

Session 3

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 41:1-36 from your favorite Bible

Watch the "Story by Russell Family" video.

Wonder

When Joseph interpreted dreams, he gave God credit for his ability to understand them. I wonder when Joseph realized that it was God speaking to him through dreams and that God helped him interpret the dreams of others?

I wonder how the cup bearer felt when he could help the king with his dream?

I wonder what will happen to Joseph next?

I wonder how God speaks to you?

Mindfulness activity:

Do ahead: take a walk and pick up some interesting stones and pebbles. Lots of different sizes of rocks will be helpful.

Do: Watch the mindfulness video.

Practice stacking your stones and building with them. As you build, talk with God about times when you are disappointed. Tell God how you feel and feel God talking with you.

Food:

Enjoy some grape juice and bread or toast with grape jelly as you talk about this story:

I wonder how the cup bearer felt when the Pharaoh gave him his job back?

Can you name sometimes in our story today that Joseph might have been disappointed?

Go

During his life, Joseph often experienced life outside his control. He must have often felt disappointed. During this unusual time, many of us feel disappointment that many of our activities or things we look forward to are being canceled or postponed. Continue to use the mindfulness activity as a time to talk with God about your feelings of disappointment. God walks with us through all events and wants to hear our feelings.

As part of Project 15:25 your family may want to make a donation to The Nashville Rescue Mission. They are trying to help many people who need a place to stay, a meal or health care. We can be like Joseph and help others who need assistance. Be sure to talk about it as a family so the children know about the donation. Are they willing to give some of their allowance or birthday money to help the people served by The Nashville Rescue Mission?