

## Week 1

### **Background**

Abraham and Sarah have a son named Isaac. Esau and Jacob were twins born to Isaac who had married Rebekkah. Jacob had two wives. One wife bore him 10 sons and his beloved wife, Rachel, bore him two sons, Joseph and Benjamin.

### **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)*

Help us to open our eyes to see you, *(open eyes wide and look around)*

Open our ears to hear you, *(cup hand to ear)*

And open our hearts to serve you. *(cross hands over heart, then open them out)*

In everyone we meet. *(shake hands with one another)*

Amen.

### **Hear**

Option 1: Read Genesis 37:1-11 from your favorite Bible translation. The Deep Blue Kids Bible version of Genesis is available by PDF on the website.

Option 2: Watch Story Video 1 on Website

Option 3: Watch Story Video 2 on Website - Use the first 5 minutes this week

Another tool is the app available on google play or apple; *Bible for Kids...* it has interactive stories of the Bible from Genesis to Revelation.

### **Wonder**

#### **Younger children:**

I wonder what Joseph thought about his dreams?

I wonder what Jacob/Israel (Joseph's father) thought of Joseph's dreams?

I wonder what will happen to Joseph?

God spoke to Joseph in dreams. I wonder how God speaks to you?

#### **Wonder: Older children:**

Our scripture says that the sons of Jacob hated their brother Joseph. We wonder if you have ever been jealous or angry with a brother, sister, or friend?

I wonder what jealousy feels like?

I wonder how should we treat others when we are angry or jealous?

God spoke to Joseph in dreams. Can you name some ways God speaks to us?

### **Mindfulness activity**

God gave Joseph the ability to dream and understand what his dreams and the dreams of others meant. When Joseph dreamed about his brothers bending to him in honor, he was seeing into the future.

We all have dreams. Some of them happen when we are sleeping. Sometimes we call the things we hope for “dreams.”

When we pray, we don’t always have to close our eyes and fold our hands. Sometimes we can pray with a colored pencil in our hands. We can show God our dreams or hopes by praying in color.

Draw a big cloud shape. Draw a picture of your dream inside the cloud. Use lots of color. Talk to God quietly or out loud as you draw, telling God all about what you hope or what you have been dreaming about for your future or the future of someone you love.

Learn more about the mindfulness of praying in color by watching Ms. Anna’s Mindfulness Video on website.

### **Snack**

#### **SWEET DREAMS**

Purpose: To enjoy a snack that reminds children that God spoke to Joseph through his dreams.

Snack Suggestion: Cereal, popcorn, or other snack people might eat before bedtime

In Canaan, God spoke to Joseph in two dreams. Let’s enjoy a snack that people might eat before they lay down to sleep and dream.

Ask a child to pray and thank God for the snack.

“If you could choose one snack to have before bed, what would it be?”

### **Go**

Continue to add to your dream prayer during the week. What can you do this week to move yourself closer to your dream?