson Prep Video that will prepare you and give you confidence to explore this Bible story with the kids you are leading. You will also find a downloadable Family Page for this rotation's story filled with ideas for families to use to explore this story and live out their faith at home.



**Workshop Focus:** God wants good things for us.

Keep these tips in mind as you welcome kids to the workshop and explore the story together.

- Each week, remember to welcome kids to the rotation. Keep in mind that for some kids, it may be the first time they are visiting your workshop!
- If kids have heard the story several times during previous weeks, read it again! Kids learn through repetition, and every workshop will explore the Bible story in a slightly different way.
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## Open the Bible (10 minutes)

### Abraham and Sarah Storytelling

*Before serving any food, always check with caregivers for kids who have food allergies. Provide an alternative if necessary.*

**Welcome to Cooking!** Show kids the candy. **Would your parents let you eat this entire bowl of candy right before dinner?** (no) **Why not?** (*It's not healthy.*) **Your parents love you and want the best for you. It's okay to have some candy at the right time. You just wouldn't eat the whole bowl before dinner! Let's hear about two people who have to wait for the right time.**

Hand the Spark Story Bibles out to the kids. Help kids find Abraham and Sarah's Visitors on pages 34-37. Encourage kids to follow along as you read. Ask kids to say the following phrases when each name is read during the story.

- Abram/Abraham—"I am waiting."
- Sarai/Sarah—"Ha, ha, ha."
- God—"Good things are coming."

**Who came to visit Abraham?** (*three visitors*) **What did God promise to give Abraham and Sarah?** (*a baby*) Point to the picture on page 37. **Did God keep**

**Spark Resources**  
Spark Story Bibles

**Supplies**  
Bowl of candy

**his promise?** (yes) **How do you feel when you have to wait for a long time for something good?** Allow kids to answer.

**Abraham and Sarah had to wait a long time for baby Isaac to be born. Babies are good things. God gave Abraham and Sarah a baby. God wants good things for us. Let's make some good things to eat as we tell this story again!**

## Activate Faith (25 minutes)

### The Visitors' Lunch

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*Before serving any food, always check with caregivers for kids who have food allergies. Provide an alternative if necessary.*

**Set Up:** Thaw the frozen juice concentrate.

#### Ingredients

- Frozen white grape juice concentrate (12 oz [355 ml])
- Sparkling water (36 oz [1 liter])
- Flour tortillas, 1 per kid
- Spreadable cream cheese, 1 spoonful per kid
- Thin-sliced lunch meat, 3 slices per kid
- Baby dill pickles, 1 per kid

#### Activity Instructions

**What did Abraham do to welcome the three visitors?** (*offered them something to eat and drink*) **We're going to make sandwiches and a drink and pretend to offer them to three visitors.** Direct kids to wash their hands before starting.

1. Invite volunteers to set a plate, napkin, plastic knife, and cup at each kid's work area. **It's always nice to set the table when you're expecting company.**
2. **Abraham and Sarah were waiting a long time for God's promise of a good thing.** Point to the picture of Abraham on page 35 of the Spark Story Bible. **What color was Abraham's hair?** (*white*) Give each kid a tortilla. **Let's use this white tortilla to remind us how long Abraham and Sarah waited.**
3. Put a spoonful of cream cheese on each kid's plate. **One day, while Abraham was still waiting, some visitors came to see him. How many visitors came?** (*three*) **Use your knife to spread three stripes of cream cheese across your tortilla. One for each visitor!**
4. **Abraham greeted his visitors. He invited the visitors to rest and have some food. What did Abraham ask his servant to prepare for the visitors?** (*meat*) Give each kid three thin slices of lunch meat. **Here's some meat for the visitors. Cover your tortilla as best as you can with the meat.**

#### Spark Resources

Spark Story Bibles

#### Supplies

Pitcher (2 qt [2 liter])  
Spoons  
Fork  
Cups  
Plates  
Plastic knives  
Napkins  
Wet wipes

5. Demonstrate how to roll the tortilla. **Where was Sarah when the visitors came?** (*in the tent*) **Pretend the edge of your tortilla is a tent flap. Lift the tent flap so Sarah can peek out!** (*Peek!*)
6. Prepare to make the juice. **The visitors reminded Abraham that God was sending something good to Abraham and Sarah. What good thing was God sending?** (*a baby*) **Let's pour something good into this pitcher.** Invite a volunteer to pour the thawed concentrate into the pitcher.
7. **What did Sarah do when she heard that God was sending her a baby?** (*laughed*) **Let's have some fun by adding bubbles to this juice!** Invite volunteers to pour the sparkling water into the pitcher and another volunteer to give the juice a stir. **Look at all of those bubbles!**
8. **God's promise to Abraham and Sarah did come true! What good thing did God give them?** (*a baby*) **Surprise! I have a baby pickle for everyone.** Offer each kid a pickle.
9. Begin pouring juice into each kid's cup. **Who remembers what the baby's name was?** (*Isaac*) **Isaac means "laughter." I'm sure we'll have a few giggles when we drink this bubbly juice!**
10. Invite kids to eat their snack. **Even though it took a long time, God gave Abraham and Sarah a baby. God wants good things for us!** Have kids wipe their hands before Wrap Up.

## Send (5 minutes)

### Wrap Up

Remind the Shepherds to distribute the Family Page for this story if the kids haven't already received it, and come together for Wrap Up.

**Thanks for coming to Cooking! We pretended to make food for Abraham's visitors. The three visitors told Abraham that God would send him a baby. Sarah laughed, but soon baby Isaac was born. God wants good things for us! What good things does God want for you?** Allow kids to respond.

Spark Resources  
Family Pages



Supplies  
None

### Prayer Time

**Copy my words and actions as we pray.**

- Dear God,** (fold hands)
- Thank you for baby Isaac.** (rock arms)
- I'm glad you want good things for us.** (hug self)
- Amen.** (fold hands)



**Workshop Focus:** God sends people to encourage us.

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## Open the Bible (10 minutes)

### Abraham and Sarah Storytelling

**Welcome to Cooking! Raise your hand if you like to have visitors at your house.** Allow kids to respond to this and the following question. **Who are your favorite visitors? Today we're going to read about some very special visitors.**

Hand out the Spark Bibles. Direct kids to find Genesis 18:1-15 on page 18 and Genesis 21:1-7 on page 21 of their Bibles. Invite volunteers to read the parts of Abraham, Sarah, and the visitors as you read the rest of the passages. Encourage kids to mark the passage with a Something I Like, Something I Don't Like, or I Don't Get It sticker, using a pencil to write their responses in the margin.

**Who stopped to see Abraham?** (*visitors, the Lord*) Invite kids to answer KNOW IT! and THINK ABOUT IT! in the orange box on page 18 of the Spark Bible. **How old was Abraham when Isaac was born?** (100) **100 years is a long time to wait for a baby. God knew that and sent the visitors to encourage Abraham and Sarah. God sends people to encourage us, too.**

Spark Resources  
Spark Bibles  
Spark Bible Stickers

Supplies  
Pencils

# Activate Faith (25 minutes)

## Encouraging Gift

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Before serving any food, always check with caregivers for kids who have food allergies. Provide an alternative if necessary.

**Set Up:** Make a copy of the Encouraging Gift Recipe Cards page for each kid. Allow the milk to come to room temperature.

### Ingredients

- Dry yeast (1/2 tsp [2.5 ml] per kid)
- Warm water (1 oz [30 ml] per kid)
- Sugar (1 tbsp [15 ml] per kid)
- Vinegar (1 tbsp [15 ml] per kid)
- Salt (1/2 tsp [2.5 ml] per kid)
- Flour (1 cup [140 g] per kid)
- Milk (1 cup [237 ml] per kid)

### Activity Instructions

**God sent visitors to encourage Abraham and Sarah while they waited. We're going to make something called bread "starter" to give as an encouraging gift to someone. A starter is a small amount of bread batter that yeast is allowed to grow in over several days.** Remind kids to wash their hands before starting.

1. Have each kid start with a plastic food storage container and spoon. **We'll use this container for mixing the batter, and for giving it away. Try to keep the outside of your container clean.**
2. Pour the warm water into the kids' containers. **It was very warm where Abraham and Sarah lived.**
3. Have kids sprinkle the yeast over their water and wait for it to dissolve. **Abraham and Sarah had to wait a long time for God to send them a baby. How old was Abraham when Isaac was born? (100 years old) We'll have to wait for the yeast to dissolve in the water, but it won't take 100 years!**
4. **Some people become bitter when they have waited a long time for God to answer a prayer.** Have kids stir the vinegar into their container.
5. **Some people become wise, or "seasoned," when they have waited a long time for God to answer their prayers.** Have kids stir the salt into their container.
6. **When we are waiting, God sends people to encourage us. God sent the visitors to encourage Abraham and Sarah with sweet and encouraging news. What was that news? (You will have a baby.)** Have kids stir the sugar into their batter.

### Spark Resources

None

### Supplies

Plastic food storage containers, 1 per kid  
Single hole punch  
Ribbon  
Scissors  
Markers  
Encouraging Gift Recipe Cards sheet (page 81), 1 per kid  
Measuring spoons  
Measuring cups  
Spoons  
Quick bread, 1 loaf  
Bread knife  
Napkins

7. **What did Abraham offer the visitors when they stopped by?** (*rest, water, bread, cheese, milk, meat*) Have kids mix the flour into their containers. **We're almost finished with this bread mix. Then you can give this as a gift to encourage someone else.**
8. **Who did God finally send to Abraham and Sarah?** (*Baby Isaac*) **Let's add some milk to this mix to remind us of Baby Isaac.** Have kids stir the milk into the batter.
9. **Our starter is done . . . for now! Put the lid on your container and get ready to dress it up like a gift!** Help kids wipe the outside of their containers if necessary.
10. Give each kid an Encouraging Gift Recipe Cards sheet. **These cards tell how to use this bread starter. Punch a hole through these cards and attach them to your container with ribbon. Who could you encourage with this gift?** Provide some premade quick bread for kids to snack on as they finish their gifts.

## Send (5 minutes)

### Wrap Up

Remind the Shepherds to distribute the Family Page for this story if the kids haven't already received it, and come together for Wrap Up.

**Thank you for coming to Cooking! Abraham and Sarah waited a long time for God to send a baby. God sent visitors to encourage Abraham, and soon Isaac was born. God sends people to encourage us. We made bread starter to give as an encouraging gift to someone else. What are some other ways to encourage others?** Allow kids to respond.

Spark Resources  
Family Pages



Supplies  
None

### Prayer Time

**During our prayer, name some people who encourage you. Then we'll end by giving each other a high five for God!**

**Dear God, thank you for sending people to encourage us. Thank you for** (*pause*).  
**Amen. Go, God!**



**Workshop Focus:** God helps us each step of the way.

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## Open the Bible (10 minutes)

### Abraham and Sarah Storytelling

**Welcome to Cooking! What is the farthest you have ever traveled? Walked? Hiked?** Allow kids to respond. **Today's story is about a family who travels a long way!**

Hand Spark Story Bibles out to the younger kids and help them find Abram's Call on pages 26-29. **Follow me around as I read this story. We're going on a trip!** Encourage the kids play the story as you read and act it out.

Direct older kids to find Genesis 12:1-9 on page 13 of the Spark Bible. Encourage kids to mark the passage with a Spark Bible Sticker of their choice, using a pencil to write their response in the margin. **Follow along in your Bible as I read from the Spark Story Bible.**

**Spark Resources**  
Spark Story Bibles  
Spark Bibles  
Spark Bible Stickers

**Supplies**  
Pencils

**What did God ask Abram to do?** (*move to a new land*) Point to the picture on page 26 of the Spark Story Bible. **Who traveled with Abram?** (*Sarai and Lot*) Direct older kids to read Genesis 12:1 on page 13 of the Spark Bible. **How did Abram find the new land?** (*God showed him the way.*) **God helped Abram all along his journey and brought him safely to the new land of Canaan. God helps us each step of the way. Let's follow some steps to make a unique cake.**

## Activate Faith (25 minutes)

### Campfire Cake

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*Before serving any food, always check with caregivers for kids who have food allergies. Provide an alternative if necessary.*

**Set Up:** Lightly grease and flour the skillet(s). Mix cinnamon and sugar to taste.

#### Ingredients

- Butter or margarine (2 tsp [28 g] per cake)
- Biscuit mix (1 cup [140 g] per cake)
- Evaporated milk (1/3 cup [79 ml] per cake)
- Cinnamon-sugar mix (1 tbsp [15 ml] per cake, plus extra for topping)
- Flour to dust hands

#### Activity Instructions

**God led Abram, step by step, to a new land. Abram, Sarai, and Lot had to travel a long way. What do you think they did when they got hungry?** (*cooked food*)

**People who traveled during Bible times camped outside and cooked their food over an open fire. Today, we're going to make a "campfire cake" in a pan on the stove. We'll need to follow the recipe, step-by-step!** Remind kids to wash their hands before starting.

1. Show kids the skillet. **This is what we'll be cooking our cake in. The pan has some butter and flour inside of it so our cake won't burn.**
2. **What do you think Abram and Sarai had to do first before they started traveling?** Allow kids to respond. **The first step they had to do was to pack all of their belongings. Our first step is to put the biscuit mix in the bowl.** Invite a volunteer to add the mix.
3. **Abram, Sarai, and Lot took many steps under the hot, hot sun.** Direct a couple of kids to cut the cold butter into small pieces and add it to the bowl.
4. **What do you think it felt like to walk a long way in the sand?** Encourage kids to demonstrate what it's like to walk in sand. **Do you think their feet ever got tired?** Have a couple kids crush the butter into the mix with a fork.

#### Spark Resources

None

#### Supplies

Shiny skillet with lid (8" [20 cm], 1 per cake)  
Bowls  
Measuring cups  
Measuring spoons  
Spatula  
Plastic knife  
Forks  
Plates  
Napkins  
Baggies

5. **After lots of walking in the hot sand, Abram, Sarai, and Lot would have been very thirsty. Where do you think they found water?** Accept all answers. **Our next step is to make a hole in the middle of our mix and pour some milk in it. This is called making a well.** Invite kids to make a hole in the center of the mix and add the milk.
6. **I hope Abram, Sarai, and Lot don't forget to dump the sand out of their shoes!** Add the cinnamon-sugar to the mix.
7. Ask a kid to gently stir the mix. **Abram traveled around and around, step-by-step, as God led him.**
8. **Finally God told Abram to stop. He was in the new land! Abram sat down and rested.** Scrape the dough into the skillet with a spatula.
9. **Abram, Sarai, and Lot must have been dusty from all of their traveling.** Invite kids to dust their hands with flour.
10. **What did Abram build in the new land to say thank you to God? (altar) Let's pat this batter smooth like the smooth stones Abram used for the altar.**
11. Cover the skillet and place on the stove over medium heat for 12 to 15 minutes or until a toothpick inserted in the center comes out clean. Have kids wash their hands and straighten the kitchen while the cake is cooking. **God asked Abram to move when he was 75 years old! How would it feel to move if you were that old? I'm sure it wasn't easy, but Abram knew God would help him. God helps us each step of the way. What are some things God has helped you with?**
12. When the cake is done, sprinkle the entire top with cinnamon-sugar and serve it to the kids while still warm. **What a sweet ending to a long journey!** Place leftover cake in baggies for kids to take home.

## Send (5 minutes)

### Wrap Up

Remind the Shepherds to distribute the Family Page for this story if the kids haven't already received it, and come together for Wrap Up.

**Thank you for coming to Cooking! God told Abram to move to a new land. It was a long trip, but God helped Abram each step of the way. We made a cake to cook over a campfire by following each step of the directions. God led Abram to the new land. God helped Abram, and God helps us each step of the way!**

Spark Resources  
Family Pages



Supplies  
None

## Prayer Time

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Invite kids to stand. **Let's take some big and little steps during our prayer.**

**Dear God,**

**Thank you for helping me**

**to take big steps,** (take big steps)

**and to take little steps,** (take little steps)

**as I grow each day.**

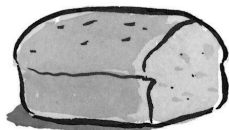
**Amen.**

# Encouraging Gift Recipe Cards

## Quick Bread (Makes 2 loaves)

2 C. (474 ml) Starter (see directions at right)  
1 C. (200 g) sugar  
½ tsp. (2.5 ml) baking soda  
¼ tsp. (1.23 ml) salt  
1½ tsp. (7.5 ml) baking powder  
2 tsp. (10 ml) cinnamon  
3 eggs  
2 C. (474 ml) chopped or canned fruit

Preheat the oven to 350° F (177° C). Grease 2 loaf pans. Mix ingredients well. Pour batter into the pans. Bake for 30-40 minutes.



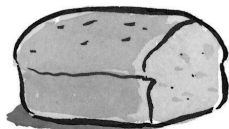
## Starter Directions

1. Allow starter to stand in a warm place to ferment for two days.
2. Stir the starter each day for the next four days.
3. On day 5, place the starter in a larger container. Add 1 C. (140 g) flour, 1 C. (200 g) sugar, and 1 C. (237 ml) milk. Stir well.
4. Stir once each day on days 6-9.
5. On day 10, add 1 C. (140 g) flour, 1 C. (200 g) sugar, and 1 C. (237 ml) milk. Stir well. Remove 1 C. (237 ml) of the batter to begin the starter again.
6. The remaining batter may be used to make four loaves of quick bread.

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