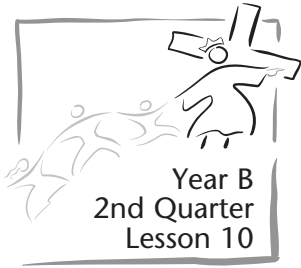


# LESSON



## Who Cares?

### GRACE

God knows us and cares for us.

#### References

Genesis 37:12-28; *Patriarchs and Prophets*, pp. 208-212.

#### Memory Verse

"When I am afraid, I put my trust in you" (Psalm 56:3, NIV).

#### Objectives

##### The children will:

**Know** that wherever they are, God hears their prayers and cares for them.

**Feel** that they can trust God to be with them always.

**Respond** by being unafraid to go wherever God wants them to go.

#### The Message



When we are afraid, we can trust in God.

## Getting Ready to Teach

#### The Bible Lesson at a Glance

Joseph's brothers are jealous of him because he is their father's favorite. When they are a long way from home taking care of the sheep, Jacob sends Joseph to see that they are all right. When Joseph approaches his brothers, they plan to hurt him. Instead, they sell him as a slave to men going to Egypt. Joseph remembers the stories about God his father had told him, and he chooses to fully trust God with his life even though he is afraid.

#### *This is a lesson about grace.*

God knows all about us, our trials, our joys, and our futures. Our gracious God cares about everything that happens to us, and He wants us to trust Him when we are afraid.

#### Teacher Enrichment

"With a trembling heart he looked forward to the future. . . . For a time Joseph gave himself up to uncontrolled grief and terror.

"But, in the providence of God, even

# TEN

Program Outline			
LESSON SECTION	MINUTES	ACTIVITIES	MATERIALS NEEDED
<b>Welcome</b>	ongoing	Greet students at door; hear pleased/troubled	none
<b>1 Readiness Options</b>	up to 10	A. <i>Tightrope Walker</i> B. <i>Tasty Trust</i>	long rope or masking tape variety of treats (see activity)
<b>* Prayer and Praise *</b>	up to 10	See page 103. <b>*Prayer and Praise</b> may be used at any time during the program.	
<b>2 Bible Lesson</b>	up to 20	Experiencing the Story	child actor; colorful coat, robe, or shirt; brown cloth; spice or perfume; 20 "silver" coins
		Bible Study	Bible
		Memory Verse	Bible
<b>3 Applying the Lesson</b>	up to 15	A. <i>Trust Walk</i> B. <i>Scared Toss</i>	blindfolds beanbag or sponge ball
<b>4 Sharing the Lesson</b>	up to 15	<i>In God's Hands</i>	God's hands pattern (see p. 146), paper, crayons, <i>Little Voices Praise Him</i> songbook

this experience was to be a blessing to him. He had learned in a few hours that which years might not otherwise have taught him. His father, strong and tender as his love had been, had done him wrong by his partiality and indulgence. . . . Faults had been encouraged that were now to be corrected. He was becoming self-sufficient and exacting. . . .

"Then his thoughts turned to his father's God. In his childhood he had been taught to love and fear Him. Often in his father's tent he had listened to the story of the vision that Jacob saw as he fled from his home an exile and a fugitive. He had been told of the Lord's promises to Jacob, and how they had

been fulfilled—how, in the hour of need, the angels of God had come to instruct, comfort, and protect him. . . . Joseph believed that the God of his fathers would be his God. He then and there gave himself fully to the Lord, and he prayed that the Keeper of Israel would be with him in the land of his exile" (*Patriarchs and Prophets*, pp. 213, 214).

When have you been the most afraid? How close did you feel to God at that time?

## Room Decorations

Use outdoor scenery from Lesson 1, and the dark sheet from Lessons 3, 7, and 8 to make a "hole."

# Teaching the Lesson

## Welcome

Welcome children at the door. Ask them how their week has been—what they are pleased/troubled about. Encourage them to share any experiences from last week's lesson study. Have them begin the readiness activity of your choice.



## Readiness Activities

Select the activity most appropriate for your situation.

### A. Tightrope Walker

#### You Need:

- ☐ long rope or masking tape

Lay a long rope in a straight line on the floor and have children line up. Ask: **Do you know what a tightrope is? Sometimes you see someone on television or in a circus walking on a thin rope high up in the air. That's a tightrope walker. Let's pretend you are a tightrope walker and see if you can carefully walk along this rope (or masking tape). Pretend it's high up in the air, so you don't want to fall! If you fall off, go to the end of the line and try again.**

#### Debriefing

Allow response time as you ask: **Was it easy or hard to keep your feet on the rope (or tape)? Were you imagining you were high up in the air? Was it scary? Would tightrope walking be scary in real life? What are you afraid of in real life?**

Say: **Our Bible story is about how Joseph was afraid when his jealous brothers were mean to him. Even though he was afraid, he decided to trust God to take care of him. Today's message is:**



When we are afraid, we can trust in God.

Say that with me.

### B. Tasty Trust

#### You Need:

- ☐ variety of treats

Find out if any of the children have food allergies before you do this. Have a variety of treats such as crackers, raisins, pretzels, etc. Say: **Close your eyes and keep them closed until we are all done. I'm going to come near each of you, ask you to open your mouth, and put a tasty treat on your tongue.**

#### Debriefing

Allow responses as you ask: **What were you thinking about when I put something in your mouth? Were you afraid I was going to trick**

**you and give you something that tastes bad? Did you trust me? Why? Do you know you can trust God? He will never trick you.**

Say: **Our Bible story is about how Joseph was afraid when his jealous brothers were mean to him. Even though he was afraid, he decided to trust God to take care of him. Today's message is:**



When we are afraid, we can trust in God.

**Say that with me.**

## PRAYER AND PRAISE



### Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). Allow time for sharing experiences from last week's lesson study and review the memory verse. Acknowledge any birthdays, special events, or achievements. Give a special, warm greeting to all visitors.

### Suggested Songs

"Yes, Jesus Cares for Me" (*Little Voices Praise Him*, no. 118)

"He's Got the Whole World in His Hands" (*Little Voices Praise Him*, no. 125)

"God Takes Care of Me" (*Little Voices Praise Him*, no. 90)

"I'm So Small" (*Little Voices Praise Him*, no. 96)

### Mission

Use a story from *Children's Mission*. Ask: **How did God show His love for people in the story today?**

### Offering

Say: **God takes care of us so well. Let's say thank You to God by bringing our offering to Him.**

### Prayer

Allow response time as you ask: **What are you afraid of?** Take mental notes or have an assistant write what the children say. **Do you believe that God can help you? Do you trust Him to do what is best for you, even when you are afraid? Let's pray about it.** Pray about each child's fear. Call the children by name.

\*Prayer and Praise may be used at any time during the program.

2

## Bible Lesson

### Experiencing the Story

#### You Need:

- ☐ child actor
- ☐ colorful coat, robe, or shirt
- ☐ brown cloth
- ☐ fragrant spice or perfume
- ☐ 20 “silver” coins

*Select a child to play Joseph and have them wear the colorful coat. Spread out a brown sheet or cloth to represent the hole or pit that Joseph’s brothers put him in.*

#### Read or tell the story.

Joseph was the second youngest in a large family. He had 10 older brothers and one younger brother, and at least one sister. His family lived in Canaan. They lived in tents, and they owned a lot of sheep.

Sheep eat a lot of grass. Where Joseph lived, people had to keep moving around with the sheep to find more grass for them to eat. Joseph’s big brothers had taken the sheep away from home to find better grass. Joseph’s father wanted to know if they were all right. They didn’t have telephones, so they couldn’t call or text. They couldn’t write letters, send e-mails or texts either. So Jacob sent Joseph to see how his brothers were.

Joseph packed a bag and left to find his brothers. *[Have Joseph walk around the room then come back and sit down.]* It took him a little while to find them, but finally, way in the distance, he could see them. *[Put your hand above your eyes and look—have the children do the same.]*

Joseph was happy to see his brothers, and he thought they would be happy to see him. But do you think they were? No! They talked about Joseph’s dreams and the fancy coat their father had given him. They were still jealous and angry.

While Joseph was walking toward them, they talked about bad things they could do to him. When Joseph reached his brothers, they took off his beautiful

coat and put him in a deep hole in the ground. *[Take off Joseph’s coat and have him sit on the brown “hole.”]*

Reuben, Joseph’s oldest brother, planned to take Joseph out of that place later. He didn’t want to hurt Joseph. The other brothers ate their lunch and talked about what they should do with Joseph.

When Reuben was away from camp, his brothers saw some people traveling in a long line with lots of camels. The camels were carrying spices and perfumes. *[Let children smell spice or perfume.]* The men were traveling to Egypt to sell these things. The brothers decided they would sell Joseph to these travelers. So they took Joseph out of the deep hole and traded him for 20 pieces of silver. *[Show children coins and count them together.]*

Joseph was glad to get out of that hole. But then he became frightened when he realized his brothers were selling him as a slave to strangers. Joseph cried and begged his brothers to let him go home. But they wouldn’t listen. *[Joseph looks sad and scared.]*

As Joseph traveled to Egypt, he remembered many stories his father had told him about how God had cared for him and for others. Joseph decided to trust God to take care of him. He knew that God was with him. He didn’t understand why this bad thing was happening to him, but he trusted God to take care of him.

#### Debriefing

Allow response time as you ask: **How do you think Joseph felt when his brothers weren’t happy to see him? How do you think he felt when they sold him as a slave?**

**Joseph remembered that God**

loved him no matter what happened, and that he could trust God to take care of him. Joseph decided to love God with all his heart and to trust Him.

Are you afraid of things? You can put your trust in God to care for you too. Do you remember our message?



When we are afraid, we can trust in God.

Say that with me.

### Bible Study

#### You Need:

☐ Bible

Open your Bible to Genesis 37:12-28. Point to the text and say: **This is where**

**today's story is found in God's Word, the Bible.** Read selected verses aloud, paraphrasing as necessary.

#### Debriefing

Allow response time as you ask: **Why was Joseph going to see his brothers? What did they do with him first? Which brother planned to help Joseph? What did the other brothers decide to do with Joseph? How much money was he sold for? What faraway country was he going to?**

Was God with Joseph when he was afraid? Did Joseph remember that? What did Joseph decide to do? (trust in God) Remember . . .



When we are afraid, we can trust in God.

Say that with me.

### Memory Verse

#### You Need:

☐ Bible

Turn to Psalm 56:3 and say: **This is where we find our memory verse in God's Word,**

**the Bible.** Read the verse aloud: **"When I am afraid, I put my trust in you."**

Then use the following to teach the memory verse:

**When I**

**am afraid,**

**I**

**put my trust**

**in you.**

**Psalm 56:3**

Point to self.

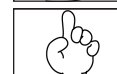
Look scared.

Point to self.

Wrap arms around self and sway a little.

Point upward.

Palms together, then open.



## 3

## Applying the Lesson

## A. Trust Walk

**You Need:**
☐ blindfolds

To prepare for this activity, move chairs and other furniture to form a simple obstacle course.

Have each child get a partner. Blindfold one and have that child hold hands with the other, who will be the leader. The leader will lead their partner around the room, and through the obstacle course. Have the students switch roles and go through the exercise again.

**Debriefing**

Allow response time as you ask: **How did you feel when you couldn't see what you were doing? Were you a little afraid that you would bump into something or fall? How did it feel to have someone help you? Was it easy or hard to trust your partner?**

**Your partner took you through strange places while you were blindfolded. Some of them might have been scary. Did your partner do a good job of protecting you from getting hurt?**

**In real life, who is the best one to lead us? (God) He wants to be our helper and friend. We can tell Him how we feel. He cares about us when we are afraid, and He will watch over us. He wants us to trust Him. Remember our message:**



When we are afraid, we can trust in God.

**Say that with me.**

## B. Scared Toss

**You Need:**
☐ beanbag or sponge ball

Have the children sit in a circle on the floor. Say: **I'm going to toss this beanbag (or ball) to you.**

**When you catch it, name something that you are afraid of. Then you can toss it to someone else, and they can name something.**

(Examples to get them started: lightning and thunder, big dogs, the dark, fireworks, loud noises, being lost, bad dreams, getting a splinter out, fire, high places.)

**Debriefing**

Allow response time as you ask: **Did some of the things other people named sound like things you are afraid of too? What makes these things scary? When you are afraid, is there something you do to help you feel better?**

Say: **I know of one good thing you can do: trust in Jesus and say a prayer to Him. He wants to help you. He wants you to know that He loves you and is caring for you, just as He cared for Joseph. Let's remember . . .**



When we are afraid, we can trust in God.

**Say that with me.**

## 4

## Sharing the Lesson

**In God's Hands**

In advance, make a copy of the God's hands pattern (see p. 146) for each child. Ask the children to color the hands and draw (or have an adult help them write) on the hands one thing they are afraid of.

**Debriefing**

Allow response time as you ask:

**What are some of the things you drew or wrote about that you are afraid of?**

Say: **Remember that God is bigger than you are, and whatever you are afraid of is in His hands. You can trust Him to take care of you when you are afraid. You can always ask Him to help you when you are afraid. He loves you and listens to your prayers.**

**This week, try to remember**

**that when you are afraid. Just close your eyes and try to see yourself putting your fears in God's hands. God will never leave you.**

**Let's sing together a song you may know, but use new words about putting your fears in God's hands.**

Sing "He's Got the Whole World in His Hands" (*Little Voices Praise Him*, no. 125), but use the words "He's got what I'm afraid of in His hands."

**You can take "God's hands" home with you and share it with someone while you tell them about Joseph trusting God. Let's say our message one last time:**



When we are afraid, we can trust in God.

**You Need:**

- ☐ God's hands pattern (see p. 146)
- ☐ paper
- ☐ crayons
- ☐ *Little Voices Praise Him* songbook

**Closing**

Say: **Dear Jesus, thank You for caring for us and loving us. Thank You for promising to be with us when we are afraid. Help us to trust in You. Amen.**



## STUDENT LESSON

## Who Cares?

## References

Genesis 37:12-28; *Patriarchs and Prophets*, pp. 208-212

## Memory Verse

"When I am afraid, I put my trust in you" (Psalm 56:3, NIV).

## The Message

When we are afraid, we can trust in God.

*Is there anything you are afraid of? Joseph was afraid, but he decided to trust in God.*

One day Joseph's older brothers took the family's great flocks of sheep far away from home. The sheep had stripped the nearby fields, and the brothers had to find new green fields where the sheep could eat. Many, many days passed, and the brothers had not returned.

"I want you to go find your brothers," Jacob said to Joseph. "See if they need anything, then come back and tell me if they are all right."

"Yes, Father, I'll go at once," Joseph said. He packed some food for the long trip. Finally ready, he put on his beautiful coat and started out. He walked and walked. It took several days to find his brothers.

One morning his brothers looked across the fields and saw Joseph coming toward them. "Here comes that dreamer!" one brother hissed.

"Why is *he* here?" asked another. Then they talked about bad things they could do to Joseph, and they made plans—terrible plans.

"Here you are!" Joseph called, running up to his brothers. But his smile slid right off his face as they grabbed him roughly. First the brothers pulled off Joseph's beautiful coat. Then they pushed him into a big hole in the

ground, a hole so deep he couldn't climb out!

The brothers returned to their campfire and sat down to eat. But Joseph's brother Reuben didn't feel right about what they had done. He secretly planned to pull Joseph out of the deep hole later and send him home. Reuben thought

about it as he went to the fields to care for the sheep.

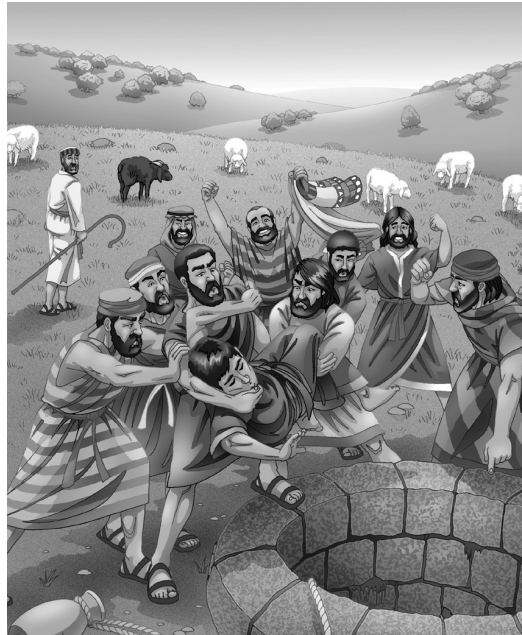
While Reuben was gone, another brother, Judah, looked out across the valley. "Here come some traders!" he exclaimed. "Here's a way to get rid of that dreamer. Let's sell Joseph to them. He can be their slave."

So that is what the brothers did. They sold Joseph to the traders for

20 pieces of silver.

At first Joseph was frightened. He shivered and shook, and he cried. Then he thought of his father and of the many stories his father had told him about how God had always cared for him. Joseph decided to trust God to take care of him, too. He didn't understand why this bad thing was happening to him, but he trusted God to be with him wherever he went.

You can trust God to be with you, too. He will be with you wherever you go, whatever you do. He loves you and wants you to trust Him.



# Do and Say

## Sabbath

Read the lesson story together every day this week and review the memory verse.

**When I . . . . .** Point to self.

**am afraid, . . . . .** Look scared.

**I . . . . .** Point to self.

**put my trust . . . . .** Wrap arms around self and sway from side to side.

**in you. . . . .** Point upward.

**Psalm 56:3. . . . .** Palms together, then open.

## Sunday

Together, find and read Genesis 37:12-28, paraphrasing as necessary. Ask: Why were Joseph's brothers jealous? Why was Joseph going to visit them? What two things did Joseph's brothers do to Joseph? How did Joseph feel?

Help your child count how many older brothers Joseph had, then count the children in your family.

## Monday

Encourage your child to share the "God's Hands" they made in Sabbath School with someone this week as they tell them about Joseph. Remind your child that God is bigger than they are, so whatever they are afraid of is in His hands.

## Tuesday

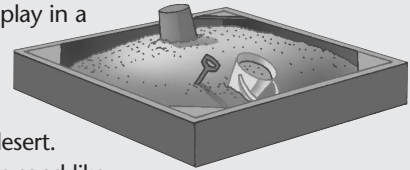
Take your child on a trust walk by blindfolding them and leading them over, under, and around things. Then have your

child take you on a trust walk. Compare notes about how you felt. Remind your child that they can always trust God to lead them.

The next time your child is frightened, pray with them and discuss their memory verse.

## Wednesday

Let your child play in a sandbox while you talk about how much of Egypt is a sandy desert. Make a road in the sand like Joseph would have traveled on to Egypt.



## Thursday

Have your child stand on a chair or a tall stool and jump into your arms. (Explain to your child that they should only do this when you are watching and are ready to catch them.) Talk about trust and ask: Can you always trust God to help you?

Ask: Are there any people you shouldn't trust? Talk about personal safety issues with strangers.

## Friday

Help your child act out the Bible story with your family. Joseph can wear a colorful robe or shirt.

Talk about fear. Are there times when children should be afraid? When? Why? Sing about trusting God. Thank God for always being with us.

