

Josephs' Brothers go to Egypt

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 44:1-13 and 45:1-15 from your favorite Bible

Or watch the video by the Weeks family-see below

Wonder

I wonder what emotions you hear in the story?

I wonder why Joseph called his brothers spies?

I wonder why the brothers didn't recognize Joseph?

I wonder what the brothers think about Joseph now?

I wonder if you have ever seen God's action on your behalf?

Mindfulness activity:

Walk a labyrinth.

A labyrinth is a path into a center. It is not designed like a maze to make you think. Rather, a labyrinth has one way to travel so you can move your body and get it ready to talk with God.

You can walk a labyrinth or you can use your fingers on a paper labyrinth. Ms. Anna shows us how to do that on her video.

One way to walk a labyrinth is to stop at each turn and lift a sentence prayer to God. It might be a prayer of thanks or a prayer for a person. It could also be a petition for yourself. When you get to the center, stop and take several breaths to allow God to speak to you.

If leaving your home is not possible but you like the idea of praying while walking, create a walking path around your kitchen or dining room table. Pull the chairs away from the table so you can walk between the chairs and the table. Begin at one chair, walk around the chair and slowly walk to the next chair and walk around it. As you walk around each chair lift up a prayer to God. When you get back to the first chair, stop and breath and listen to God. Now retrace your steps starting around the last chair and finishing with the first chair you went around.

Food: trail mix

Create a trail mix to eat. Put your favorite easy –to-eat snacks in and mix it up. Put it in plastic bags to share with family members.

Here are some fun facts about trail mix from <https://mobile-cuisine.com/did-you-know>

- Trail mix has been eaten by Native Americans for thousands of years, and originally included buffalo meat.
- August 31 is National Trail Mix Day.
- The combination of nuts, raisins and chocolate as a trail snack dates at least to the 1910s, when outdoorsman Horace Kephart recommended it in his popular camping guide.
- Some believe that trail mix was first invented in 1968 by two California surfers who blended peanuts and raisins together for an energy snack.
- In Australia and New Zealand they call trail mix Scroggin.
- Trail mix is also called GORP (Good Old Raisins and Peanuts or Granola, Oats, Raisins, and Peanuts)
- According to the Oxford English Dictionary , the verb gorp, means “to eat greedily”.

Go

This week, consider making a donation to Martha O’Bryan Center, Our Project 15:25 agency. Martha O’Bryan Center is helping feed people hardest hit in East Nashville. Be like Joseph and give generously to people needing food. How will you put your prayer feet into action this week?