

## Session 4

### Prepare

Invite your family members to repeat the words and motions after you

My feet are still, (point to your feet)

My hands are too, (put interlock fingers in front of you as if praying)

I'm ready now to worship you. (bow your head)

Through this day, remember me, (point to your heart)

And help me love all I see. Amen. (open hands palms up)

### View

Read Genesis 41:37-57 from your favorite Bible

Watch this video to hear the story

### Wonder

I wonder what the Egyptian people thought when they had to set aside grain for 7 years to prepare for the years of famine? (famine is a time when food will not grow and it is hard to find).

Joseph used his God-given ability to understand dreams to help people. I wonder what special talents you have that could help others?

I wonder what Joseph was thankful for?

I wonder where you see gratitude in this story?

**Mindfulness activity:** [https://youtu.be/MFy2rQ5P\\_c4](https://youtu.be/MFy2rQ5P_c4)

Supplies needed: sheets of paper, scissors, stapler or clear tape, pencils or markers for writing and drawing.

Invite family members to cut strips of paper along the long edge of the provided paper. Write (or draw a picture) of something for which you are grateful. Put your chains together as shown on the video. Hang your gratitude chain around your home to remind you to thank God for these things.

Optional idea:

During your time of family prayers read a few of the things for which your family is grateful for and include a sentence prayer about each thing. The family member who named that can be the person who says the sentence thanksgiving prayer. This can be part of your dinner prayer, bedtime prayers, or anytime prayers: sharing your gratitude prayers.

**Food:**

Enjoy some No-Bake cookies this week. The oats in the cookies are similar to what the people in Egypt were saving for the years of famine.

In a medium saucepan, place 2 cups of white sugar, 1 stick of butter, ½ cup milk and 1/3 cup cocoa. Stir on medium heat until boiling. Remove the pan from the burner and stir in 3 cups of quick oats. Drop spoonfuls of the mixture on a cookie sheet which is covered with waxed paper. Put in freezer for 20 minutes. Say a prayer of gratitude for the food you have. Eat and enjoy your cookies, just as the Egyptians enjoyed their years of plenty

**Go**

Watch for things for which you are grateful and stop and say a prayer of thanks to God. You can continue to add to your paper chain as you think of other things for which you are grateful.