

Death of Jacob

Prepare

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

Dear God (*bow heads and fold hands*)

Thank you for loving us. (*cross arms to give yourself a hug from God.*)

Help us to listen, (*cup hand to ear*)

To forgive (*shake hands with a neighbor*)

To serve, (*hold hands in front of you*)

And to follow you. (*walk in place*)

Amen.

(from *Growing in Grace and Gratitude*, Spring, pg. 121)

View

Read Genesis 49:33-50:3 and 50:15-26 from your favorite Bible.

Watch the story video on the website.

Wonder

I wonder if you have ever had to ask someone for forgiveness? I wonder how that felt?

I wonder if anyone has ever asked you for forgiveness? How did that feel?

I wonder how Joseph felt when he decided to tell his brothers that he forgave them?

Mindfulness activity: body poses

Do your body poses with Ms. Anna, and thank God for your healthy body.

Food:

For Younger children: To celebrate healthy bodies and to replenish fuel after working hard on your body poses with Ms. Anna, enjoy a frozen treat.

Pour a favorite fruit drink into small paper cups cups-stick a craft stick in them to create a handle or use a popsicle mold if you have one. Freeze the fruit drink and after a workout and time to feel our bodies, peel back the paper and enjoy a refreshing snack.

For older children:

We often talk about feelings in the form of taste...for example, "It leaves a bitter taste in your mouth." Jacob's sons knew they had mistreated Joseph and when Jacob died they worried that Joseph might still be angry with them and use his power to hurt them. They went to Joseph and bowed down before him in humility and asked Joseph to forgive them.

Experiment with bitter and sweet foods and talk about how asking for forgiveness can often be a "bitter" thing to do because it requires us to humble ourselves and say we made a mistake.

Bite into a dill pickle- what sensations do you feel on your tongue? I wonder how the bitterness of the pickle is like asking for forgiveness?

Taste ½ tsp. of brown sugar...What sensations do you taste? I wonder how the sweetness of sugar is like receiving forgiveness?

Now add ½ tsp. apple cider vinegar to ½ tsp. of brown sugar. How does the vinegar change the taste of the brown sugar? I wonder what feelings you have when you humble yourself and ask someone for forgiveness?

Go

Consider your actions this week. If you cause someone else hurt or pain with your words or actions, take responsibility and humble yourself to tell them that you are sorry.

Take time this week to use your body, feel your heart beating quickly then slowing to appreciate the wonderful gift of our bodies that God has given us!