

Session 2: Jesus is sold by his brothers

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)*

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

Amen.

View

Read Genesis 37:12-36 from your favorite Bible

Option 2: Watch Story Video 1 on Website

Option 3: Watch Story Video 2 on Website -

Wonder

I wonder how Joseph felt when he was in the pit?

I wonder how Joseph felt when he was sold by his brothers to the merchants and ended up alone in the faraway land of Egypt?

I wonder if you ever feel angry or jealous because someone has something that you don't have?

I wonder what you do with those big feelings?

Mindfulness activity:

Do ahead: Create a Mindfulness Jar.

Use a small mason jar with twist on lid or a clean a 20 oz. soda bottle will work. Fill it with water and add 1 tablespoon of white glue (like Elmer's) and some glitter or metallic confetti. Close the top securely.

Shake up the jar. Can you see clearly into your jar? The swirling glitter is like you when you are feeling mad, upset, or confused. You can't think or see clearly and everything feels "all shook up."

Set the jar on the table in front of you and watch as the glitter slowly settles back to the bottom. When you are still for a few minutes, things start to settle, and you can see more clearly and think through your actions and thoughts and words.

Joseph probably needed a mindfulness jar when his brothers threw him into the pit, then sold him to the merchants for 20 shekels and he was taken far from home. Joseph had lots of time to talk with God and let his feelings settle.

This week use your mindfulness jar and practice sitting still when you feel big feelings. Settle so you can speak about your feelings clearly. While you are settling, you can share your feelings with God. God doesn't mind big feelings. God does want us to be careful how we act on our big feelings because our words can hurt others when we speak out of our big feelings.

Food:

Make silver dollar pancakes. Use your favorite pancake recipe/mix and make small 2-inch sized pancakes to share with the family. Enjoy the pancakes and remember how Joseph's brothers sold him for 20 shekels.

- I wonder how the brothers felt after they saw how sad their father was?
- I wonder if they would change their actions?
- I wonder if there are times you wish you could change your actions?
- I wonder what you can do then?

Go

As part of Project 15:25 your family may want to make a donation to The Little Pantry that Could which serves those who live outside and those who live inside.

Remember the words of Joseph to his brothers many years later: "Don't be afraid. You planned something bad for me, but God produced something good from it, in order to save the lives of many people just as he's doing today." Genesis 50:19-20 CEB.

Look for good this week that God is creating from what is happening in our world today. Say a prayer of thanks to God each time you see God's presence in this time of pandemic.